

Session coach:		Date:	Time:
Club:		Numbers in session:	
Specific needs:		Type:	
		Group age:	
		Ability:	
		Other:	
Venue:		Others involved in delivery:	
Session goal/objective:		Equipment required:	
Time	Organisation/presentation		
	Safety brief (before the session):		
	Warm-up:		

	Main content:	Coaching points (CPs):
	Cool-down:	
Summary of session and feedback to orienteers:	Aims of next session:	