



## Intermediate Coaching Course – Generic.

### Lesson details

Date: \_\_\_/\_\_\_/\_\_\_

Participants:

Coach/es:

Time:

Duration:

Lesson Objectives:

### Warm up

Activities:

Equipment:

Duration:

Safety considerations:

### Skill Development #1

Skills:  
Description:

### #2

Duration:

Description:

KCP:

Safety:

KCP:

Safety:

KCP=Key Coaching Points

\* Mark coach position clearly with asterisk



**Skill Development**  
**#3**

Description:

Skills:

**#4**

Duration:

Description:

KCP:

Safety:

KCP:

Safety:

KCP=Key Coaching Points

\* Mark coach position clearly with asterisk

**Cool Down and Conclusion**

Low intensity activities / games:

Equipment:

Duration:

Safety considerations:

Stretching activities:

Equipment:

Safety considerations:

**Have you included:**

Key Coaching Points  Coach Position clearly marked  Class Organisation  Safety Points  Maximum Participation  Equipment  Individual Needs   
 Injury report form completed Yes  No

**Assessor to complete**

Key Coaching Points  Coach Position clearly marked  Class Organisation  Safety Points  Maximum Participation  Equipment  Individual Needs

**Comments:**