

SESSION PLANNER

Date:	Venue:	Time:	Duration of Session:
No. in Squad:	Gymnast/Coach ratio:	Age range:	
Level of Ability: (Please delete) PARTICIPATION/PERFORMANCE/EXCELLENCE			
First Aid Provision:		Nearest Phone:	
Session Goals:			
Coach's self appraisal (Strengths, action plan for improvement)		Evaluation of Session (What worked, what could be done to improve the session)	

Session Planner

Activity & Time

Teaching Points

Organisation/Equipment/Apparatus