



BEV Ltd Coaching Session Plan

Coach Name:

Date:

Venue:

Group:

Name of vaulter or vaulters:

Skill level of vaulter or vaulters:

Additional needs of vaulter or vaulters:

Goals for the session:

Equipment Required:

Element	Activity	Coaching Notes
Introduction (equipment check, H&S, session goals)		
Warm Up		

Coaching objectives		
Feedback / Questioning Techniques		
Evaluation		

Additional notes:

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