

# COACHING SESSION PLAN - Example



<b>Date:</b>	<b>Participant(s):</b>	<b>Equine(s):</b>	<b>Equipment/resources:</b>	<b>First Aider:</b>
<b>Session Goal/s:</b>				
<b>Own Goals:</b>				
<b>Time</b>	<b>Task/exercise</b>	<b>Coaching points/focus/styles</b>		
	<b>Warm Up:</b>			
	<b>Main content:</b>			
	<b>Cool-down:</b>			

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**Evaluation and reflection of session and action for next session:**

**Individual goals:**

**Long term Group goals:**

**Self-reflection:**