

COACHING PLAN

(suggested format)

Time and Date:	
Venue:	
Canoe Type:	V6 V12 OC1 OC2
Weather Conditions (incl Tidal movement)	
Number of Women in canoe:	
Number of Men in canoe:	
Level of Experience: (average)	Novice (less than one year)
	Developing (1-2 yrs paddling)
	Experienced (3 yrs – 8 yrs paddling)
	Elite (8 yrs +)
Training Phase Focus:	
Session Focus:	
Safety Considerations:	
Activity Outline: (skills, drills etc)	

Reminders:	
Evaluation of Technique:	
Evaluation of Session: (including things to remember for next time, things to change)	
Injuries:	