Session:
Athlete Age / LTAD Stage: Date:

# Target Skills

Copy the skills you want to focus on from the Skills Progression documents available from Orienteering Canada at \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

# Lesson Plan

|  |  |  |
| --- | --- | --- |
| Time Allocation | Description | Assessment criteria |
| How long will this part of the lesson take? | * What is the item / or exercise?
* Steps the coach needs to take
	+ Explain the activity
	+ Show athletes how to do activity
	+ Etc.
 | * What are you looking for from the athletes?
* What questions will you ask the athletes about how it went for them?
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# Take Aways

Some space to note down what went well and what you could do differently next time.

* What worked? (Write down how long each activity took you)
* What did not work? Can it be tweaked?