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?