

Coaching work log Session plan

Sequence no:

Coach:		GNAS:	Date completed:
Archer / group:		Senior / Junior	Bow type:
Session date:	Venue:	Time:	Risk assessment: Yes / no
Equipment needed:			
Session goals:			
Session plan:			
Session conclusion:			
Action / follow up:			
Coach signature:	Archer signature:		

Coaching work log Record & evaluation

Sequence no:

Coach:

Mark Pattison

Archer:

Description of session:

What went well / what goals were achieved?

What didn't go well?

Feedback from archer:

Next session date:

Time:

Venue:

Goals set with the archer:

Archer signature:

Coach self-assessment:

Satisfied with planning? Yes / No

Was the plan changed? Yes / No

Satisfied with own performance?: Yes / No

Coaching styles & reflection:

Goals for next session:

Coach signature: