

ATTACHMENT 6



EXAMPLE: **BMX SESSION PLAN 2**

COACH <<NAME>>	DATE <<DAY/MONTH/2019>>	TIME <<ONE HOUR>>pm	VENUE <<CLUB NAME / ADDRESS / LOCATION>>
EQUIPMENT REQUIRED <ul style="list-style-type: none"> Track – small third-straight double Gate 		RIDERS <ul style="list-style-type: none"> <<RIDER'S NAME>> (AGE) – () <<PHONE NUMBER>> <<RIDER'S NAME>> (AGE) – () <<PHONE NUMBER>> <<RIDER'S NAME>> (AGE) – () <<PHONE NUMBER>> 	
SESSION FORMAT		SESSION GOALS	
Intro	Discussion prior to each activity with demo – 5 Mins	<ul style="list-style-type: none"> To develop manualing confidence and competence. Develop negotiation and speed through roller challenges. 	
Warm Up	Track laps – 5 Mins		
Skill(s)	<ul style="list-style-type: none"> Manual Balance Development Start Technique development 		
Warm Down	Track laps and mock racing – 10 Mins		
TECHNIQUES, ACTIVITIES, GAMES AND PHYSICAL TRAINING		POTENTIAL HAZARDS, SOLUTIONS OR ACCIDENTS	
Key Activities: The Manual – 20 Mins <ul style="list-style-type: none"> Pedal position (Flat – 3 & 9pm) – body position, pump and push techniques, front wheel lift and maintain, leg movement during ‘pump, push and pull’. Repetition from slow to faster speeds throughout session – increase in speed shown Back to basics where required - repeat Gate Practice – 20 Mins <ul style="list-style-type: none"> Balance and BMX race start development Introduction of the gate (lights, sound and gate mechanism) Balancing technique and pedal position demonstration Balance practical – repetition Homework – balance technique – sitting down and standing at home 		<ul style="list-style-type: none"> Falling off Safety gear check First Aid Kit on hand if required 	
		NOTES To develop the above skills in conjunction with other ‘On Track’ techniques, to provide variety and ensure longer term rider engagement. Need to progress ‘pump, push and pull’ skills to greater levels, introducing longer rhythm sections.	
COOL DOWN – Track laps mainly with some gate starts for those that want to try.		Develop starting technique to prepare for racing events.	

<p>WHAT WENT WELL? FOR EXAMPLE: <i>Suitable session activities for age group. Multiple demonstrations required to get points across. Repetition works well to establish techniques well.</i></p>	
<p>WHAT DO YOU NEED TO CHANGE FOR THE NEXT SESSION? <<COACHES COMMENTS>></p>	

EXAMPLE