

ATTACHMENT 7



EXAMPLE: **BMX SESSION PLAN 3**

COACH <<NAME>> SESSION PLAN 3	DATE <<DAY/MONTH/2019>>	TIME <<ONE HOUR>>pm	VENUE <<CLUB NAME / ADDRESS / LOCATION>>
EQUIPMENT REQUIRED <ul style="list-style-type: none"> Track – first and second corners Last straight rhythm section 		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	<ul style="list-style-type: none"> To develop cornering negotiation abilities Develop speed through sound pumping technique 	
Warm Up	Track laps – 5 mins		
Skill(s)	<ul style="list-style-type: none"> Corner Techniques & Strategies Pump Technique development 		
Warm Down	Track laps – 5 mins		
TECHNIQUES, ACTIVITIES, GAMES AND PHYSICAL TRAINING		POTENTIAL HAZARDS, SOLUTIONS OR ACCIDENTS	
<p>Key Activities:</p> <p>Cornering – 25 Mins</p> <ul style="list-style-type: none"> Pedal position (Flat – 3 & 9pm) – body and eye position Corner alignment strategies on entry and exit – where are your competitors in relation to you, when to change your line? Aggressiveness and holding your line In Pairs – inside and outside corner positions swapped to practice entry and exit skills – cutting down inside a rider in front of you, as well as holding a rider on your outside Repetition – evidence of correct corner decision making into and exit of and negotiation of corners <p>The Pump – 25 Mins</p> <ul style="list-style-type: none"> Pedaling to base of jump Pedal position (Flat – 3 & 9pm) maintained through rhythm section Absorbing jump faces and the push down over the back sides Body position towards back of bike Repetition – evidence of increased speed and smooth technique throughout the session 		<ul style="list-style-type: none"> Rider contact/crashes Safety gear check First Aid Kit on hand if required 	
COOL DOWN – Track laps		NOTES	
WHAT WENT WELL? EXAMPLE COMMENTS: <i>Suitable session activities for age group. Multiple demonstrations required to get points across. Repetition works well to establish techniques well. Activity in pairs.</i>			

<p>WHAT DO YOU NEED TO CHANGE FOR THE NEXT SESSION? EXAMPLE COMMENTS: <i>Introduce mock racing at the end of cornering session to provide a realistic race environment for better establishment of cornering techniques.</i></p>	
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EXAMPLE