

The Sports and Coaching Camp Business Guide

Coaching lesson plan

Add your details and work through this sheet with your team.

Camp / programme

Prepared by

Date

Program, group, and date

Details

Learning goal

By the end, participants will practise [small observable skill].

Space and equipment

Layout, condition check, boundaries

Demonstration

One clear example

Easier option

Change

Breaks and water access

Plan

Qualified lead and support staff

Names

Starting needs

Age or level, relevant adjustments, approved activity limits

Start and explanation

How the group gets ready and understands the task

Practice

Task and coach-approved length or repetitions

Harder option

Change only when ready

Stop signals and hazards

Conditions and response

Review

One question or skill check

Next step

What to repeat or add

After the lesson

What worked, what changed, and follow-up

Keep health details in the care plan. Include only the practical instructions needed here. The qualified coach sets suitable effort and progression.