



Bramston Canoe Club

Coaching Debrief Form

Pool Session Date:

Trainer:

Student(s):

Session Objective:

After the session - Rate from 1-5 the participants understanding & practice of the following:

The Warm Up

Manual Handling throughout the session

Use of Equipment Skills

Objective Skills

What skills from the session can they practice at home?

What material have you suggested they Read, Watch or Partake in, to help improve their understanding of this weeks session?

What have you suggested they could do to prepare for next weeks session?

What needs to be re-visited next week?

What is next weeks Session Objective:

**Write in your personal journal, What might you change, to make this session, more fun & result in greater learning for the participants?**