Date:	Rider(s):	Horse(s):	Ec	quipment/resources:		
Session Goal/s:				Personal goals/s:		
Time	Task/exercise			Coaching points/focus		
mins	Warm-up					
mins	Main content					
mins	Cool-down					
Evaluation of session and action for next session:  Action for next session				Evaluation of own coaching praction	ce:	