



C5PBA COMPETITIVE COACH

Lesson Plan – Experienced – Refine a Skill

Name: _____

Phone #: _____

Address: _____

Email: _____

City: _____

CC#: _____

Province: _____

Postal Code: _____

Participant Skill Level: _____

CS4L/LTAD Stage: _____

Objective

Indicate the 3 main objectives of the practice

1. _____

2. _____

3. _____

Rationale

What is the rationale for choosing these objectives

1. _____

2. _____

3. _____

Overall Goal of the Practice

Equipment to be used

Drills to be used
