



## C5PBA COMPETITIVE COACH

### Lesson Plan – Novice – Teach 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**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_