**Lesson Plan Template**

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| --- | --- |
| **Coach’s Name** |  |
| **Replacement’s Name** |  |
| **Date of Replacement** |  |
| **Class Title** |  |
| **Class Time** |  |
| **Special Notes** |  |

**Rotation Schedule**

|  |  |  |
| --- | --- | --- |
| **Time** | **Event** | **Location** |
| Eg. 4:00-4:10 | Warm-up | Eg. Comp Floor |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  | Cool Down | Eg. Kinder Area |

**Warm-up**

|  |
| --- |
| In here insert what you would be doing during this time. Also plug in if you are with another coach and if there are any “routines” you like to do that the kids adore. |

**Event 1**

|  |  |
| --- | --- |
| Warm -up (Skill Review) | |
| Stations:  1.  2.  3.  4. | Diagram (use Insert Picture/Shape – Snap a photo of your drawing): |
| Additional Notes (Athlete Specific): | |

**Event 2**

|  |  |
| --- | --- |
| Warm -up (Skill Review) | |
| Stations:  1.  2.  3.  4. | Diagram (use Insert Picture/Shape – Snap a photo of your drawing): |
| Additional Notes (Athlete Specific): | |

**Event 3**

|  |  |
| --- | --- |
| Warm -up (Skill Review) | |
| Stations:  1.  2.  3.  4. | Diagram (use Insert Picture/Shape – Snap a photo of your drawing): |
| Additional Notes (Athlete Specific): | |

**Event 4**

|  |  |
| --- | --- |
| Warm -up (Skill Review) | |
| Stations:  1.  2.  3.  4. | Diagram (use Insert Picture/Shape – Snap a photo of your drawing): |
| Additional Notes (Athlete Specific): | |

**Cooldown**

|  |
| --- |
| Where it is done and what types of activities you do. |

**Additional Notes to the Coach**

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| --- |
| Say thanks! |