

# Experienced Coach Observation 1 - Cross Country Schooling

OBSERVATION DETAIL										
DATE										
LOCATION										
NAME OF COACH										
BHS NUMBER										
BHS QUALIFICATION										
SESSION AIMS										
RESOURCES AND REQUIREMENTS										
REFLECTION										
INTRODUCTION / WARM UP / ASSESSMENT										
MAIN CONTENT										
COOL DOWN / SUMMARY / DE-BRIEF										
RIDER PROGRESSION										
AWARENESS OF SAFETY										
AREAS OF GOOD PRACTICE										