

How to Use the Coach's Class Planning Sheet

Purpose

We created this tool for coaches to use as a *guide* to plan and execute effective classes, thus improving their member's class experience. We've found that taking as little as 5-10 minutes ahead of time can be the difference between a good and great class. It can also be valuable to maintain these sheets so that coaches can look back and spot any biases and keep their classes fresh. It is NOT meant to bind you to a minute-by-minute breakdown of your class, although you can do that if you choose. A general, flexible plan is what we built this tool for.

Workout of the Day

Write the workout(s) of the day. If this sheet is turned in to a Head Coach, the coach should put their name and the class they coached in the space provided.

Whiteboard Time

Welcome your class and get everyone on the same page for how the day is going to run. We recommend covering the basics of: inquiring about injuries, addressing the workout and intended stimulus, and even discussing the general flow of class starting with the warm-up.

General Warm-up

Write your warm-up plan here. Remember, the goal is to elevate core temperature, increase range of motion, and prepare muscles and the nervous system for the work ahead.

Specific Warm-up and Skill Work

This is where a specific barbell warm-up, gymnastics skill work, rowing technique work, or anything like that goes. Simply writing "muscle up transition drills" may be enough for some coaches, whereas as something more specific like "3x5 kip swings + 3x5 low ring transitions + 3 attempts at a MU" may work better for others.

We also understand that on days where there are multiple workouts, coaches may have to go back and forth between skill work and a lift/workout. We get it. Be flexible.

Workout

This is where notes on how you want your class to attack the workout go. It's also where you should have some scaling options thought of ahead of time.

Additional Considerations

We give you ideas and a space to plan ahead for unique situations or contingencies.

Cool down

Stretching, mobility, discussion topics, recording scores, etc.

Coach's Class Planning Sheet

Workout of the Day



Coach:

Class:

Whiteboard Time

- *Injuries?*
- *Intended Stimulus:*
- *Class Flow*

General Warm-up

Specific Warm-up/Skill Work

Workout

Cool down

Additional Considerations

- *Pre-class equipment set-up, equipment limitations, safety, class size contingency plans, weather, etc.*

Scaling Options

