



# Training Triad Worksheet

Set 1		Exercise		Outcome
Exercise 1	Trainer			
	Coach			
	Observer			
Exercise 2	Trainer			
	Coach			
	Observer			
Exercise 3	Trainer			
	Coach			
	Observer			
Set 2		Exercise		Outcome
Exercise 1	Trainer			
	Coach			
	Observer			
Exercise 2	Trainer			
	Coach			
	Observer			
Exercise 3	Trainer			
	Coach			
	Observer			
Set 3		Exercise		Outcome
Exercise 1	Trainer			
	Coach			
	Observer			
Exercise 2	Trainer			
	Coach			
	Observer			
Exercise 3	Trainer			
	Coach			
	Observer			



# Training Triad Worksheet

Set 4				Exercise	Outcome
Exercise 1	Trainer				
	Coach				
	Observer				
Exercise 2	Trainer				
	Coach				
	Observer				
Exercise 3	Trainer				
	Coach				
	Observer				
Set 5				Exercise	Outcome
Exercise 1	Trainer				
	Coach				
	Observer				
Exercise 2	Trainer				
	Coach				
	Observer				
Exercise 3	Trainer				
	Coach				
	Observer				
Set 6				Exercise	Outcome
Exercise 1	Trainer				
	Coach				
	Observer				
Exercise 2	Trainer				
	Coach				
	Observer				
Exercise 3	Trainer				
	Coach				
	Observer				