TRAINING SESSION TEMPLATE

**Session Emphasis - :**

**Core Skill - Associate Skill 1 - Associate Skill 2 - Re-focus Skill -**

[FUN WARM-UP GAMES](http://roundtower.ie/wp-content/uploads/2021/03/Fun-warm-ups.pdf)

*(5-10 minutes)*

[Jumping](https://learning.gaa.ie/planner/activity/253) Agility

**Choose 1 fun game from above**

Balance

**and do 1 drill to work the basic**

Co-ordination

**movements from the right**

Running

# Basic Drill:

CORE SKILL DEVELOPMENT

*(10-15 minutes)*

# Intermediate Drill:

**Fun Drill:**



1. **Did you enjoy the session?**
2. **What did you learn from tonight's session?**
3. **What skills are we going to practice for the next**

ASSOCIATE & RE-FOCUS SKILLS DEVELOPMENT

*(10-15 minutes)*

# Associate Skill 1 Drill: Associate Skill 2 Drill: Re-Focus Skill Drill:

SMALL SIDED GO GAMES

*(20 minutes)*

**Conditions:**

1. **Modified game with skill points awarded based on the skills practiced above**

2.

3.

CHECK FOR LEARNING & GOAL SETTING

*(5 minutes)*