



# Player Pathway

Produced by: Paul o'Brien (GPO Ballyfermot DLS)



Session Plan

Date:

Team:

Session Emphasis



**Resources**



<https://gaa-pathway-resources.com>

**Activities**

**Brief Description**

**Time**

**Coach**

**Equipment**

RPE

RPE

RPE

RPE

RPE

All  
Equipment

Total  
Time

Overall RPE

RPE Intensity Level:

Low  
1 - 4

Moderate  
5 - 8

Intense  
9 - 10

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Age Group

**Movement  
/ Athletic  
Development**

%



**FUN Games**

%



**Skills**

%



**SSG**

%



**Transition  
Time**

%





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## Self Reflection

Did I prepare 8%

Was my energy good 4%

Did I give good feedback 2%

Did I listen 2%

Did I keep my cool 4%

How was my session?

Total %

