



iGAA Coach

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GENERAL INFORMATION

Team:	
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Number of Players:	
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Team:	
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Management Details	Name		Contact Details	
	1		(M)	
			(Email)	
	2		(M)	
			(Email)	
	3		(M)	
			(Email)	
	4		(M)	
			(Email)	
	5		(M)	
(Email)				
6		(M)		
		(Email)		
7		(M)		
		(Email)		
8		(M)		
		(Email)		

SEASON PLANNER

Players Name		Contact Number	Parent/Guardian Contact Number	Medical Issues
1			21	
2			22	
3			23	
4			24	
5			25	
6			26	
7			27	
8			28	
9			29	
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PLAYERS DETAILS

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SESSION PLANNER

Session Theme: _____

Age Group: _____

Date: _____

Time: _____

Number of Players: _____

Warm Up	T: _____

Activity 1: _____	T: _____	Coaching Points

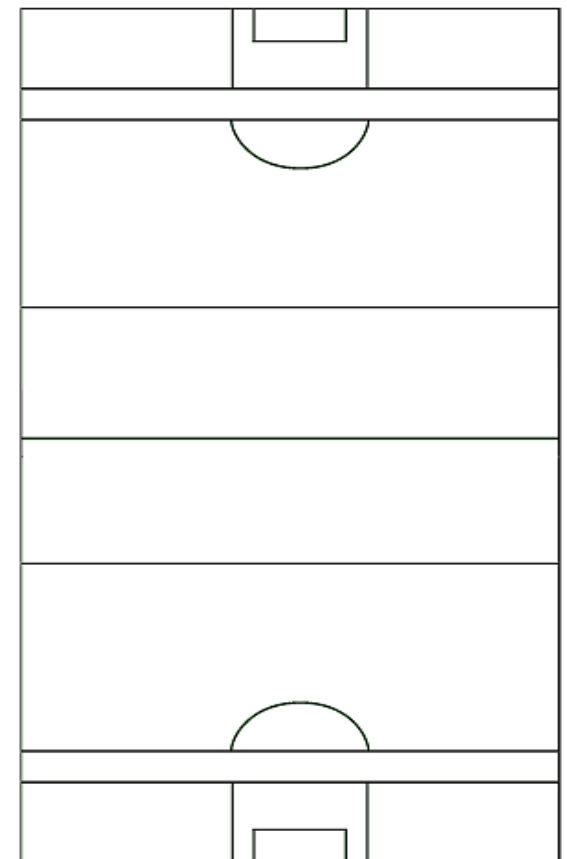
Activity 2: _____	T: _____	Coaching Points

Activity 3: _____	T: _____	Coaching Points

Activity 4: _____	T: _____	Coaching Points

Skills Focused on

Questions — Activity



SESSION PLANNER

Goalkeepers		Present
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Backs		Present
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Midfielders		Present
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Forwards		Present
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SESSION PLANNER

Session Theme: _____

Age Group: _____

Date: _____

Time: _____

Number of Players: _____

Warm Up	T: _____

Activity 1: _____	T: _____	Coaching Points

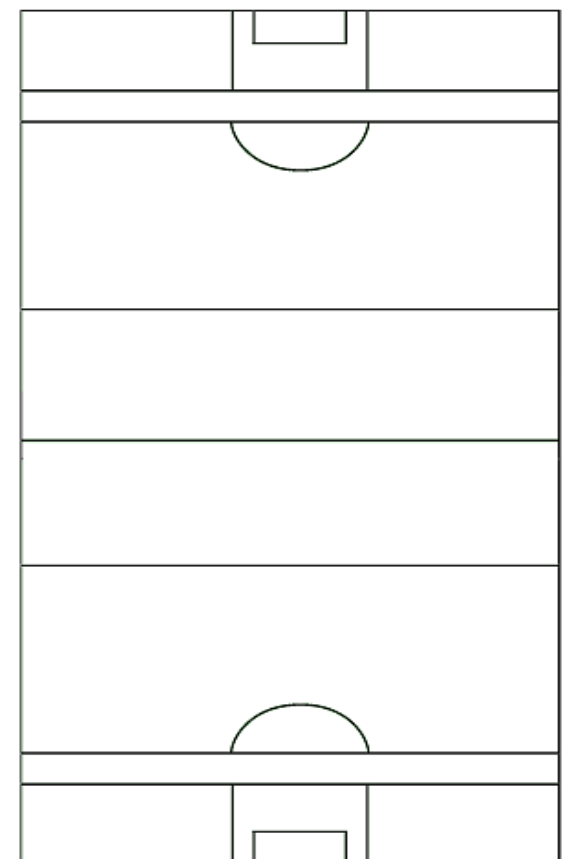
Activity 2: _____	T: _____	Coaching Points

Activity 3: _____	T: _____	Coaching Points

Activity 4: _____	T: _____	Coaching Points

Skills Focused on

Questions — Activity



SESSION PLANNER

Goalkeepers		Present
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Backs		Present
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Midfielders		Present
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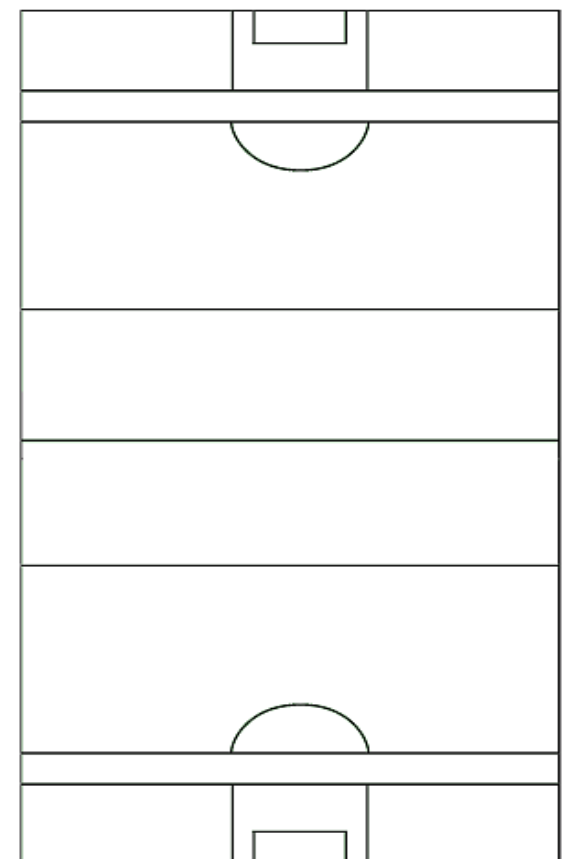
Activity 2: _____	T: _____	Coaching Points

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Activity 4: _____	T: _____	Coaching Points

Skills Focused on

Questions — Activity



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Goalkeepers		Present
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Backs		Present
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Midfielders		Present
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Forwards		Present
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Session Theme: _____

Age Group: _____

Date: _____

Time: _____

Number of Players: _____

Warm Up	T: _____

Activity 1: _____	T: _____	Coaching Points

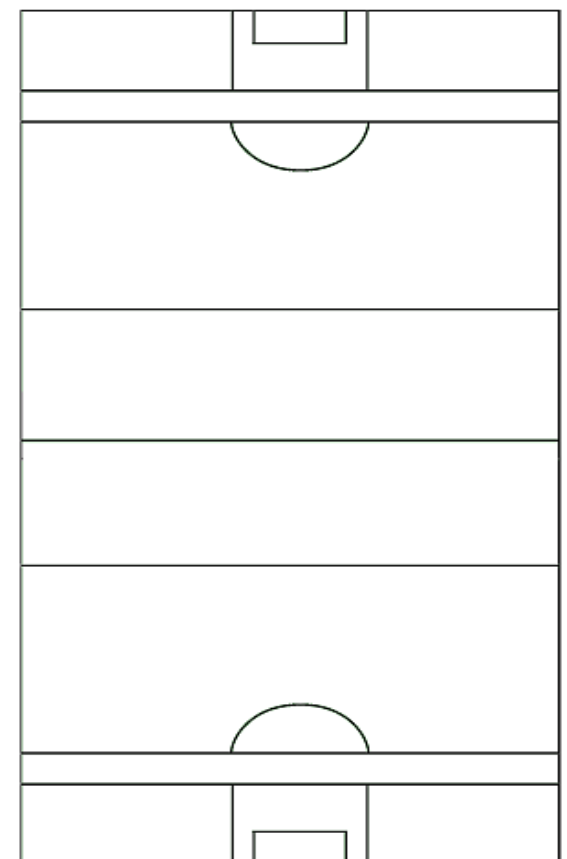
Activity 2: _____	T: _____	Coaching Points

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Skills Focused on

Questions — Activity



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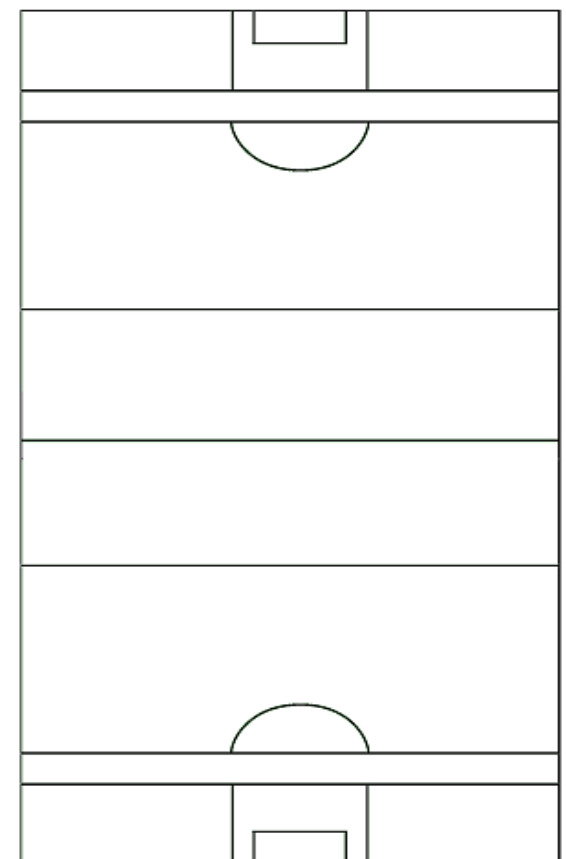
Activity 2: _____	T: _____	Coaching Points

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Activity 4: _____	T: _____	Coaching Points

Skills Focused on

Questions — Activity



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SESSION PLANNER

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Age Group: _____

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Warm Up	T: _____

Activity 1: _____	T: _____	Coaching Points

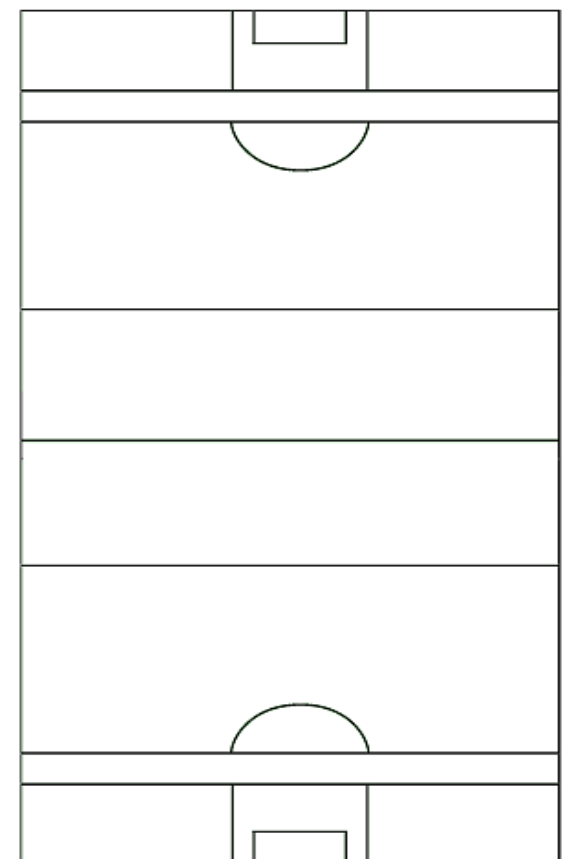
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SESSION PLANNER

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Warm Up	T: _____

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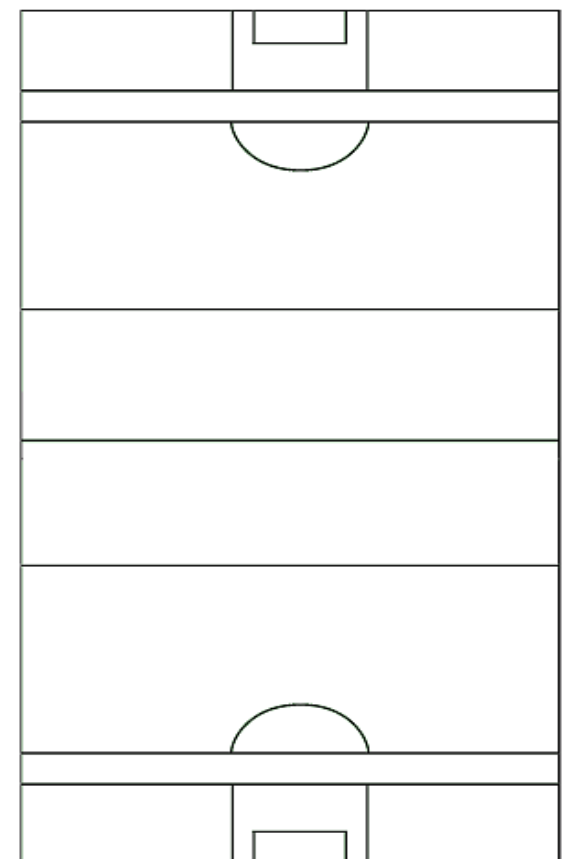
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SESSION PLANNER

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Age Group: _____

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Warm Up	T: _____

Activity 1: _____	T: _____	Coaching Points

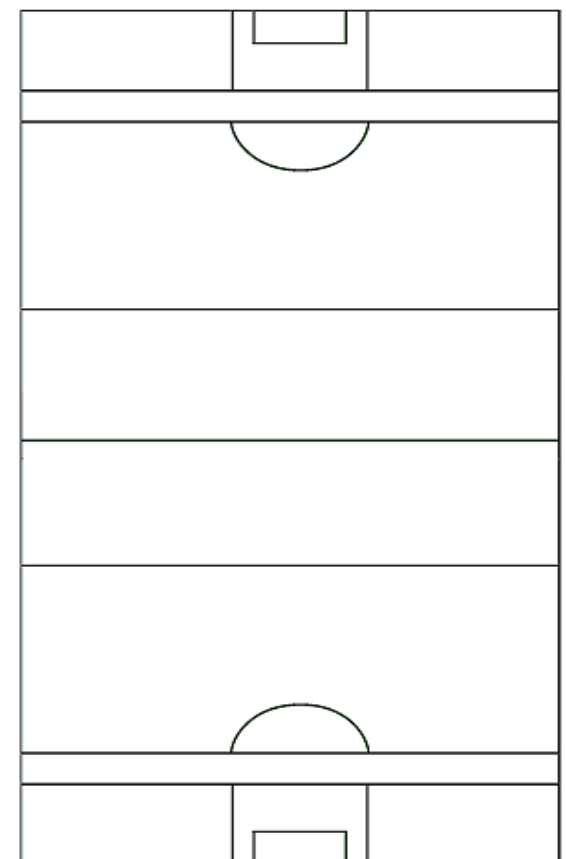
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Skills Focused on

Questions — Activity



SESSION PLANNER

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SESSION PLANNER

Session Theme: _____

Age Group: _____ Date: _____ Time: _____ Number of Players: _____

Warm Up	T: _____

Activity 1: _____	T: _____	Coaching Points

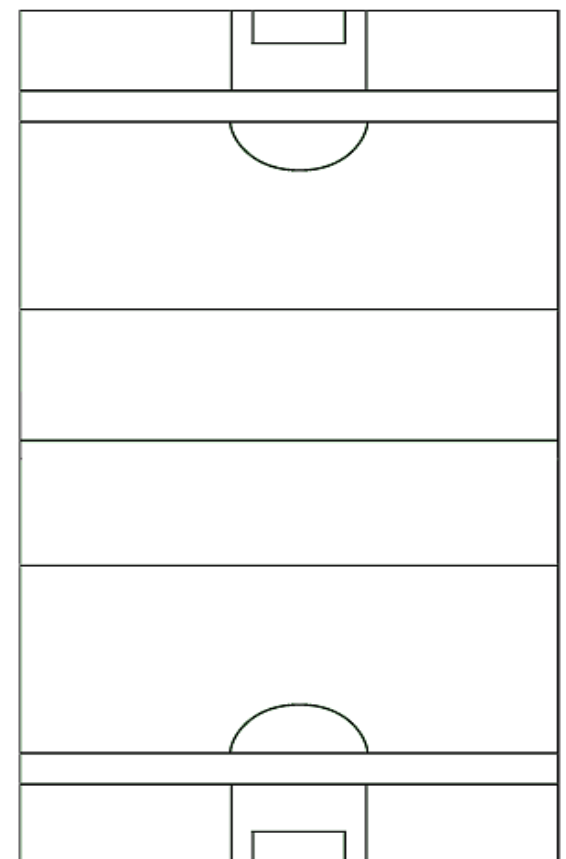
Activity 2: _____	T: _____	Coaching Points

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Activity 4: _____	T: _____	Coaching Points

Skills Focused on

Questions — Activity



SESSION PLANNER

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SESSION PLANNER

Session Theme: _____

Age Group: _____

Date: _____

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Number of Players: _____

Warm Up	T: _____

Activity 1: _____	T: _____	Coaching Points

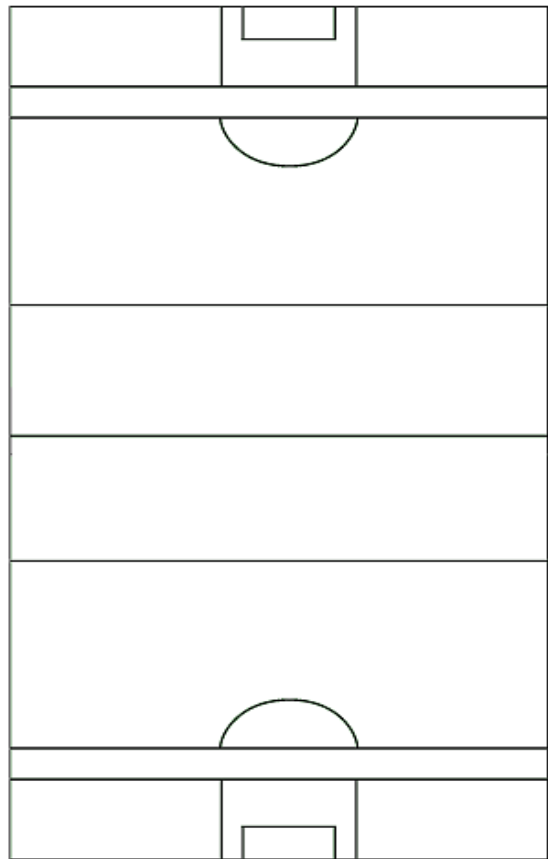
Activity 2: _____	T: _____	Coaching Points

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Skills Focused on

Questions — Activity



SESSION PLANNER

Goalkeepers		Present
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Backs		Present
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SESSION PLANNER

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Age Group: _____

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Warm Up	T: _____

Activity 1: _____	T: _____	Coaching Points

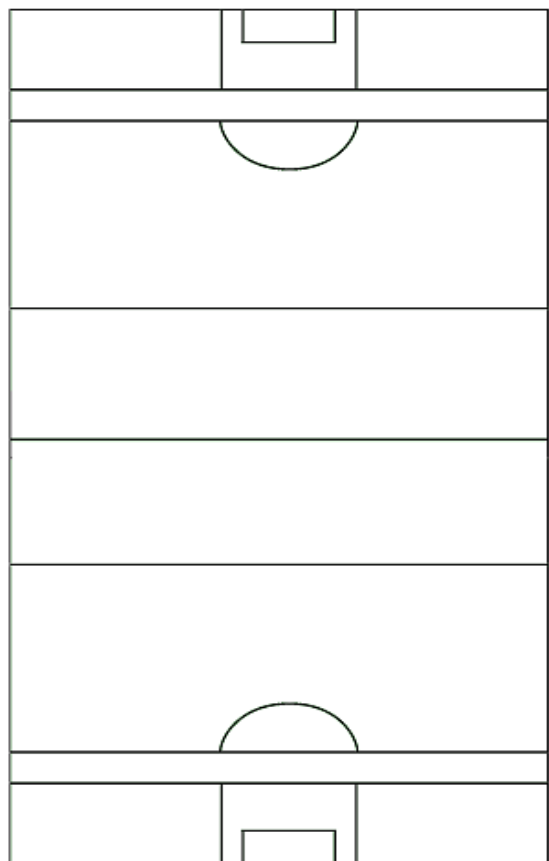
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Skills Focused on

Questions — Activity



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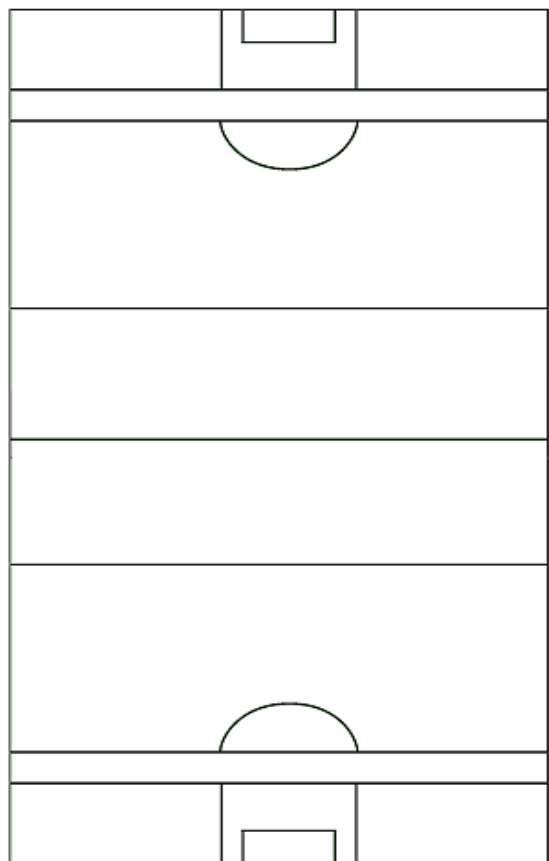
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Activity 1: _____	T: _____	Coaching Points

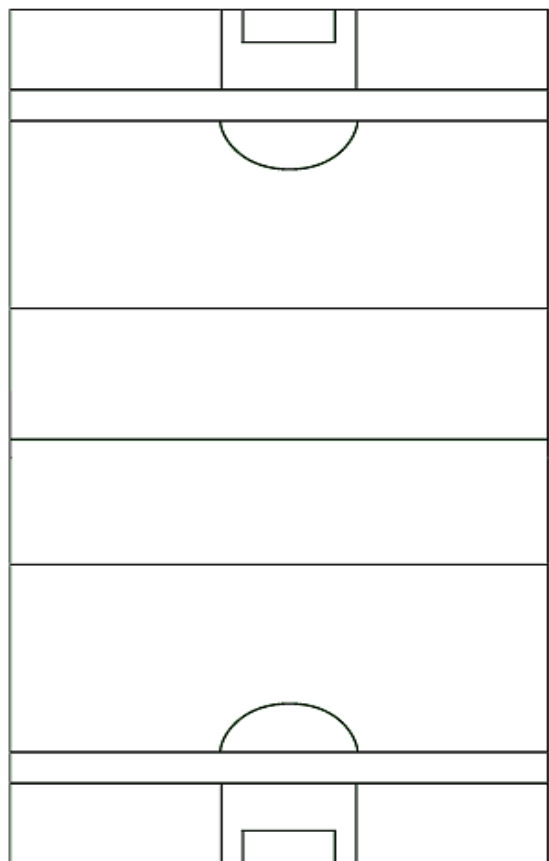
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SESSION REVIEW

Session Theme: _____

Age Group: _____

Date: _____

Time: _____

Number of Players: _____

Reflection:

What Worked well:

Feedback – Players / Other Coaches

Area's for improvement / Areas to target in next training Session

Any other Information

SESSION REVIEW

Session Theme: _____

Age Group: _____

Date: _____

Time: _____

Number of Players: _____

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Any other Information

SESSION REVIEW

Session Theme: _____

Age Group: _____

Date: _____

Time: _____

Number of Players: _____

Reflection:

What Worked well:

Feedback – Players / Other Coaches

Area's for improvement / Areas to target in next training Session

Any other Information

SESSION REVIEW

Session Theme: _____

Age Group: _____

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Any other Information

MATCH PLANNER

Age Group: _____

Opposition: _____

Time: _____

No of Players: _____

Competition: _____

Date: _____

Focus Areas for the game / KPI

Team:

Players		INFO	Replacements:		R:	INFO
1			16			
2			17			
3			18			
4			19			
5			20			
6			21			
7			22			
8			23			
9			24			
10			25			
11			26			
12			27			
13			28			
14			29			
15			30			

R = Replaced (Number who replacement came on for)

Any other Information

MATCH REVIEW

Age Group: _____

Opposition: _____

Time: _____

No of Players: _____

Competition: _____

Date: _____

Result: Team ____ - ____ Opposition ____ - ____

Reflection:

Where pre match focus areas meet?

General Comments / points of note

1st Half

2nd Half

Area's for improvement / Areas to target in next training Session

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