



THE IRISH FOOTBALL ASSOCIATION

IFA Uefa A Licence Coaching Session Planner



** Click into highlighted boxes to add text*

Coach's name

Session Date

Name of tutor

Time available

Number of Players:

Adults

☐

Age Range

Ability Levels:

Beginner

☐

Intermediate

☐

Mixed/Other

☐

Medical information:

Particular needs:

Session location:

Facility requirements:

Equipment required:

Health & Safety issues:

Action Points from
previous sessions:

Continued:

Session Plan

Session Goals/Aims:

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Coach to improve...

Timings:

Warm-Up:

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Cool-Down:

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Session Key Factors:

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Click to upload session image

Title:

Timings:

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Click to upload session image

Title:

Timings:

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Click to upload session image

Title:

Timings:

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