

RUGBY COACHING SHEET



COACHING SHEET (MAIN PART)

COACHING SHEET

| COACHING SHEET | |
|-------------------------|----------------|
| Training session for: | Key objectives |
| Date: | |
| Time: | |
| Age level: | |
| 1. Session plan | |
| Location: | Equipment: |
| Training program | |
| Summary | |
| 2. Match plan | |
| Location: | Equipment: |
| Training program | |
| Summary | |
| 3. Practice plan | |
| Location: | Equipment: |
| Training program | |
| Summary | |

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JL Elias

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