



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 %