

RUGBY COACHING SHEET



COACHING SHEET (MAIN PART)

COACHING SHEET

GENERAL INFORMATION	
Training session No.:	Day/Date/Time
Team:	
Coach:	
Age level:	

1. Session aim	Location	Equipment	Notes
Training program			
Summary			

2. Module/Unit	Location	Equipment	Notes
Training program			
Summary			

3. Technical level	Location	Equipment	Notes
Training program			
Summary			

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Daniel F McAuley

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