



Irish Amateur Wrestling Association CLG. SESSION PLAN

_Coaches Name _____

Training Session type _____

Venue _____

No. Participants _____

No Coaches _____

Group Level _____

Warm Up	
<u>TIME</u>	<u>Activity</u>

Technique	
<u>TIME</u>	<u>Activity</u>

Live Wrestling	
<u>TIME</u>	<u>Activity</u>

<p><u>Conditioning</u></p> <p><u>Time:</u></p>	<p><u>Warm Down</u></p> <p><u>Time:</u></p>	<p><u>Total Training Time</u></p> <p>_____</p>
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PERSONAL IMPROVEMENT GOALS (pigs)

Large empty rectangular box for writing personal improvement goals.

Evaluation Notes

Large empty rectangular box for writing evaluation notes.