



		Tuesday	Wednesday	Thursday
<b>WEEK 1</b>	11.00am	Live Class/ Go Games Coaching	Go Games Coaching	Go Games Coaching
	2.00pm	Athletic Development	Athletic Development	Athletic Development
	5.00pm	Wall Ball Session	Podcast	Wall Ball Session
<b>WEEK 2</b>	11.00am	Go Games Coaching	Go Games Coaching	Go Games Coaching
	2.00pm	Athletic Development	Athletic Development	Athletic Development
	5.00pm	Wall Ball Session	Podcast	Wall Ball Session

Join Meath Coaching and Games for our GAA 'Easter Expo' - a schedule of coaching sessions for all ages.

**Week 1: 30<sup>th</sup> March – 1<sup>st</sup> April**

**Week 2: 6<sup>th</sup> April – 8<sup>th</sup> April**

The content will be available on Tuesday, Wednesday and Thursday each week over the Easter holidays. We will kick off activities with a one off, fun filled live coaching session on 'Microsoft Teams' ... but everyone in the family is welcome to join in. **Follow the link for signing up - <https://bit.ly/3d0>**

Each morning all Go Games players (age 5 – 11) can access a special coaching video from our Games Promotion Officers with a specific football and hurling skill as well as developing movement skills which they can take to practicing in their own space.

Each afternoon there will be a live athletic development workshop for 13 – 17 year olds where players can get individual instruction and feedback from our highly qualified and experienced coaches over 'Microsoft Teams'. This, along with 'Wall Ball' activities to develop skills, should

give Youth Players the best chance to be “Ready to Play” when we get back to the pitches. Follow the link for signing up - <https://bit.ly/2Pkdee9>

The content will be available through all major social media platforms but registration is required for our live sessions and must be done through parents/guardians email addresses.

More information on each event will follow throughout this week on social media.