



**€250 pps Coaching Course includes hotel accommodation with evening meal (€30 supplement single room)**

# 6th/7th February Coaching Weekend



## Sat 6th February

- 10.00-11.30: Goalkeeping – core concepts (on field with David Herity)
- 11.45-12.45: Defending – core concepts (on field with Brian Hogan)
- 12.45-1.45: Lunch (soup & sandwiches)
- 1.45-3.15: Tactics and Game management (on field with Martin Fogarty)
- 3.15-4.15: Physio talk (Dr Claire Lodge)

- 4.30-5.45: Tactics and Game management (video analysis)

## Sun 7th February

- 9.00-10.00: Midfield Play – core concepts (on field with Michael Rice)
- 10.15-11.15: Strength and Conditioning coach (Sean Kelly)
- 11.45-12.45: Dietician (Lorna O'Neill)
- 1.00-2.00: Attacking Play – core concepts (on field with Richie Power)

**Full details or booking contact 056-7753629**

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