

**FUNCTIONAL MOVEMENT PROGRAMME & SKILL DEVELOPMENT TIMETABLE**

WEEK NO	DAY	DATE	VENUE	ARRIVE TIME	SQAUD	Functional Resistance	Activity	
							Skills	
							Hurling	Football
8	Wednesday	6th January 2016	Buffers-Alley	6.45 pm	Under 15 H&F - North	7pm - 7.40 pm	7.40 pm - 8 pm	7.40 pm - 8 pm
				8:00 p.m.	Under 16 H&F - North	8pm - 8.40 pm	8.40 pm - 9.10 pm	8.40 pm - 9.10 pm
	Thursday	7th January 2016	Horeswood	6.45 pm	Under 15 H&F - South	7pm - 7.40 pm	7.40 pm - 8 pm	7.40 pm - 8 pm
				8:00 p.m.	Under 16 H&F - South	8pm - 8.40 pm	8.40 pm - 9.10 pm	8.40 pm - 9.10 pm
							<b>Activity</b>	
WEEK NO	DAY	DATE	VENUE	ARRIVE TIME	SQAUD	Functional Resistance	Skills	
							Skills	
							Hurling	Football
9	Wednesday	13th January 2016	Buffers-Alley	6.45 pm	Under 15 H&F - North	7pm - 7.40 pm	7.40 pm - 8 pm	7.40 pm - 8 pm
				8:00 p.m.	Under 16 H&F - North	8pm - 8.40 pm	8.40 pm - 9.10 pm	8.40 pm - 9.10 pm
	Thursday	14th January 2016	Horeswood	6.45 pm	Under 15 H&F - South	7pm - 7.40 pm	7.40 pm - 8 pm	7.40 pm - 8 pm
				8:00 p.m.	Under 16 H&F - South	8pm - 8.40 pm	8.40 pm - 9.10 pm	8.40 pm - 9.10 pm
							<b>Activity</b>	
WEEK NO	DAY	DATE	VENUE	ARRIVE TIME	SQAUD	Functional Resistance	Skills	
							Skills	
							Hurling	Football
10	Thursday	21st January 2016	Horeswood	6.45 pm	Under 15 H&F - South	7pm - 7.40 pm	7.40 pm - 8 pm	7.40 pm - 8 pm
				8:00 p.m.	Under 16 H&F - South	8pm - 8.40 pm	8.40 pm - 9.10 pm	8.40 pm - 9.10 pm