



Starting this Friday 29<sup>th</sup> January we will be hosting a Facebook Live session.  
Our session will be 'Football Friday'.

### What is Football Friday?

During the next three weeks our Activity Professional James Beal will be hosting live sessions on our Facebook delivering football sessions.

They will be from 11am-11:30am.

These will include a warm up and then a variety of key skills in football.

These will include – Ball Mastery, Dribbling, Passing and tricks with a football.

The session will be suited for all ages and will allow parents/teachers to support their pupils learning from their own working environment.

### How do we access the session?

Each week we will go live on our Facebook Page – Premier Education Chelmsford, Braintree and Maldon

The link below is to the first session which is this Friday 29<sup>th</sup> January at 11am.

<https://fb.me/e/3RK2j6QPn>