



THE HONG KONG FOOTBALL ASSOCIATION LIMITED
香港足球總會有限公司

賽馬會青年足球教練學院 [2]

Jockey Club Youth Football Coaches School [2]

《 課程時間表 Timetable 》

日期 Date	時間 Time	內容 Content	地點 Venue
29/1/2023 Sunday	理論課 Theory 1930 – 2230	T1 Course introduction T2 The art of coaching - Modern coaching methods T3 The art of coaching – Designing game orientated training sessions	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
2/2/2023 Thursday	場地課 Practical 1930 – 2230	P1 Developing the goalkeeper within team training (1)	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
9/2/2023 Thursday	場地課 Practical 1930 – 2230	P2 Game model – Build up play (1)	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
12/2/2023 Sunday	理論課 Theory 1930 – 2230	T4 Talent identification	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
16/2/2023 Thursday	場地課 Practical 1930 – 2230	P3 Game model – Build up play (2)	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
23/2/2023 Thursday	場地課 Practical 1930 – 2230	P4 Game model – Pressing	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
2/3/2023 Thursday	場地課 Practical 1930 – 2230	P5 Game model – Defending the box (1)	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
5/3/2023 Sunday	理論課 Theory 1930 – 2230	T5 Team development – Positional play Team development –Game model	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
12/3/2023 Sunday	理論課 Theory 1930 – 2230	T6 Team development –Tactical periodization	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
16/3/2023 Thursday	場地課 Practical 1930 – 2230	P6 Game model – Defending the box (2)	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
19/3/2023 Sunday	理論課 Theory 1930 – 2230	T7 Team development – Match preparation	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre



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23/3/2023 Thursday	場地課 Practical	1930 – 2230 P7 Playing in & around the box	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
9/4/2023 Sunday	理論課 Theory	1930 – 2230 T8 Physical development (1)	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
13/4/2023 Thursday	場地課 Practical	1930 – 2230 P8 Game model – Transition (defend to attack)	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
16/4/2023 Sunday	理論課 Theory	1930 – 2230 T9 Physical development (2)	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
20/4/2023 Thursday	場地課 Practical	1930 – 2230 P9 Game model – Transition (attack to defend)	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
23/4/2023 Sunday	理論課 Theory	1930 – 2230 T10 Player development – Periodisation	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
7/5/2023 Sunday	理論課 Theory	1930 – 2230 T11 Performance analysis (1)	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
11/5/2023 Thursday	場地課 Practical	1930 – 2230 P10 Game model – Set plays	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
14/5/2023 Sunday	理論課 Theory	1930 – 2230 T12 Performance analysis (2)	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
21/5/2023 Sunday	理論課 Theory	1930 – 2230 T13 Mental development (1)	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
25/5/2023 Thursday	場地課 Practical	1930 – 2230 P11 Practical assessment	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre



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日期 Date		時間 Time	內容 Content	地點 Venue
4/6/2023 Sunday	理論課 Theory	1930 – 2230	T14 Mental development (2)	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre
8/6/2023 Thursday	場地課 Practical	1930 – 2230	P12 Practical assessment	賽馬會香港足球總會訓練中心 Jockey Club HKFA Football Training Centre

Remarks 備註：

賽馬會香港足球總會訓練中心

地址：新界將軍澳環保大道 190

Jockey Club HKFA Football Training Centre

Address: 190 Wan Po Road, Tseung Kwan O, N.T.

**課程地點在需要情況下會作出修改*

**The schedule is subject to modification if necessary*