



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

亞洲足協五人足球教練證書課程級別一[18]

**AFC Futsal Coaching Certificate Course Level 1 [18]**

《 課程時間表 Timetable 》

日期 Date	時間 Time	內容 Content	地點 Venue
14/6/2022 Tuesday	理論課 Theory 19:00 - 22:00	T1 AFC Education M & P T2 Warm Up & Cool Down T13 Planning a Practical session	奧運大樓 Olympic House
16/6/2022 Thursday	場地課 Practical 19:00 - 22:00	P1 Warm Up with the ball P2 Ball Coordination & Running with the ball P3 Dribbling & 1 v 1 in Attack	沙田馬場波地 Sha Tin Racecourse Sports Ground
17/6/2022 Friday	理論課 Theory 19:00 - 22:00	T5 Legends T6 What is Futsal T16 Effective Communication	網上課堂 Online Course
20/6/2022 Monday	場地課 Practical 19:00 - 22:00	P4 Passing & Types of pass P5 Controlling	香港高爾夫球會 Hong Kong Golf Club
22/6/2022 Wednesday	理論課 Theory 19:00 - 22:00	T9 Players Selection T15 Use of Resources	奧運大樓 Olympic House
24/6/2022 Friday	場地課 Practical 19:00 - 22:00	P6 Turning with the ball	沙田馬場波地 Sha Tin Racecourse Sports Ground
27/6/2022 Monday	理論課 Theory 19:00 - 22:00	T4 History of Futsal T14 Futsal Development in HK T11 Coaching Method T12 Coaching Process	網上課堂 Online Course
28/6/2022 Tuesday	場地課 Practical 19:00 - 22:00	P7 Supporting play in Futsal	天水圍公園 Tin Shui Wai Park
30/6/2022 Thursday	理論課 Theory 19:00 - 22:00	T23 Attacking System & Formation Tactical Action T10 Futsal Laws of the Game	奧運大樓 Olympic House
2/7/2022 Saturday	場地課 Practical 19:00 - 22:00	P11 Shooting & types of shot	香港高爾夫球會 Hong Kong Golf Club



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### AFC Futsal Coaching Certificate Course Level 1 [18]

### 《 課程時間表 Timetable 》

日期 Date		時間 Time	內容 Content	地點 Venue
4/7/2022 Monday	理論課 Theory	19:00 – 22:00	T19 Hygiene, Safety & Injury Prevention T20 Nutrition & Energy Production T21 Essential Psychological Skills: Basic Mental Skills & Development	網上課堂 Online Course
7/7/2022 Thursday	場地課 Practical	19:00 – 22:00	P13 Defending 1 v 1 P14 Defending 2 v 2	沙田馬場波地 Sha Tin Racecourse Sports Ground
8/7/2022 Friday	理論課 Theory	19:00 – 22:00	T22 Goalkeeper Training T17 Grassroots Philosophy T18 How to Organize a Grassroots Festival & Tournament	奧運大樓 Olympic House
9/7/2022 Saturday	場地課 Practical	19:00 – 22:00	P10 Goalkeeper Training	香港高爾夫球會 Hong Kong Golf Club
11/7/2022 Monday	場地課 Practical	19:00 – 22:00	P12 Tactical Actions & Basic moves In attack	香港高爾夫球會 Hong Kong Golf Club
14/7/2022 Thursday	場地課 Practical	18:30 – 22:00	Practical Assessment	香港高爾夫球會 Hong Kong Golf Club
16/7/2022 Saturday	場地課 Practical	18:30 – 22:00	Practical Assessment	香港高爾夫球會 Hong Kong Golf Club
17/7/2022 Sunday	理論課 Theory	18:30 – 22:30	Theory Exam 1 & 2 Laws of the Games Exam	奧運大樓 Olympic House

#### Remarks 備注：

奧運大樓

地址：銅鑼灣掃桿埔大球場徑 1 號奧運大樓

Olympic House

Address : No. 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong

沙田馬場波地

地址：沙田馬場第二座看台二樓平台廣場

Sha Tin Racecourse Sports Ground

Address : Concourse, 2/F Grandstand II, Sha Tin Racecourse

香港哥爾夫球會(粉嶺)

地址：香港新界上水粉錦公路地段 1 號

Hong Kong Golf Club

Address : Lot No. 1 Fan Kam Road, Sheung Shui, New Territories, Hong Kong

天水圍公園

地址：元朗天水圍天瑞路六號

Tin Shui Wai Park

Address : 6 Tin Shui Road, Tin Shui Wai, Yuen Long

\*課程地點在需要情況下會作出修改

\*The Schedule is subject to modification if necessary