

守門員教練進修課程 [1]

Goalkeeping Refresher Course [1]

《 課程時間表 Timetable 》

Date 日期		Time 時間	Content 內容	Venue 地點
28/4/2022 Thursday	理論課 Theory	1930 – 2130 (2 hours)	Course Introduction Modern Football Trend	Online (Zoom)
30/4/2022 Saturday	場地課 Practical	1530 – 1830 (3 hours)	Goalkeeper's Warming Up / Cooling Down / Foot Works Basic Handling Technique: Set Position / Scooping / Cup Catch / W Shape	賽馬會香港足球總會 足球訓練中心 Jockey Club HKFA Football Training Centre
3/5/2022 Tuesday	理論課 Theory	1930 – 2130 (2 hours)	Functional Position – Goalkeeper in a team	Online (Zoom)
5/5/2022 Thursday	理論課 Theory	1930 – 2130 (2 hours)	Coaching Communication	Online (Zoom)
8/5/2022 Sunday	場地課 Practical	1530 – 1830 (3 hours)	Goalkeeper Dealing with Crosses	賽馬會香港足球總會 足球訓練中心 Jockey Club HKFA Football Training Centre
9/5/2022 Monday	場地課 Practical	1500 – 1800 (3 hours)	Distribution Throwing / Passing	賽馬會香港足球總會 足球訓練中心 Jockey Club HKFA Football Training Centre

Remarks 備註：

賽馬會香港足球總會訓練中心

地址：香港新界將軍澳環保大道 190 號

Jockey Club HKFA Football Training Centre

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

*課程地點在需要情況下會作出修改

*The schedule is subject to modification if necessary