



草根足球領袖證書課程 [14]

Grassroots Football Leader Certificate Course [14]

《課程時間表 Timetable》

| 日期 Date                |                  | 時間 Time   | 內容 Content   | 地點 Venue                         |
|------------------------|------------------|-----------|--|----------------------------------|
| 14/8/2022<br>Sunday    | 理論課<br>Theory    | 0900-1200 | T1 課程簡介/草根足球領袖的角色<br>Course Introduction / Role of the Grassroots Football Leader<br>T2 草根足球的概念及其教學作用<br>What is Grassroots Football & it's function<br>T3 草根足球的活動<br>Grassroots football activities | 英皇佐治五世學校<br>King George V School |
|                        | 場地課<br>Practical | 1400-1700 | P1 草根足球的熱身 + 遊戲式活動<br>Warm Up exercise for Grassroots + Play from exercise<br>P2 校內進行的遊戲/比賽<br>School Based Fun Games<br>P3 皮球操控及球感<br>Ball Feeling & Ball Mastery                                   |                                  |
| 21/8/2022<br>Sunday    | 理論課<br>Theory    | 0900-1200 | T4 組織趣味性遊戲<br>Organizing fun games<br>T5 五人足球的歷史、發展及其特質<br>History, Development & characteristic of Futsal<br>T6 五人足球與 11 人足球的關係<br>Relationship between Football & Futsal                           | 英皇佐治五世學校<br>King George V School |
|                        | 場地課<br>Practical | 1400-1700 | P4 組織一節場地實踐課(技巧)<br>Organizing of a practical session(Skill)<br>P5 足球技術: 盤球、傳接球、射門<br>Football Techniques: Pass, Control, Shooting<br>P6 五人足球技術特質<br>Futsal Specific Skills (What, Why & How)        |                                  |
| 24/8/2022<br>Wednesday | 理論課<br>Theory    | 1900-2200 | T7 教學及指導指引<br>Teaching and coaching guideline<br>T8 組織草根足球節及多樣化的小型比賽<br>Organizing Grassroots Festival & Different kinds of Small Sided Games<br>T9 安全及教練守則<br>Safety & Code of conduct              | 英皇佐治五世學校<br>King George V School |
| 28/8/2022<br>Sunday    | 場地課<br>Practical | 1400-1700 | P7 多樣化的小型比賽<br>Different kinds of Small Sided Games<br>P8 草根足球節演練<br>Grassroots Festival Try Out Task  | 英皇佐治五世學校<br>King George V School |

Remarks 備注 :

英皇佐治五世學校

地址: 九龍何文田天光道 2 號

King George V School

Address: 2 Tin Kwong Road, Homantin, Kowloon 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