



中銀香港草根足球策劃課程 [8]

BOC Grassroots Football Planner Programme [8]

《課程時間表 Timetable》

日期 Date	時間 Time	內容 Content	地點 Venue
28/3/2022 Monday	1930-2130	T1 課程簡介/草根足球領袖的角色 Course Introduction / Role of the Grassroots Football Leader T2 草根足球的概念及其教學作用 What is Grassroots Football & it's function	網上課堂 Online Course
4/4/2022 Monday	1930-2130	T3 草根足球的活動 Grassroots football activities T4 組織趣味性遊戲 Organizing fun games	網上課堂 Online Course
11/4/2022 Monday	1930-2130	T7 教學及指導指引 Teaching and coaching guideline	網上課堂 Online Course
18/4/2022 Monday	1930-2130	T5 五人足球的歷史、發展及其特質 History, Development & characteristic of Futsal T6 五人足球與 11 人足球的關係 Relationship between Football & Futsal	網上課堂 Online Course
25/4/2022 Monday	1930-2130	T8 組織草根足球節及多樣化的小型比賽 Organizing Grassroots Festival & Different kinds of Small Sided Games T9 安全及教練守則 Safety & Code of conduct	網上課堂 Online Course
TBC	TBC	P1 草根足球的熱身 + 遊戲式活動 Warm Up exercise for Grassroots + Play from exercise P2 校內進行的遊戲/比賽 School Based Fun Games P3 皮球操控及球感 Ball Feeling & Ball Mastery	賽馬會香港足球總會 足球訓練中心 Jockey Club HKFA Football Training Centre
TBC	TBC	P4 組織一節場地實踐課(技巧) Organizing of a practical session(Skill) P5 足球技術: 盤球、傳接球、射門 Football Techniques: Pass, Control, Shooting P6 五人足球技術特質 Futsal Specific Skills (What, Why & How)	賽馬會香港足球總會 足球訓練中心 Jockey Club HKFA Football Training Centre
TBC	TBC	P7 多樣化的小型比賽 Different kinds of Small Sided Games P8 草根足球節演練 Grassroots Festival Try Out Task	賽馬會香港足球總會 足球訓練中心 Jockey Club HKFA Football Training Centre

Remarks 備注：

使用受第 599F 章規管的表列處所和康樂及文化事務署轄下文康設施的人士，須最少已接種了一劑新冠疫苗。有關規定將以「疫苗通行證」形式執行。除非他是獲豁免人士。詳情請參閱政府的 2019 冠狀病毒病專題網站

Users of scheduled premises regulated under Cap. 599F and cultural and leisure facilities under the Leisure and Cultural Services Department are required to have received at least one dose of COVID-19 vaccine for entry. The relevant requirement would be implemented through a "vaccine pass" unless he/she is an exempted person. For details, please visit the COVID-19 Thematic Website.