



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[20]

AFC Futsal Coaching Certificate Course Level 1 [20]

《 課程時間表 Timetable 》

日期 Date	時間 Time	內容 Content	地點 Venue
8/4/2023 Saturday	理論課 Theory 19:00 - 22:00	T1 AFC Education M & P T2 Warm Up & Cool Down T3 What is Futsal T13 Planning a Practical session	奧運大樓 Olympic House
10/4/2023 Monday	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	香港高爾夫球會 Hong Kong Golf Club
11/4/2023 Tuesday	理論課 Theory 19:00 - 22:00	T5 Legends T16 Effective Communication	奧運大樓 Olympic House
14/4/2023 Friday	場地課 Practical 19:00 - 22:00	P4 Passing & Types of pass P5 Controlling	沙田馬場波地 Sha Tin Racecourse Sports Ground
15/4/2023 Saturday	理論課 Theory 19:00 - 22:00	T9 Players Selection T15 Use of Resources	奧運大樓 Olympic House
18/4/2023 Tuesday	場地課 Practical 19:00 - 22:00	P6 Turning with the ball	沙田馬場波地 Sha Tin Racecourse Sports Ground
19/4/2023 Wednesday	理論課 Theory 19:00 - 22:00	T4 History of Futsal T14 Futsal Development in HK T11 Coaching Method T12 Coaching Process	奧運大樓 Olympic House
21/4/2023 Friday	場地課 Practical 19:00 - 22:00	P7 Supporting play in Futsal	沙田馬場波地 Sha Tin Racecourse Sports Ground
22/4/2023 Saturday	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
25/4/2023 Tuesday	場地課 Practical 19:00 - 22:00	P11 Shooting & types of shot P8 Play Form Exercises P9 The GAG Method	沙田馬場波地 Sha Tin Racecourse Sports Ground



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27/4/2023 Thursday	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
28/4/2023 Friday	19:00 – 22:00	P13 Defending as individuals P14 Defending in pairs	沙田馬場波地 Sha Tin Racecourse Sports Ground
29/4/2023 Saturday	19:00 – 22:00	T22 Goalkeeper Training T17 Grassroots Philosophy T18 How to Organize a Grassroots Festival & Tournament	奧運大樓 Olympic House
1/5/2023 Monday	19:00 – 22:00	P10 Goalkeeper Training	香港高爾夫球會 Hong Kong Golf Club
2/5/2023 Tuesday	19:00 – 22:00	P12 Attacking Tactical Actions as Individual & in pairs	沙田馬場波地 Sha Tin Racecourse Sports Ground
5/5/2023 Friday	19:00 – 22:00	Practical Assessment	沙田馬場波地 Sha Tin Racecourse Sports Ground
6/5/2023 Saturday	18:00 – 22:00	Practical Assessment	沙田馬場波地 Sha Tin Racecourse Sports Ground
8/5/2023 Monday	19:00 – 23:00	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

*課程地點在需要情況下會作出修改

*The Schedule is subject to modification if necessary