



THE FOOTBALL ASSOCIATION OF HONG KONG, CHINA LIMITED

中國香港足球總會

亞洲足協五人足球教練證書課程級別一 [27]

AFC Futsal Coaching Certificate Course Level 1 [27]

《 課程時間表 Timetable 》

日期 Date		時間 Time	內容 Content	地點 Venue
25/3/2025 Tuesday	理論課 Theory	18:30 – 22:00	T1 AFC Education M & P T2 Warm Up & Cool Down T3 What is Futsal T13 Planning a Practical session	中國香港足球總會 1 樓會議室 HKFA 1/F Boad room
27/3/2025 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 Opening match	沙田馬場波地 Sha Tin Racecourse Sports Ground
29/3/2025 Saturday	理論課 Theory	19:00 – 22:00	T5 Legends T16 Effective Communication	中國香港足球總會 1 樓會議室 HKFA 1/F Boad room
31/3/2025 Monday	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
2/4/2025 Wednesday	理論課 Theory	19:00 – 22:00	T9 Players Selection T15 Use of Resources	中國香港足球總會 1 樓會議室 HKFA 1/F Boad room
3/4/2025 Thursday	場地課 Practical	19:00 – 22:00	P6 Turning with the ball	沙田馬場波地 Sha Tin Racecourse Sports Ground
8/4/2025 Tuesday	理論課 Theory	19:00 – 22:00	T4 History of Futsal T14 Futsal Development in HK T11 Coaching Method T12 Coaching Process	中國香港足球總會 1 樓會議室 HKFA 1/F Boad room
10/4/2025 Thursday	場地課 Practical	19:00 – 22:00	P7 Supporting play in Futsal	沙田馬場波地 Sha Tin Racecourse Sports Ground
12/4/2025 Saturday	理論課 Theory	19:00 – 22:00	T10 Futsal Laws of the Game T23 Attacking System & Formation (Tactical Actions)	中國香港足球總會 1 樓會議室 HKFA 1/F Boad room
14/4/2025 Monday	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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16/4/2025 Wednesday	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	中國香港足球總會 1 樓會議室 HKFA 1/F Board room
17/4/2025 Thursday	場地課 Practical	19:00 – 22:00	P13 Defending as individual P14 Defending in pairs	沙田馬場波地 Sha Tin Racecourse Sports Ground
22/4/2025 Tuesday	理論課 Theory	19:00 – 22:00	T22 Goalkeeper Training T17 Grassroots Philosophy T18 How to Organize a Grassroots Festival & Tournament	中國香港足球總會 1 樓會議室 HKFA 1/F Board room
24/4/2025 Thursday	場地課 Practical	19:00 – 22:00	P10 Goalkeeper Training	沙田馬場波地 Sha Tin Racecourse Sports Ground
25/4/2025 Friday	場地課 Practical	19:00 – 22:00	P12 Attacking Tactical Actions as Individual & in pairs	沙田馬場波地 Sha Tin Racecourse Sports Ground
29/4/2025 Tuesday	理論課 Theory	18:30 – 23:00	Theory Exam 1 & 2 Laws of the Games Exam	中國香港足球總會 1 樓會議室 HKFA 1/F Board room
1/5/2025 Thursday	場地課 Practical	17:30 – 22:00	Practical Assessment	沙田馬場波地 Sha Tin Racecourse Sports Ground
2/5/2025 Friday	場地課 Practical	17:30 – 22:00	Practical Assessment	沙田馬場波地 Sha Tin Racecourse Sports Ground

Remarks 備注：

中國香港足球總會 1 樓會議室
HKFA 1/F Boardroom

地址：香港何文田佛光街 55 號 1 樓
Address : 55 Fat Kwong Street, Homantin, Kowloon, Hong Kong

沙田馬場波地
Sha Tin Racecourse Sports Ground

地址：沙田馬場第二座看台二樓平台廣場
Address : Concourse, 2/F Grandstand II, Sha Tin Racecourse

*課程地點在需要情況下會作出修改

*The Schedule is subject to modification if necessary