



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二[5]

AFC Futsal Coaching Certificate Course Level 2 [5]

《 課 程 時 間 表 Timetable 》

日期 Date	時間 Time	內容 Content	地點 Venue
9/8/2024 Friday	理論課 Theory 18:30 – 22:00	T1 The AFC Futsal M & P T2 Functional Training (The Pivot) T3 Logic of the Game Review T4 COACHING METHOD	奧運大樓 Olympic House
10/8/2024 Saturday	場地課 Practical 13:00 – 16:00	P1 Warm Up with the ball P2 Keep Ball Possession (Supporting) P3 Functional Training (The Pivot)	賽馬會屯門蝴蝶灣體育館 The Jockey Club Tuen Mun Butterfly Beach Sports Centre
12/8/2024 Monday	理論課 Theory 19:00 – 22:00	T5 Attacking Formations & systems T6 Attacking Tactical Action 1 T7 Attacking Tactical Action 2	奧運大樓 Olympic House
13/8/2024 Tuesday	場地課 Practical 19:00 – 22:00	P4 Attacking System & Formation P5 Tactical Action 1	沙田馬場波地 Sha Tin Racecourse Sports Ground
15/8/2024 Thursday	理論課 Theory 19:00 – 22:00	T8 Futsal Trend T9 FIFA/AFC Futsal Technical Report T10 Essential Psychological Skills	奧運大樓 Olympic House
16/8/2024 Friday	場地課 Practical 19:00 – 22:00	P6 Tactical Action 2 P7 The use of Conditioning Games	沙田馬場波地 Sha Tin Racecourse Sports Ground
18/8/2024 Sunday	場地課 Practical 18:00 – 21:00	Practical Assessment 1 - 1	賽馬會屯門蝴蝶灣體育館 The Jockey Club Tuen Mun Butterfly Beach Sports Centre
19/8/2024 Monday	場地課 Practical 19:00 – 22:00	Practical Assessment 1 - 2	沙田馬場波地 Sha Tin Racecourse Sports Ground
22/8/2024 Thursday	理論課 Theory 19:00 – 22:00	T11 Defending Systems T13 Planning a Futsal Season	奧運大樓 Olympic House
23/8/2024 Friday	場地課 Practical 19:00 – 22:00	P8 Defending Systems 1 P9 Defending Systems 2	沙田馬場波地 Sha Tin Racecourse Sports Ground



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《 課程時間表 Timetable 》

日期 Date		時間 Time	內容 Content	地點 Venue
25/8/2024 Sunday	理論課 Theory	19:00 – 22:00	T12 Match Analysis & Data Collection T14 Fitness Session	奧運大樓 Olympic House
26/8/2024 Monday	場地課 Practical	19:00 – 22:00	P10 Fitness Session	沙田馬場波地 Sha Tin Racecourse Sports Ground
29/8/2024 Thursday	理論課 Theory	19:00 – 22:00	T16 Attacking Set Pieces T15 Transitional Moment	奧運大樓 Olympic House
30/8/2024 Friday	場地課 Practical	20:00 – 23:00	P11 Attacking Set Plays P12 Transitional Play	賽馬會屯門蝴蝶灣體育館 The Jockey Club Tuen Mun Butterfly Beach Sports Centre
1/9/2024 Sunday	理論課 Theory	19:00 – 22:00	T17 GK Training 1 T18 GK Training 2	奧運大樓 Olympic House
2/9/2024 Monday	場地課 Practical	19:00 – 22:00	P13 Goalkeeper Training 1 P14 Goalkeeper Training 2	沙田馬場波地 Sha Tin Racecourse Sports Ground
5/9/2024 Thursday	場地課 Practical	18:30 – 22:00	Practical Assessment 2 - 1	沙田馬場波地 Sha Tin Racecourse Sports Ground
6/9/2024 Friday	場地課 Practical	18:30 – 22:00	Practical Assessment 2 - 2	沙田馬場波地 Sha Tin Racecourse Sports Ground
8/9/2024 Sunday	理論課 Theory	18:30 – 22:00	Theory 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

賽馬會屯門蝴蝶灣體育館

地址：新界屯門湖山路 11 號

The Jockey Club Tuen Mun

Address : No. 11 Wu Shan Road, Tuen Mun, N.T.

Butterfly Beach Sports Centre

*課程地點在需要情況下會作出修改

*The Schedule is subject to modification if necessary

最後更新 Last Updated: 9-Aug-24