



**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 [29]**  
**AFC Futsal Coaching Certificate Course Level 1 [29]**

**《 課程時間表 Timetable 》**

日期 Date		時間 Time	內容 Content	地點 Venue
21/4/2026 Tuesday	理論課 Theory	18:30 - 22:00	- AFC Education M & P - Warm Up & Cool Down - What is Futsal - Planning a Practical session	救世軍中原慈善基金皇后山學校 The Salvation Army Centaline Charity Fund Queen's Hill School
22/4/2026 Wednesday	場地課 Practical	19:00 – 22:00	- Warm Up with the ball - Ball Coordination & Running with the Ball - Dribbling & 1 v 1 in Attack Opening match	
24/4/2026 Friday	理論課 Theory	19:00 – 22:00	- Legends - Logic of Futsal Game - Training Concept for Youths - Effective Communication	
25/4/2026 Saturday	場地課 Practical	15:00 – 18:00	- Passing & Types of pass - Controlling	
26/4/2026 Sunday	理論課 Theory	15:00 – 18:00	- Transference of Training to the Game - Ind. & 2 players' Tactical Actions - Use of Resources	
29/4/2026 Wednesday	場地課 Practical	19:00 – 22:00	- Turning with the ball	
2/5/2026 Saturday	理論課 Theory	12:00 – 15:00	- History of Futsal - Futsal Development in HK - Coaching approaches - Coaching Process	
2/5/2026 Saturday	場地課 Practical	15:00 – 18:00	- Supporting play in Futsal	



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日期 Date		時間 Time	內容 Content	地點 Venue
5/5/2026 Tuesday	理論課 Theory	19:00 – 22:00	- Futsal Laws of the Game - Attacking System & Formation	救世軍中原慈善基金皇后山學校 The Salvation Army Centaline Charity Fund Queen's Hill School
6/5/2026 Wednesday	場地課 Practical	19:00 – 22:00	- Shooting & types of shot - Play Form Exercises - The GAG Method	
7/5/2026 Thursday	理論課 Theory	19:00 – 22:00	- Hygiene, Safety & Injury Prevention - Nutrition & Energy Production - Essential Psychological Skills: Basic Mental Skills & Development	
9/5/2026 Saturday	場地課 Practical	14:00 – 17:00	- Defending as individuals - Defending in pairs	
9/5/2026 Saturday	理論課 Theory	17:00 – 20:00	- Goalkeeper Training - Attacking Set Plays	
12/5/2026 Tuesday	場地課 Practical	19:00 – 22:00	- Goalkeeper Training	
13/5/2026 Wednesday	場地課 Practical	19:00 – 22:00	- Attacking Tactical Actions as Individual & in pairs	
16/5/2026 Saturday	場地課 Practical	12:00 – 15:00	- Coaching Try-out	



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19/5/2026 Tuesday	場地課 Practical	17:30 – 22:00	- Practical Assessment	救世軍中原慈善基金皇后山學校 The Salvation Army Centaline Charity Fund Queen's Hill School
20/5/2026 Wednesday	場地課 Practical	17:30 – 22:00	- Practical Assessment	
22/5/2026 Friday	理論課 Theory	18:30 – 23:00	- Theory Exam 1 & 2 - Laws of the Game Exam	

**Remarks 備注：**

救世軍中原慈善基金皇后山學校

地址：新界粉嶺龍峻路 2 號

The Salvation Army Centaline Charity Fund Queen's Hill Address: 2 Lung Chun Road, Fanling, New Territories ([Map](#))  
School

\*課程地點在需要情況下會作出修改

*\*The Schedule is subject to modification if necessary*