

AFC Futsal Level 2 Certificate Course Macau

Day	Theory	Theory	Lunch Break	Practical	Practical	Theory
#1 11/1/20	0900 - 1030 <b>Opening Ceremony</b> 1. The AFC Futsal M & P 2. Characteristics of a Futsal Coach	1045-1230 3. Three Main Moments in Futsal 4. Preparation & Conduct of matches		1500 - 1630 1. Warm up with the ball 2. Passing & Support	1645-1830 3. Warm Up for a match 4. Basic Attacking Tactical Actions	1930-2030 Review of the day
#2 12/1/20	5. Essential Psychological Skills A. Motivation B. Managing Stress Topics of the Group Tasks	6. Futsal Signals 7. Match Analysis & Data Collection		5. The 3-1 Attacking System & the use of Pivot (types of Pivot)	6. Attacking system: 2-2  Group Tasks 1 & 2	Day 2 review  The Training Log Book
#3 13/1/20	8. Defending System & Behaviours Delivering Pract. Ass. Topics	9. AFC Futsal Club Champ Criteria 10. AFC Futsal Championship		7. Defending System 1: Zonal defend & man to man	1800 - 2100 8. Defending System 2: Alternate Defend  Group Tasks 3 & 4	Preview of the Practical Assessment  Group tasks evaluation
#4 14/1/20	1100 - 1400 Practical Assessment 1  (1-11)			2100 - 2300 Practical Assessment 1  (12-15)		Official Function
#5 15/1/20	11. Goalkeeper Training	14. Age group training & physical preparation for youths 15. Physical Preparation: Futsal Specific		1800 - 1930 9. Goalkeeper Training	1930 - 2100 11. Onfield Physical Training	Review of the Practical Assessment  -
#6 16/1/20	1400 - 1630 12. Planning a Futsal Season 13. Attacking Set Plays	1630 - 1800 Preview of the Practical Assessment		2100 - 2300 12. Transitional Play 10. Attacking Set Plays		<u>Futsal Laws of the Game</u> update
#7 17/1/20	<b>Theory Exam</b> 0930 - 1030 Paper 1			OFF		
#8 18/1/20	Practical Assessment 2 0900 -1400  (1-15)			1400 Evaluation of the Course  Closing Ceremony		

註：課程時間表會按上課進度等因素進行調整

Note: The course schedule will be adjusted based on factors such as the progress of the course.