

AFC / MFA "B" Coaching Certificate Course Timetable						
	Theory			Practical		
	09:00-12:00	14:00-17:00	19:00-22:00	09:00-12:00	14:00-17:00	19:00-22:00
2020/1/2 (Thursday)	/	/	Course / Training Policy Introduction Modern football development trend Group homework	/	/	Student competition
2020/1/3 (Friday)	/	/	Coach's role and responsibilities Teaching and coaching Group homework	/	/	D coaching course topic review
2020/1/4 (Saturday)	The game formation Game principle (attack/defensive) Group homework	/	/	/	C coaching course topic review (attack)	
2020/1/5 (Sunday)	Position function Individual, group and overall tactics Group homework	/	/	/	C coaching course topic review (defensive)	
2020/1/9 (Thursday)	/	/	/	/	/	GK
2020/1/10 (Friday)	/	/	GK	/	/	/
2020/1/11 (Saturday)	Training principles and methods Training and guidance requirements Group homework		/	/	/	"Backcourt attack begins" "Midfield possession attack"
2020/1/12 (Sunday)	Shooting skills Counterattack Group homework	/	/	/	"Front field middle attack" "Side attack"	
2020/1/16 (Thursday)	/	/	(Issue exam 1 questions)	/	/	"Side way into the inside line to create a chance to shoot" "End of the attack"
2020/1/17 (Friday)	/	/		/	"Transfer from defense to attack" "Transfer from attack to defense"	
2020/1/18 (Saturday)	Making plans Game analysis (Arrange homework) Transfer from defense to attack Transfer from attack to defense	/	/	/	Practical Exam (1) 1400-2200 (1-12)	

2020/1/19 (Sunday)	/	/	/	Practical Exam (1) 0900-2200 (13-24)		
2020/1/28 (Tuesday)	Course review Student analysis report Presentation Skills Set play attack and defense (Issue presentation topic)		/	/	/	"Frontcourt defense" "Set play attack and defense"
2020/1/29 (Wednesday)	Team building Youth Training Outline (13-16 years old) Selection and testing	/	Special lecture	/	"Midfield defense" "Side defense" "Backcourt defense"	/
2020/1/30 (Thursday)	Physical fitness(1)	/	Sports nutrition and recovery	/	Physical fitness(1)	/
2020/1/31 (Friday)	Physical fitness(2)	/	Injury and rehabilitation (Issue exam 2 questions)	/	Physical fitness(2)	/
2020/2/1 (Saturday)	Sports psychology Information gathering computer application skills Rule changes and the use of integrity	/	/	/	Practical Exam (2) 1400-2200 (1-12)	
2020/2/2 (Sunday)	/	/	/	Practical Exam (2) 1400-2200 (13-24)		
2020/2/8 (Saturday)	/	/	/	/	Practical Exam (3) 1800-2300 (1-8)	
2020/2/9 (Sunday)	/	/	/	/	Practical Exam (3) 1800-2300 (9-16)	
2020/2/15 (Saturday)	/	/	/	/	Practical Exam (3) 1800-2300 (17-24)	
2020/2/16 (Sunday)	/	General theory exam Specific theory exam	Course review 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.