附件1

**亚足联沙滩足球L1** **级教练员培训班日程安排表**

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| DAY  日期 | THEORI SESSION 1  理论课  8:00-9:30 | PRACTICAL SESSION  实践课  10:00-12:00 | BREAK 午休 | THEORT SESSION  理论课  14:00-15:30 | PRACTICAL SESSION  实践课  16:00-18:00 | GROUP DISCUSSION  课后讨论  19:30-20:30 |
| 1 | Opening Ceremony 开幕式  1. AFC Education M&P  2. Key Elements Of BS Game 1.亚足联培训  2沙滩足球的关键要素 | 3. LEGENDS  3.图例理论 | 4.Wa rm Up & Coo l Down  5.Laws Of The Game Pant1  4.课前引入及课后活动  5.竞赛规则1 | Wars Up  Turning with The Ball  Cool Down  热 身  带球转身  课后恢复 | Day 1 Review & Discussion  Laws Of The Game  Individual Presentation Topic  Distributi on  本日回顾及讨论  竞赛规则  个人展示话题分配 |
| 2 | 6. Laws Of The Game Part 2  7.Coaching Process  6.竞赛规则2  7教练过程 | Laws Of The Game  Part 1 &2  竞赛规则182 | 8. Type Of Passing(Video)  9. Coaching Method  8.传球类型(视频教学) 9.教练方法 | Principles Passing &  Support Play  传球及支援的原则 | Day 2 Review & Discussion  Group Task  本日回顾及讨论  小组任务 |
| 3 | 10. Shooting  11. Use of Resources 10.射门  11.如何调配资源 | Principle Of Shootig 射门的原则 | 12. Goalkeepine  13. Nutrition & Energy System 12.守门员  13.营养学及能量系统 | Goal keeping  守门员 | Theory Examination 1  Laws Of The Game  理论考试1  竞赛规则 |
| 4 | 14. Tactical Attacking  15. Development Phases & Mental Skills Goals Setting & Motivation  14.战术进攻  15.球员发展的阶段及精神鼓励方法  目标设置及鼓励 | Basic Attacking Options 基本的进攻选择 | 16. Tactical Defending  17. Hygiene & Sports Safety 16.防守战术  17.补水及运动安全 | Defending  1Y1&2V2  防守练习  1对1及2对2 | Day 4 Review & Discussion 本日回顾及讨论 |
| 5 | 18. Theory Physical  Basic Physical Training  18.体能训练理论  基本体能训练 | Practical Physical  Basic Physical Training  体能训练实操  基本体能训练 | Theory Examination 1  Theory Examination 2  理论考试1  理论考试2 | Questions & Answers 答 疑 | Day 5 Review Discussion  Practical Preparation  本日回顾及讨论  实操准备 |
| 6 | Practical Exanination  (1- 5)  实操考试(1-5) | Practical Examination  (6- 10)  实操考试(6-10) | Practical Examination  (11- 15)  实操考试(11-15) | Practical Examination (16-20)  Closing Ceremony色5pm  实操考试(16-20) |  |