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&P2. Key Elements Of BS Game 1.亚足联培训2沙滩足球的关键要素 | 3. LEGENDS3.图例理论 | 4.Wa rm Up & Coo l Down5.Laws Of The Game Pant14.课前引入及课后活动5.竞赛规则1 | Wars UpTurning with The BallCool Down热 身带球转身课后恢复 | Day 1 Review & DiscussionLaws Of The GameIndividual Presentation TopicDistributi 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 27.Coaching Process6.竞赛规则27教练过程 | Laws Of The GamePart 1 &2竞赛规则182 | 8. Type Of Passing(Video)9. Coaching Method8.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 & DiscussionGroup Task本日回顾及讨论小组任务 |
| 3 | 10. Shooting11. Use of Resources 10.射门11.如何调配资源 | Principle Of Shootig 射门的原则 | 12. Goalkeepine13. Nutrition & Energy System 12.守门员13.营养学及能量系统 | Goal keeping守门员 | Theory Examination 1Laws Of The Game理论考试1竞赛规则 |
| 4 | 14. Tactical Attacking15. Development Phases & Mental Skills Goals Setting & Motivation14.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 Defending17. Hygiene & Sports Safety 16.防守战术17.补水及运动安全 | Defending1Y1&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 PhysicalBasic Physical Training18.体能训练理论基本体能训练 | Practical PhysicalBasic Physical Training体能训练实操基本体能训练 | Theory Examination 1Theory Examination 2理论考试1理论考试2 | Questions & Answers 答 疑 | Day 5 Review DiscussionPractical 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) |  |