

FA Thailand

Futsal Introductory Coaching Course



DAY	THEORY SESSION 1 8.00AM - 10.00AM	THEORY SESSION 2 10.00AM - 12.00PM	B R E A K	PRACTICAL SESSION 3 2.00PM - 3.30PM	PRACTICAL SESSION 4 4.00PM - 6.00PM	GROUP DISCUSSION 5 6.30PM - 9.00PM
1	Opening Ceremony 1. FA, AFC Education M&P 2. History of Futsal 3. Futsal Game Structure Segmentation 4. Log Book	a. Warm Up & Cool Down b) Ball Feeling c) Control & Turning d) Passing & Support <i>(VDO, Animation)</i>		a. Warm Up & Cool Down b) Ball Feeling	c) Control & Turning d) Passing & Support	Day 1 Review & Discussion Homeworke
2	5. Criteria for Age Group Training 6-18 6. Planning an Effective Training 7. Futsal Law of The Game	a) Dribbling pass Opponent b) Shooting C) System & Style D) Individual Attacking Tactical Action <i>(VDO, Animation)</i>		a) Dribbling pass Opponent b) Shooting	C) System & Style D) Individual Attacking Tactical Action	Day 1 Review & Discussion Group Presentation (1-20) Homeworke
3	8. Futsal Player Qualifications 9. Coaching Process 10. Futsal Fitness for Youth 11. Three Main Moments in Futsal	a. Defensive Technique <i>a) 1st,2nd,3rd,4th Defender</i> b. Line of Defense <i>b) 1st line,2nd line,3rd line</i> <i>(VDO, Animation)</i>		a. Defensive Technique <i>a) 1st,2nd,3rd,4th Defender</i>	b. Line of Defense b) 1st line,2nd line,3rd line	Day 1 Review & Discussion Group Presentation (20-40) Homeworke
4	12. Age Groups Training & Physical - Preparation 6-18 13. Coaching Method 14. Twelve Main Order For Futsal Players	a. Type of Defense <i>a) Man to Man, Alternative,Zone,Mix</i> b. Goalkeeping <i>(VDO, Animation)</i>		a. Type of Defense <i>a) Man to Man, Alternative,Zone,Mix</i>	b. Goalkeeping	Theory Examination
5	Practical Assessment 1	Practical Assessment 1		Practical Assessment 1	Closing Ceremony	

Instructor: นายยศวัจน์ ดำรงกุลวิศิษฐ์, นายบุญเลิศ เจริญวงศ์, นายมานะ ชื่นเอี่ยม, นายโชติวุฒิ บุญยะพุททะกะนะ