

This Introductory Coaching Course, which shall be the sole responsibility of the Member Association, serves as an introduction to coaching. It is the first stage for all aspiring coaches who wish to embark onto the AFC 'C' Certificate Coaching Course. Upon completion, a Certificate Of Participation shall be issued.

Objectives

- To provide basic coaching knowledge
- To produce the quantity of coaches required at the grassroots level

Course details

Course duration - 40 hours

Full-time - 5 days x 8 hours

Part-time - 10 days x 4 hours

Participants - Maximum 24

Instructor - AFC/Member Association Instructors

Participants' Criteria & Requirements

- Must be above 18 years old.
- Must have playing ability.
- Must be physically and medically fit.
- Must attend and participate in all sessions.
- Must be able to read and write (literate).

Course Instructors

- Must be at least AFC 'B' Certificate holders
- Playing and Coaching experience (Supporting CV)
- Able to conduct both Theory and Practical sessions
- Educator (teaching skills)
- Knowledgeable, good communication skills
- Credibility, fair & objective
- Continuity in learning and teaching
- Basic PowerPoint skills

Assistant Instructors

Local coaches who aspire to embark on Instructorship and who meets the above criteria may be appointed to assist the Chief Instructor. After assisting in at least 2 Introductory Courses and upon the Instructor's recommendation, he/she shall then be able to conduct the course independently.

Course Requirements

- Appropriate sized football pitch (minimum 60m x 40m). The playing surface must be good in order to ensure safety, quality practice and play.
- One football per participant.
- Four different colored sets of bibs, supply of markers and cones.
- Regulation-sized portable goalposts with nets.
- Floodlights for night training (evening course).
- Conducive classroom for Theory sessions, equipped with:
 - TV Monitor
 - Video/VCD player
 - LCD/Overhead projector, screen
- Refreshment (mineral water).
- First-aid box.

Additional items

Football pump, ball-net, writing materials, mini hurdles, agility ladders and vertical poles