

AFC Introductory Coaching Course

Day	Session 1 Practical	Session 2 Theory	B R E A K	Session 3 Theory	Session 4 Practical
1	Warming up & Cool down	Course Introduction Warm-up Role Of The Coach		Planning A Coaching Session	Coordination Ball Feeling/Dribbling Fun Games
2	Passing 1 & Passing 2 Fun Games	Coaching Method & The Learning Process		Video - Skill Training	Ball Control Fun Games
3	Shooting Fun Games	Age Group Training Part 1		Age Group Training Part 2	Defending Play Fun Games
4	Attacking Play Fun Games	Nutrition & Hydration		Video - Fun Games	Basic Goalkeeping
5	Participant's Practical Session	Video - Laws Of The Game		Course Review	Participant's Practical Session