

AFC INTRODUCTORY COACHING COURSE

Note for Course Instructor

The Instructor shall facilitate in the training and education of all course participants and shall deliver the complete course credit hours. The course can be organized on a residential or non-residential basis and organized continuously over 5 days or in several parts, as long as the credit hours are completed.

1. PRACTICAL SESSIONS

Please open the Warm-up and Practical Sessions Excel files in this CD Pack and print the contents for your reference.

The Instructor shall conduct the Practical sessions as a coach would with players. The participants shall be the 'players'.

Please allocate the 8 Warm-up sessions to the participants on Day 1 by drawing of lots. These participants shall do the warm-up before every Practical session as part of their assessment. (Please see section 5.5 below).

Each Practical Session shall conclude with Fun Games or Small-Sided-Games where the coaching theme shall be based on the session's topic. There shall be minimal coaching during the Fun Games/SSG session to allow full enjoyment of the game and to learn through playing.

2. THEORY SESSIONS

These sessions are designed to provide basic information on several key areas which new coaches need to know. Information should be kept simple and clearly transferred. Sufficient time must be allowed for note-taking, questions and clarifications. All hand-outs from the PowerPoint presentations must be distributed to all participants.

Each theory session involves a question & answer section at the end. The Instructor shall encourage full involvement from everyone through open discussion.

3. FEEDBACK

The Instructor shall provide precise, individual feedback for all activities and practical sessions undertaken by participants.

4. MENTORING

The Instructor shall also facilitate in the training and education of the Assistant Instructor(s) attached to the course. Assistant(s) shall choose and conduct at least one theory and one practical topic. The Instructor will then provide feedback.

5. PARTICIPANT'S PRACTICAL ASSESSMENT

5.1 Each course participant shall be randomly assigned only ONE topic by Day 3 of the course or after completing 24 hours of course duration.

5.2 The Instructor shall ensure that the topic is clearly understood and shall assist the participants in their preparations.

5.3 The objective of the Practical Assessment is to let the participants 'experience' conducting a session in front of their peers and to allow observation/feedback from the Instructor.

5.4 Topics shall focus on Warming-up, individual Technique, Skill and Tactical training unless otherwise stated e.g. 'With opponents', 'skill practice', '2 v 2 situations'.

5.5 Participants assigned with warm-up topics shall undertake their warm-ups before every course practical sessions undertaken by the Course Instructor.

5.6 Each participant shall be given up to a maximum of 15 minutes per session, followed by a short feedback from the Instructor.

5.7 They shall be no PASS/FAIL or any form of grading. This is not an assessment but a preparatory exercise to help participants if they enroll on the AFC Certificate Courses.

5.8 The Instructor may use the AFC Practical Assessment Sheet for assessment.

5.9 Upon completion, the Instructor shall submit a Course Report to the Member Association.

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SAMPLE TOPICS

WARM-UP

1. Conduct a warm-up session without the ball.
2. Conduct a general warm-up session with the ball.
3. Conduct a warm-up in preparation for a technique session on:
(Choose any one topic)
 - Passing
 - Ball Control
 - Dribbling
 - Defending
 - Attacking
 - Goalkeeping

DRIBBLING

1. Coach to improve ball feeling.
2. Coach to improve fast footwork.
3. Coach to improve basic dribbling techniques.
4. Coach players to go past opponents when dribbling.

PASSING

1. Coach to improve the 'Inside foot' pass.
2. Coach to improve the accuracy of short passes.
3. Coach to improve support play
4. Coach to improve passing in a Skill practice (With opponents).
5. Coach to improve the technique of long passes.

BALL CONTROL

1. Coach to improve control in order to make space.
2. Coach to improve aerial control.
3. Coach to improve the first touch on the ball.

SHOOTING

1. Coach to improve shooting accuracy.
2. Coach to improve low shots.
3. Coach to improve shooting under pressure (with opponent).

DEFENDING

1. Coach a player to defend from behind.
2. Coach a player to defend when facing an opponent.
3. Coach a player to defend in a 1 v 1 situation.

ATTACKING

1. Coach a player to 'attack' an opponent.
2. Coach how to combine play in 2 v 2 situations.
3. Coach how to support a teammate with possession of the ball.

GOALKEEPING

1. Coach to improve basic handling techniques.
2. Coach to improve handling shots above the waist.
3. Coach to improve diving.