

亚足联/中国足协 足球教练员岗位培训 教学大纲

THE AFC/CFA FOOTBALL COACH EDUCATION PROGRAM

亚洲足球联合会 中国足球协会 国家体育总局科教司
Asian Football Confederation
Chinese Football Association
Sport Science and Physical Education Department
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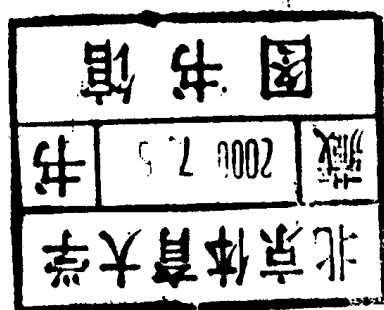
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大纲说明

PREFACE

欧洲开创了足球教练员岗位培训的先河,这对于促进欧洲足球训练及竞技水平的提高起到了十分重要的作用。从20世纪70年代开始,国际足联为了在世界上更好地开展足球运动,逐步把工作重点放在发展第三世界国家的足球事业上并开始实行“世界足球发展计划”。其中与各洲足联密切配合创办国际足球讲习班,对所属国家足协在足球训练、管理、运动医学和裁判等方面进行指导和帮助,并在各洲逐步推行教练员岗位培训制度成为重要的内容。

亚足联于1994年开始在亚洲实施足球教练员培训计划,并借鉴欧洲足球教练员培训的先进内容与经验,先后出版了《亚洲足球教练员(C级、B级、A级)培训教程》三部图书,使亚洲足球教练员的培训工作步入系统化、规范化和制度化的轨道。

1998年中国足协A级(高级)足球教练员培训首先与亚足联的培训计划接轨;从1999年开始,中国足协各级足球教练员培训将与亚足联的培训计划全面接轨并按照亚足联的培训计划实行C级、B级、A级和职业级四级教练员培训制度。培训的内容、时间、考核及要求等,完全按照亚足联的要求并结合我国的实际情况执行,这标志着我国足球教练员的培训工作开始进入国际化的行列。

《亚足联/中国足协足球教练员岗

The Football Licence Coach Award, which was initiated in Europe, has played a very important role in improving football training and upgrading the level of performance on that continent. Since the 1970s, FIFA has gradually shifted the focus of its work onto the promotion of football in the Third World countries and carried out the "Plan for the Development of World Football", the aim being to develop football in a still better way all over the world. Major points of the plan include the following: co-operate closely with the Football Confederations of all continents to set up international football study groups, give guidance and help to the football associations of affiliated countries with regard to their work of training, management, sports medicine and referees, and implement step by step the plan for the training of football coaches throughout the world.

The Asian Football Confederation (AFC) began to carry out the coach training plan in 1994. Taking advantage of the advanced practice and experience gained in the training of football coaches in Europe, the AFC has successively published three teaching reference books for coaches of the C, B and A grades. This has paved the way for the systematization and standardization of training football coaches in Asia.

In 1998, the Chinese Football Association (CFA) began to incorporate the training of Grade A(advanced) football coaches with the training programme of the AFC. Beginning in 1999, the CFA will incorporate the training of various grades of football coaches with the AFC's training

位培训教学大纲》(下面简称《大纲》)是中国足协按照亚足联教练员培训计划的内容与要求编制而成的。《大纲》包括 A 级、B 级和 C 级三个级别培训的教学大纲(职业教练员培训教学大纲待亚足联颁布后再编入)。《大纲》具有以下特点:

一、《大纲》较好地反映了当今亚洲乃至世界足球教练员培训的先进内容,先进的培训方式,管理方式与考核方式,具有先进性和科学性。

二、C 级、B 级和 A 级三个级别的培训内容针对执教不同层次球队的教练员进行设置,揭示与探索了不同层次的运动员训练成长的规律,构成了一个由低级到高级的培训系统,具有较强的针对性和系统性。

三、教学内容分为理论和实践两大部分。两部分内容均紧密结合足球训练、比赛与管理等方面工作的实际需要,特别注重教练员实际工作能力的教学与培养,因而具有很好的实用性。

plan in an all-round way and put into practice the 4-grade coach training system, namely the C, B, A and Professional grades. The training courses, time, examinations and requirements will be implemented according to the AFC's requirements, with due consideration for the actual conditions in our country. This signifies that the training of football coaches in China is following the practice of the international football community.

The AFC/CFA Teaching Programme for the Training of Football Coaches (called Programme for short) is drawn up by the CFA in accordance with the contents and requirements of the AFC coach training plan. It includes the teaching programmes of the three grades—C, B and A. (The teaching programme of the professional grade will be added after it is published by the AFC.) The Programme has the following characteristics:

1. It embodies to a good extent the advanced courses, ways of training, management and examination with regard to the training of football coaches in Asia and the world. It is therefore advanced and scientific.

2. The courses for the training of coaches of the C, B and A grades are prepared and offered with a view to meeting the needs of coaches in charge of teams of different levels. They deal with and carefully examine the laws of helping players of different levels become mature through training, thereby forming a low-to-high training system with clear-cut aims for implementation in a scientific and orderly manner.

3. The training courses consist of two parts: theory and practice. Both parts are closely linked to the actual needs in football training, competitions and management, and special emphasis is laid on raising the coaches' capabilities in actual work through teaching and training. Thus,

四、教学内容以揭示和解决足球比赛本身各方面的问题为主干,研究了足球运动自身所涉及的人体生物、心理、管理、社会和训练等方面的问题,在一定程度上形成了足球运动自身的理论与实践知识体系,具有学科的独立性。

五、各级教学大纲均配有相应的教程,而且对教学内容、学时与进度的规定十分具体,因此具有规范性和可遵循性。

六、各级教学大纲对培训的组织管理程序,培训组织者的职责、培训设施与器材条件、培训教师的聘用与建议、培训考核评价的标准与要求、对学员的要求以及注意事项等均有具体的规定,为各级培训组织者提供了很好的经验,具有可操作性。

本《大纲》自1999年起在中国各级足球教练员培训中实行;原《中国体育教练员岗位培训教学大纲(足球)》停止使用。

中国足协技术部
1999年5月

the Programme is of practical value.

4. The major contents of the courses deal with and try to solve the problems that may arise in football competitions. Studies are made on the human physiology and psychology, the management and training, and the social aspects involved in football as a sport. To a certain degree, a system of knowledge on the theory and practice of football has taken shape, thereby becoming an independent subject for study.

5. The teaching programme of each grade has its own relevant course of study, with detailed stipulations regarding the contents, length of time and schedule for teaching. The Programme, therefore, conforms to a set standard that should be carefully followed.

6. The teaching programme of each grade has concrete stipulations regarding the following: the procedures for organizing and managing training courses; the responsibilities of the organizers; the facilities and equipment needed for training; the employment of instructors; the standard and requirements for examining and appraising the results of training; the requirements of the trainees and points for attention. This provides proper guidelines for the organizers of training courses at various levels to follow. The stipulations can thus be carried out without difficulty.

This Programme has been implemented since 1999 for the training of Chinese football coaches of various grades. The former one is no longer in use.

Technical Department of CFA
May 1999

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A 级教练员岗位培训 教学大纲

**The Program of
Coach Education “A”**

简介

A 级教练员岗位培训的对象是获得亚足联/中国足协 C 级和 B 级岗位证书,并得到两级培训教师推荐的学员。培训采取全日制住宿学习,培训时间为 28 天,培训目的主要向教练员教授先进的足球技术和战术以及队伍管理的知识。并让教练员学会了解运动中运动员生理和心理的需求。要获得 A 级证书必须通过实践考试(主持三次教练实践课)和理论考试(两小时教练理论内容考试、两小时运动医学考试、撰写一篇命题论文),通过考试后,还必须到队中实习一个赛季,在赛季末,中国足协根据教练员一年的实习表现,认为可以胜任各级队伍的训练和管理工作,才能被授予 A 级岗位证书。

INSTRUCTION

The "A" Licence Award is a course for coaches who hold the AFC/CFA "C" Licence and the "B" Licence Awards. Only those recommended by the instructors shall be considered. It will be a full-time residential course. The course is designed to educate the coaches in the tactical and advanced technical requirements of team and team management. The coaches will also be exposed to the demands of high level performance through understanding of the physiological and psychological needs of the players. Candidates are required to conduct three coaching sessions throughout the course preferably using players from the clubs. They are required to undertake a two hour examination on theory of coaching, a two hour paper on sports science and present a paper on a given topic. AFC will send an instructor from its Panel to be the external examiner for this award. The course is for four weeks and on successful completion of the course, the coach will be equipped to handle teams at all levels. To be awarded the "A" Licence, the coach has to be attached with a team for a period of one season. He is also required to prepare and maintain a log book. At the end of the season the coach is to submit the log book to Chinese Football Association. On the successful examination of the log book by the National Director of Coaching the coach will be issued the AFC "A" Licence Certificate.

一、A 级教练员岗位培训教学内容和学时

Course Syllabus And Periods of Coach Education "A"

(一) 理论部分教学内容和学时

THEORY CONTENT AND PERIODS

1. 组队	1 小时 30 分
Team building	1hr. 30mins.
2. 教练员的职责	1 小时 30 分
The responsibilities of the coach	1hr. 30mins.
3. 运动员的心理训练	1 小时 30 分
Mental Conditioning of players	1hr. 30mins.
4. 准备期训练计划的制定	1 小时 30 分
Planning: pre - season programme	1hr. 30mins.
5. 进攻重点	1 小时 30 分
Team attacking priorities	1hr. 30mins.
6. 周训练计划的制定	1 小时 30 分
Planning: the weekly training programme	1hr. 30mins.
7. 比赛的准备	1 小时 30 分
Team preparation for a match	1hr. 30mins.
8. 战术打法的发展	1 小时 30 分
Development of playing style	1hr. 30mins.
9. 影响比赛战略的因素	1 小时 30 分
Factors when planning team strategy in a match	1hr. 30mins.
10. 比赛分析方法	1 小时 30 分
Type of analysis	1hr. 30mins.
11. 比赛观察	1 小时 30 分
Match observation	1hr. 30mins.
12. 足球俱乐部的管理结构	1 小时 30 分
Structure and role of a football club	1hr. 30mins.

13. 管理和指导训练	1 小时 30 分
Management and Coaching	1hr. 30mins.
14. 与媒体的关系和公开发言	1 小时 30 分
Media relations and public speaking	1hr. 30mins.
15. 职业运动员的管理	1 小时 30 分
Handling of professional players	1hr. 30mins.
16. 俱乐部的球探和招募新队员	1 小时 30 分
Scouting and recruitment in a football club	1hr. 30mins.
17. 管理——球队背后的“队伍”	1 小时 30 分
Management – team behind the team	1hr. 30mins.
18. 教练实践总结和录像:守门员	1 小时 30 分
Coaching practice review and video – goalkeeping	1hr. 30mins.
19. 录像:四名后卫防守	1 小时 30 分
Video – defending with a back four	1hr. 30mins.
20. 录像:自由人/清道夫的作用	1 小时 30 分
Video: Role of libero/sweeper	1hr. 30mins.
21. 录像:三名后卫的防守	1 小时 30 分
Video – defending with a back three	1hr. 30mins.
22. 防守重点	1 小时 30 分
Team defending priorities	1hr. 30mins.
23. 观察理解比赛	1 小时 30 分
Reading the game	1hr. 30mins.
24. 比赛分析和解决问题	1 小时 30 分
Match Analysis and problem solving of Match 2	1hr. 30mins.
25. 比赛规则与教练员	1 小时 30 分
Laws of the Game – Coaching Implications	1hr. 30mins.
26. 比赛风格——紧逼和反紧逼	1 小时 30 分
Style of play – pressing and how to overcome pressing	1hr. 30mins.
27. 团体的机能	1 小时 30 分
Group Dynamics	1hr. 30mins.
28. 录像:定位球的防守	1 小时 30 分
Video – defending at set play	1hr. 30mins.
29. 足球战术发展趋势	1 小时 30 分
Tactical trends	1hr. 30mins.
30. 教练员对运动员心理准备的作用	1 小时 30 分
Role of coaches in the mental preparation of players	1hr. 30mins.

31. 竞技状态的变化	1 小时 30 分
Fluctuations in form	1hr. 30mins.
32. 足球运动员的营养	1 小时 30 分
Nutrition of footballers	1hr. 30mins.
33. 受伤运动员的心理康复	1 小时 30 分
Psychological rehabilitation of injured players	1hr. 30mins.
34. 运动医学——医学检查/兴奋剂检查	1 小时 30 分
Sports Medicine: Medical Examination/Doping Control	1hr. 30mins.
35. 指导队会	1 小时 30 分
Conducting team meeting	1hr. 30mins.
36. 教练实践课总结	1 小时 30 分
Coaching practice review	1hr. 30mins.
37. 足球运动员的训练	1 小时 30 分
Conditioning of soccer players	1hr. 30mins.
38. 如何在全年始终保持高水平的竞技状态	1 小时 30 分
How to keep in top condition throughout the year for top level performance	1hr. 30mins.
39. 动机	1 小时 30 分
Motivation	1hr. 30mins.
40. 心理指导——影响比赛水平的因素	1 小时 30 分
Psychological aspects of coaching - factors leading to good performance in a game	1hr. 30mins.
	60 小时
	60hrs.
理论考试 1	2 小时
Theory of Football Examination 1	2hrs.
理论考试 2	2 小时
Theory of Football Examination 2	2hrs.
每名学员口试 15 分钟(22 人)	5 小时 30 分
Dissertation 15 mins × 22 candidates	5hrs. 30mins.
总学时	69 小时 30 分
TOTAL HOURS	69hrs. 30mins.

(二) 实践部分教学内容和学时

PRACTICAL CONTENT AND PERIODS

1. 传球和提高控球能力的训练	1 小时 30 分
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Passing and development of possession	1hr. 30mins.
2. 进攻结构	1 小时 30 分
Construction of attack	1hr. 30mins.
3. 进攻中自由人的作用	1 小时 30 分
The play of the libero in attack	1hr. 30mins.
4. 中场练习	1 小时 30 分
Development of mid - field play	1hr. 30mins.
5. 边路练习	1 小时 30 分
Wing play	1hr. 30mins.
6. 前锋练习	1 小时 30 分
Strikers play	1hr. 30mins.
7. 进攻——射门练习	1 小时 30 分
Attacking play - ways to the goal	1hr. 30mins.
8. 反击	1 小时 30 分
Counter attack	1hr. 30mins.
9. 破密集防守的进攻练习	1 小时 30 分
Attacking play against compact defence	1hr. 30mins.
10. 定位球进攻练习——角球	1 小时 30 分
Attacking play at set pieces - corner kicks	1hr. 30mins.
11. 定位球进攻练习——任意球	1 小时 30 分
Attacking play at set pieces - free kicks	1hr. 30mins.
12. 比赛分析 1(俱乐部比赛)	1 小时 30 分
Matching analysis 1(National League Match)	1hr. 30mins.
13. 守门员作为最后一名防守者——清道夫处理回传球	1 小时 30 分
Goalkeeper as a last man in defence - sweeper dealing with back passes	1hr. 30mins.
14. 四名后卫防守练习	1 小时 30 分
Defence playing with a back four	1hr. 30mins.
15. 清道夫和盯人中卫的防守	1 小时 30 分
Defence playing with sweeper and stoppers	1hr. 30mins.
16. 三名后卫的防守练习	1 小时 30 分
Defence playing with a back three	1hr. 30mins.
17. 中场防守的艺术	1 小时 30 分
The art of mid-field defending	1hr. 30mins.
18. 比赛分析 2(俱乐部比赛)	1 小时 30 分
Match analysis 2(National League Match)	1hr. 30mins.

19. 前锋队员的防守职责	1 小时 30 分
Forward players – defending responsibilities	1hr. 30mins.
20. 对边锋进攻和传中球的防守练习	1 小时 30 分
Defending against wing play and crosses	1hr. 30mins.
21. 逼抢练习	1 小时 30 分
Pressing game	1hr. 30mins.
22. 防守反击	1 小时 30 分
Defending in order to counter attack	1hr. 30mins.
23. 教练员组队(两队)	1 小时 30 分
Team building – by participants(2 teams)	1hr. 30mins.
24. 指导比赛	1 小时 30 分
Coaching in the game	1hr. 30mins.
25. 解决问题——教练员训练总结	1 小时 30 分
Problem solving – training session by participants	1hr. 30mins.
26. 定位球防守	1 小时 30 分
Defending at set pieces	1hr. 30mins.
27. 速度和突然加速能力的训练	1 小时 30 分
Development of acceleration and speed	1hr. 30mins.
28. 灵敏和柔韧素质的训练	1 小时 30 分
Development of agility and flexibility	1hr. 30mins.
29. 耐力素质的训练	1 小时 30 分
Development of endurance	1hr. 30mins.
30. 力量素质的训练	1 小时 30 分
Development of strength	1hr. 30mins.
	45 小时
	45hrs.

实践课考试

Practical Coaching Sessions	
每名学员三次实践课考试(每次每名学员 30 分钟)	33 小时
Three Practical Coaching Sessions per student (Each Session 30 minutes per student)	33hrs.
每个教学组学员最多不得超过 22 人	
Maximum number students per coaching group – 22	
总学时	78 小时
TOTAL HOURS	78hrs.

二、A 级教练员岗位培训课程学时分配

Course Periods (of Coach Education "A") Distributed

A 级理论课教学学时	60 小时
Periods of Theory Content "A"	60HRS.
A 级理论课考试学时	9 小时 30 分
Periods of Theory Examination "A"	9HRS. 30MINS
A 级实践课教学学时	45 小时
Periods of Practical Content "A"	45HRS.
A 级实践课考试学时	33 小时
Periods of Practical Examination "A"	33HRS.
总学时	147 小时 30 分
Total Course Duration	147HRS. 30MINS