



# COACHES REFRESHER COURSE 2017



Session	Date	Day	Time	Programme	Venue
Lesson 1	13/09/17	Wednesday	7:00pm -10:00pm	Opening Speech	OCBC Arena Hall 3
				1. Review of Basic Techniques	
				a) Creating techniques based on passing	
				b) Understanding the "Stance and Movement" necessary to start playing	
Lesson 2	20/09/17			c) Understanding the "Voice and movement" necessary during play	
				d) Practice methods to improve techniques	
				e) Sharing session	
Lesson 3	27/09/17	Wednesday	7:00pm -10:00pm	1. Formation making and practice methods	
				a) Concept behind each player and the idea of building a team	
				b) Understanding the positioning and roles of each player	
Lesson 4	04/10/17			c) Practice methods to increase chances of scoring points	
				d) Practice methods to reduce chances of losing points	
				e) Sharing session	
				Closing Speech	

*\*Course Programme is subjected to change*