



TECHNICAL DEPARTMENT E -NEWSLETTER
MONTH of January 2019

COACH EDUCATION

AFC Fitness Certificate Course (Level 1A)



***The course was conducted by Dr.Pradip Dutta from India for the period
17 to 21 December 2018 at Jalan Besar Stadium.***



FAS 'C' COACHING COURSE



FAS 'C' Coaching Course conducted by Vincent Subramaniam, former National players S. Subramani and Mohamad Noh Rahman from 2nd to 11th January. Course participants included former National player Shi Jia Yi and current National player Mohammad Shahril Bin Ishak



Former National player Mohamad Noh Rahman instilling the importance of a strong fitness base for developing players



AFC 'B' COACHING COURSE

The AFC 'B' course part 2 was conducted between 21st to 26th January 2019, facilitated by Vincent Subramaniam.



The importance of Match Analysis was highlighted and a session was conducted by our National Teams match analyst Nor Azli Bin Mohd



Course participants were put through a physical conditioning session to emphasize the essence and importance of including a fitness based regime in their training programme conducted by He Guo Xiong, a holder of an AFC B Licence and NCAP Level 2 fitness instructor



Assessment of Application for AFC Coaching Convention



Mr Jose Ariston, Technical Director for the Philippines Football Federation (3rd from left) was present for the AFC 'B' Licence to conduct an assessment of our Coaching Convention application



Presenting the Head Coaches and Assistant Coaches for the respective Singapore U-15 and U-18 Youth Teams

Team	Head Coach	Assistant Coach	Goalkeeper Coach
Singapore U-18	Mohamed Fadzuhasny Juraimi	Muir Rafik Bin Taha	Ahmaddulhaq Bin Che Omar
Singapore U-15	Philippe Aw	Donald Wan	Yeo Jun Guang

The Singapore Youth Teams are scheduled to train and play 3 times a week at the following locations subject to inclement weather conditions which an alternative location will be sought

Team	Training Locations	Time	Days
Singapore U-18	Yishun and Jalan Besar Stadiums	7 to 9 pm	Tuesday and Thursday(Yishun) Wednesday (Jalan Besar Stadium)
Singapore U-15	Assumption English School	5:30 to 7:30 pm on weekdays and 8:30 am to 11am on Saturdays	Thursday, Friday and Saturday



Presenting our 2019 Singapore U-15 and U-18 Youth Coaches