

REPORT

OF THE OFFICIAL VISIT TO MALAYSIA

AFC Referee Academy Batch - 2018
Introductory Module IV
18TH SEP 2019 – 22ND SEP 2019
KUALA LUMPUR-MALAYSIA



AM.JAFRAN

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**SPORTS COACH,
ZAHIRA COLLEGE, KALMUNAI**

01.NAME OF THE COURSE

AFC Referee Academy Introductory Module – IV

02.NAME OF THE FEDERATION COURSE CONDUCTED

Asian Football Confederation (AFC), Malaysia

03.DETAILS OF PARTICIPANTS

Totally 37 participants from 23 countries



04. COURSE DETAILS

- GOAL** - Promote and increase to Football Referees of Asia to FIFA world cup
- BENEFITS** - Promote and develop the Football and football Referees all over the Asian ocean and the member countries
- INSTRUCTORS** - Mr.Hakan Anas (Australia) FIFA Technical instructor
Mr.Farhad Abdullah (Uzbekistan) FIFA Technical Instructor
Mr.Aleho (Argentina) Physical Instructor
Mr.Ravi (Malaysia) Physical Instructor
- ACCOMATATION**- Asian football confederation
Berjaya Times Square,
Kuala Lumpur, Malaysia

**THE ALL PARTICIPANTS WERE DIVIDED IN A TWO GROUP AND MY NAME
INCLUDED GROUP - 2**

GROUP 1			GROUP 2		
NO	GROUP 1	MA	NO	GROUP 2	MA
1	Du JIANXIM	CHN	1	Mohamed KHALED	BHR
2	PRATIK Mondal	IND	2	WONG Wai Lun	HKG
3	SENTHILNATHAN Sekaran	IND	3	MEYSAM Heydari	IRN
4	OSAMa Hasan	JOR	4	MORTEZA Mansourian	IRN
5	SADAM Omara	JOR	5	Mohamed ISMAIL	MAS
6	Alimov ZAINIDDIN	KGZ	6	Tuvshinjargal NATSAGDORI	MNG
7	Taichiev MEDERBEK	KGZ	7	YAHYA Ahmed	OMA
8	ALIISMAIL Sami	KSA	8	Mohamed KHALFAN	OMA
9	MOHAMED Alattar	KUW	9	Mohamed ABUSHAHLA	PLE
10	PHYO Htet Aung	MYA	10	KHALED Khalil	PLE
11	PRAJWOI Chetri	NEP	11	ABDULHADI Alasmar	QAT
12	PRAKASH Shrestha	NEP	12	Athambawa JAFRAN	SRI
13	Lim LIANG Yi	SIN	13	SAHANKA Madusanka	SRI
14	Muhammad ZULFIQAR	SIN	14	Torphong SOMSING	THA
15	Mohamed KANAHA	SYR	15	KHALID Almulla	UAE
16	SHADi Alshof	SYR	16	NASER Ali Yusef	UAE
17	TIAN Jin	CHN	17	Nadjafaliuev ASKER	UZB
18	Yang Shu TING	TPE	18	PASSARAPORN Manimud	THA

PROGRAMME SCHEDULE OF THE COURSE

BATCH 2018										
TIME/DAY	18-SEP		19-SEP		20-SEP		21-SEP		22-SEP	
GROUPING	GROUP 1	GROUP 2	GROUP 1	GROUP 2	GROUP 1	GROUP 2	GROUP 1	GROUP 2	GROUP 1	GROUP 2
0800-1000	Fitness	AFC House Technical (P) Match 2 Teams	AFC House Technical (P) Match 2 Teams	Fitness	Fitness	Technical Stations	Technical Stations	Fitness	AFC House Integrated Stations Video/Tick Tack Toe	
1000-1400	Breakfast/ Lunch	Breakfast/ Lunch	Breakfast/ Lunch	Breakfast/ Lunch	Breakfast/ Lunch	Breakfast/ Lunch	Breakfast/ Lunch	Breakfast/ Lunch	Breakfast/ Lunch	Breakfast/ Lunch
1400-1500	Fitness Gym	Psychology	Laws 7-10 Quiz (Platform)	Law 12 Videos	Law 12 Videos	Law 7-10 Quiz (Platform)	Law 13 Quiz Platform	Videos Laws 7,8,9,10 & 13	Videos Laws 7,8,9,10 & 13	Law 13 Quiz Platform
1500-1600	Psychology	Fitness Gym	Law 7-10 Presentation	Law 12 Videos	Law 12 Videos	Law 7-10 Quiz Presentation	Law 13 Quiz Presentation	Videos Laws 7,8,9,10 & 13	Videos Laws 7,8,9,10 & 13	Law 13 Quiz Presentation
1600-1700	Laws of the Game Remote activities revision	Video test Remote activities revision	English Evaluation	Fitness	Fitness	Psychology	English Evaluation	Fitness	Fitness Feedback and Presentation	
1700-1800	Video test Remote activities revision	Laws of the Game Remote activities revision	Fitness	English Evaluation	Psychology	Fitness	Fitness	English Evaluation	Evaluation Technical	

SESSION / WORKS OF THE DAY

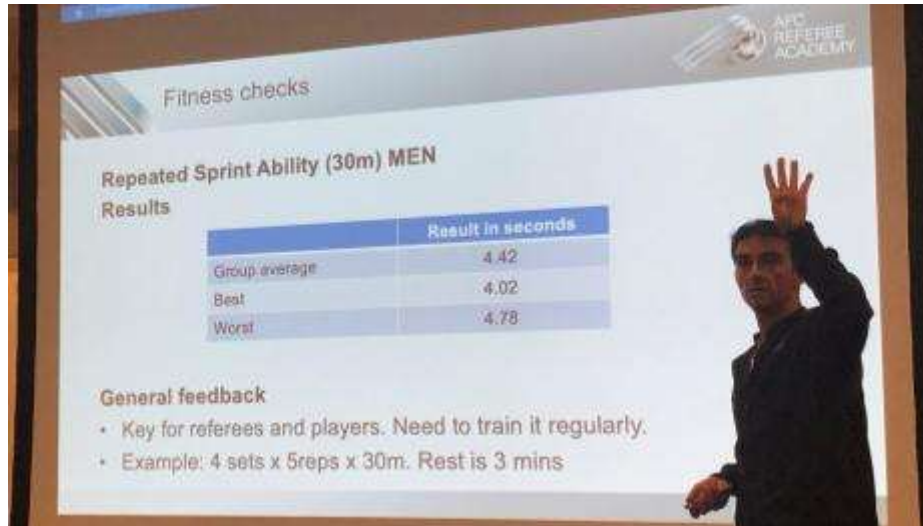
DAY 01, 18-SEP (GROUP 2)

- Officiating the match - as a Referee, as an Assistant Referee and as a Referee Assessor
- Psychology is how important for Referees
- Fitness Gym - injury prevention
- Video test (Remote activities)
- Laws of the game (Remote activities)



DAY 02, 19-SEP (GROUP 2)

- Fitness - 40M Sprint Test (6 times)
- Law 12 Videos - Group discussion
- Fitness - Feedback about 30M sprint test
- English Evaluation - Grammar test and listing test



DAY 03, 20-SEP (GROUP 2)

- Technical station - Making a decision during penalty area incident, corner kick/goal kick and Throw-in
- Laws 7-10 (Platform) - Laws 7-10 platform trivia test
- Laws 7-10 (Presentation) - presentation any videos between laws 7 – 10
- Fitness - feedback (40M sprint test)



DAY 04, 21-SEP (GROUP 2)

- Fitness - YO-YO fitness test (passing score 17.4, My results 18.2)
- Videos laws 7-10 & 13 - Group discussion
- Fitness - YO-YO test feedback
- English Evaluation -English listening test

DAY 05, 22-SEP (GROUP 2)

- Fitness - High Intensity Test (164M)



- Laws 13 quiz (platform) - The Free kick
- Laws 13 Presentation - presenting about the free kicks
- Fitness feedback - Module IV fitness feedback

- **Tick Tack Toe Game**

This game introduced for control the match during the under pressure playing situations and take correct decision makings.

All of the participants were divided in an eight groups and I represented Group – B, A group includes four members. My group secured Champion in this Tick Tack Toe game competition. And also we received gift from the AFC Referee Instructors (Academy Instructors)



Tick Tack Toe-champion Team



05. MY PROPOSAL FROM THE PARTICIPATED COURSE

- ❖ Football development from the school level
- ❖ Football increase from the grass root level
- ❖ Organized coaching programs and seminars
- ❖ Conduct coaches and Referees training programs
- ❖ Establish coaching and refereeing education program
- ❖ Introduce modern technology to the football

06. NEW IDEAS PROJECTS

- ❖ School level youth football team
- ❖ Divisional level youth football team
- ❖ Zonal level youth football team
- ❖ Football festivals
- ❖ Football tournaments

07. IDEAS AND KEY NOTES

- ❖ Re organize football coaching and Refereeing system
- ❖ Organize among the zonal level football coaching program
- ❖ Establish football Academy in the school, Division, Zone and District level
- ❖ Get the sponsorship for the tournament and festival

08. PERSONAL SUGGESTIONS

- ❖ I learned lots of new knowledge of the football through this course
- ❖ I able to officiate at the FIFA level competition from this course
- ❖ I can train to our Sri Lankan students, Youth and Younger Referees
- ❖ If our ministry use for this workshop I will do free of charge for our nation development

09. ACKNOWLEDGEMENT

My sincerely thanks to,

- ❖ Ministry of Education Foreign branch, Sports branch and non-combine service branch
- ❖ Asian Football Confederation and Football Federation of Sri Lanka
- ❖ Assistant Director of Education, Physical Education, Ministry of Education
- ❖ Provincial Director of Education(EP) and Zonal Director of Education kalmunai
- ❖ Principal, Zahira College kalmunai
- ❖ Prefect of games (POG) , Zahira College Kalmunai

10.CERTIFICATION

- ❖ I hereby to my knowledge submitted the above information true and correct

AM.JAFRAN
School Sports Coach
Zahira College,
Kalmunai