

# UMS, SFA to organise futsal basic course

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**KOTA KINABALU:** University Malaysia Sabah (UMS) and the Sabah Football Association (SFA) Futsal and Beach Soccer Committee will join forces in organising the Strength & Conditioning in Futsal Basic Course, which has been slated for June 21-23.

It will be held at the varsity's sports complex.

UMS Sports Centre Director Mohd Asyraaf Abdullah said among the objectives of the course is to give basic knowledge to coaches on periodisation and weight training at the gym in futsal.

Asyraaf said they have invited experts from local universities as well as from the FA of Malaysia.

Among them are Dr. Ahmad Naim Ismail from Universiti Putra Malaysia, Associate Prof Zulkifli Abdul Kadir (UiTM) and FAM Coaching Unit Chief

Gopalkrishnan.

Mohd Asyraaf is urging all futsal coaches, especially those from institutes of higher learning to seize this opportunity to gain knowledge, theory and practical from these experts.

He said that the course is limited to only 30 participants.

"We will be taking entries on a first come first serve basis," said Asyraaf.

Entry fee is RM80 per person, inclusive of meals, T-shirts and course materials.

The participants will also be given certificates of attendance.

For more details contact Azman Soaibah (016-8207479) or Rosmadih Wasli (016-8260647).

SFA Supreme Council member cum SFA Futsal and Beach Soccer Committee chairman Yamani Hafez Datuk Seri Musa Hj Aman is expected to grace the function.