



香港棍網球總會有限公司

HONG KONG LACROSSE ASSOCIATION LIMITED

Unit 2201, 22/F, 88 Hing Fat Street, Causeway Bay, Hong Kong

Tel: 852-2114 3405 Fax: 852-3747 8599 Email: info@hklax.org Website: www.hklax.org

學校棍網球體驗班手冊

目的

- 向學生及學校介紹及宣傳棍網球
- 發掘具天賦的學生並招攬加入總會的青年培訓計劃
- 鼓勵學校或相關負責體育老師建立棍網球校隊
- 為已成立校隊的學校招募校隊球員

教練們的服裝守則

個人裝備

- ✓ 哨子及手錶或計時器

運動型上衣

- ✓ 短袖或長袖上衣
- ✗ 背心或印有不適當字句、圖案等上衣

下身

- ✓ 運動型短褲或長褲
- ✗ 短裙、牛仔褲

鞋

- ✓ 運動鞋、波鞋
- ✗ 拖鞋、涼鞋、高跟鞋



器材表

以下項目請交予體育老師或相關負責老師

- 海報 x 1 – 請於體驗班後簡介海報的內容，並交給老師(每校一張)
- 學校課程教材(供體育老師使用) x 1 – 送予體育老師(每校一本)

以下為體驗班需要的器材

簡介時：

- 男子球棍及裝備 X 1 套
- 女子球棍
- 正式比賽用棍網球



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供學生使用

- 球棍
- 軟球
- 迷你龍門 x 2-4
- HKLA 文件夾及邀請卡 x 每班 2 份

歷史

- 棍網球起源自北美原住民(印第安人)的戰爭方式
- 多達 100-10000 人於山野中進行長達數天數夜的比賽
- 原住民以棍網球作為解決部落之間紛爭的方法，原住民戰士均為代表自己部落出戰感到自豪

今日的棍網球

- 現代棍網球流行於美國、加拿大、日本等地區
- 比賽形式：10 對 10、進行 4 節 15 分鐘的比賽
- 男子棍網球與女子棍網球的差別(規則及器材)
 - 男子棍網球為容許身體接觸的體育項目 - 球員可利用球棍作為防守工具，並干擾持球球員，當中包括擊打持球者的身體(受球例限制)，因此男子棍網球需要配戴更多保護性裝備
 - 女子棍網球為有限度身體接觸的體育項目 - 球員可利用球棍作為防守工具，並干擾持球球員，但只限持球球員的球棍。因此，女子棍網球球員只需要配戴護目鏡及牙套，而且球棍的袋子(pocket)較淺
- 香港早於 2002 年便派出代表隊出戰棍網球世錦賽，現時香港代表隊包括男女子代表隊及男女子 U19 代表隊
- 世界排名
 - 男子代表隊 - 27th
 - 女子代表隊 - 18th
 - 男子 U19 代表隊 - 11th
 - 女子 U19 代表隊 - 12th

HKLA 培訓計劃及宣傳工作

- 青少年初級班 (每月/隔月開班) - 對象為希望學習棍網球基礎的青少年
- 棍網球培訓計劃 (全年三季進行) - 對象為希望進行常規棍網球訓練，學習棍網球比賽知識的青少年
- **U20s** (全年性計劃) - 對象為有志代表香港的青少年運動員
- Lacrosse 六人聯賽 (每年舉行 3 季) - 對象為任何有興趣嘗試棍網球比賽，體會當中樂趣的球員



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機會

棍網球培訓計劃(DA) – 有機會代表培訓隊伍參加大中華盃；此計劃能銜接至精英培訓計劃

精英培訓計劃(HPP) – 有機會參與香港公開賽及海外賽事(如澳洲、柏林、日本等)，並得到專業的體適能指導

HKLA 亦同時招攬活動工作人員、指導員、高級指導員等，以協助總會宣傳活動 或 學校棍網球體驗班。另外，HKLA 亦正積極培訓裁判。(16 歲以上人士，可於擔任上述工作時獲得津貼)

社交媒體總覽

Instagram/ Facebook/ Twitter: hklacrosse

YouTube: Hong Kong Lacrosse Association

招募方式

1. 要求學生留下聯絡方式
2. 物色具天賦的學生，並以邀請卡及文件夾邀請他們參與青少年初級班 (或以獎品方式給予個別遊戲表現傑出者)
3. 呼籲學生瀏覽總會官網 及 追蹤總會的社交媒體
4. 宣傳下一個青少年初級班 – 日期、時間、地點將另行提供

發掘天賦球員

1. 體驗正式開始前，指導員須向學生說明，本次活動將會招募具天賦的學生成為棍網球球員
2. 指導員可於體驗結束前，物色不多於 2 名學生(每課)並給予邀請卡
3. 指導員可以體驗課的「小遊戲」作為招募球員的參考
4. 學生收到邀請卡，並得到免費參與青少年初級班的機會
5. 獲邀的學生，需要留下聯絡方式，包括電郵地址及電話
6. 指導員請於體驗班完成後，將記下的聯絡方式轉發予 KH(69339678)



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學生聯絡資料收集 QR Code

請掃瞄以下 QR Code 並下載程式，以供學生填寫聯絡資料。

請於上課前準備



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Trial Rundown – One Session

Session 1					
Start time	Duration	Start time	Duration	Content	Set-up/ Remark
60-min session		80-min session			
0:00	0:05	0:00	0:05	Introduction	<ul style="list-style-type: none"> • History – who, when, how? • How to play? No. of players, field set up, etc. • Men’s and women’s difference- Equipment and Rules • Safety Reminders • HKLA Program
0:05	0:10	0:05	0:10	*Mini Game* - Cone Game Head, Shoulder, Knees and Toes	Talent Identification
0:15	0:05	0:15	0:05	Stick Handling & Self-toss	<ol style="list-style-type: none"> 1. Introduce how to hold a stick 2. self toss, under-hand catch 3. self toss, catch on the shoulder
0:20	0:05	0:20	0:10	Partner passing	<ol style="list-style-type: none"> 1. Introduce how to pass(3Ps) 2. introduce how to catch(soft-hand, cushion the ball)
0:25	0:05	0:30	0:05	Partner GB	<ol style="list-style-type: none"> 1. Introduce how to scoop 2. same as partner passing by rolling the ball
0:30	0:05	0:35	0:10	Hungry Hippo	<ol style="list-style-type: none"> 1. 4 teams in 4 corner 2. Coaches roll 2-3 balls in the middle 3. One from each team fights for the ball 4. Team with the most balls wins
0:35	0:10	0:45	0:10	Shooting & Dodge to Shoot	<ol style="list-style-type: none"> 1. Introduce how to shoot 2. Time & room 3. Introduce how to dodge & shoot
		0:55	0:10	1v1 & 2v2 GB to the Net	
0:45	0:10	1:05	0:10	Mini Game - 3v3	
0:55		1:15		Recap & Recruitment	<ol style="list-style-type: none"> 1. Give invitation to talents (MAX 2 per class) 2. Promote HKLA Program/Poster



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Trial Rundown – Two Sessions

Session 1					
Start time	Duration	Start time	Duration	Content	Set-up/ Remark
60-min session		80-min session			
0:00	0:05	0:00	0:05	Introduction	<ul style="list-style-type: none"> • History – who, when, how? • How to play? No. of players, field set up, etc. • Men's and women's difference- Equipment and Rules • Safety Reminders • HKLA Program
0:05	0:10	0:05	0:10	Mini Game - Cone Game Head, Shoulder, Knees and Toes	Talent Identification
0:15	0:05	0:15	0:05	Stick Handling & Self-toss	<ol style="list-style-type: none"> 1. Introduce how to hold a stick 2. self toss, under-hand catch 3. self toss, catch on the shoulder
0:20	0:05	0:20	0:05	Introduction of Cradling - Draw a semi-circle from left shoulder to right shoulder	
0:25	0:05	0:25	0:05	Shoulder Shoulder Sticks	Introduce how to protect the ball introduce how to check
		0:30	0:10	Shark & Minnows	
0:30	0:05	0:40	0:10	Partner passing	<ol style="list-style-type: none"> 1. Introduce how to pass(3Ps) 2. introduce how to catch(soft-hand, cushion the ball)
0:35	0:05	0:50	0:05	Partner GB	<ol style="list-style-type: none"> 1. Introduce how to scoop 2. same as partner passing by rolling the ball
0:40	0:05	0:55	0:10	Hungry Hippo	4 teams in 4 corner coaches roll 2-3 balls in the middle fight for the ball teams with most balls win
0:45	0:10	1:05	0:10	Stick Tricks	<ol style="list-style-type: none"> 1. Side Wall Tap 2. Around the ball Catch 3. Around the world catch
0:55		1:15		Recap & Recruitment	<ol style="list-style-type: none"> 1. Promote HKLA Program/Poster 2. Collect Personal Info / Identify Talents



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Session 2					
Start time	Duration	Start time	Duration	Content	Set-up/ Remark
60-min session		80-min session			
0:00	0:05	0:00	0:05	Re-intro Session 1	<ul style="list-style-type: none"> • What did we learn? • Safety Reminders • HKLA Program
0:05	0:10	0:05	0:10	*Mini Game* - Knee Tag	Talent Identification
		0:15	0:05	*Mini Game* - Butt to Butt GB	Talent Identification
0:15	0:05	0:20	0:05	Pass, Catch, GB & Cradling Review	
		0:25	0:05	Trick Pass	Behind the back one hand under the feet one hand around the waist
0:20	0:10	0:30	0:10	*Mini Game* - Relay GB & Cradling	<ol style="list-style-type: none"> 1. 5 groups 2. make a start line & end line 3. put the ball in the middle 4. scoop up the ball, run with the ball to the end line 5. turn back, put it where it was 6. run back to start line, next guy up
0:30	0:05	0:40	0:05	Time & Room Shooting	Introduce how to shoot
0:35	0:05	0:45	0:05	Dodge & shoot	Coaches as defender in the middle give stick checks
0:40	0:05	0:50	0:10	1v1 & 2v2 GB to the net	
0:45	0:10	1:00	0:15	*Mini Game* - 5v5	
0:55		1:15		Recap & Recruitment	<ol style="list-style-type: none"> 1. Give invitation to talents (MAX 2 per class) 2. Promote HKLA Program/Poster 3. Collect Personal Info / Identify Talents



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Trial Rundown – Three Sessions

Session 1					
Start time	Duration	Start time	Duration	Content	Set-up/ Remark
60-min session		80-min session			
0:00	0:05	0:00	0:05	Introduction	<ul style="list-style-type: none"> • History – who, when, how? • How to play? No. of players, field set up, etc. • Men’s and women’s difference- Equipment and Rules • Safety Reminders • HKLA Program
0:05	0:10	0:05	0:10	*Mini Game* - Cone Game Head, Shoulder, Knees & Toes	Talent Identification
0:15	0:05	0:15	0:05	Stick Handling & Self-toss	<ol style="list-style-type: none"> 1. Introduce how to hold a stick 2. self toss, under-hand catch 3. self toss, catch on the shoulder
0:20	0:05	0:20	0:05	Introduction of Cradling - Draw a semi circle from left shoulder to right shoulder	
0:25	0:05	0:25	0:05	Shoulder Shoulder Sticks	Introduce how to protect the ball introduce how to check
		0:30	0:10	Shark & Minnows	
0:30	0:05	0:40	0:10	Partner passing	<ol style="list-style-type: none"> 1. Introduce how to pass(3Ps) 2. introduce how to catch(soft-hand, cushion the ball)
0:35	0:05	0:50	0:05	Partner GB	<ol style="list-style-type: none"> 1. Introduce how to scoop 2. same as partner passing by rolling the ball
0:40	0:05	0:55	0:10	Hungry Hippo	<ol style="list-style-type: none"> 1. 4 teams in 4 corner 2. Coaches roll 2-3 balls in the middle 3. Students fight for the ball 4. Team with the most balls win
0:45	0:10	1:05	0:10	Stick Tricks	<ol style="list-style-type: none"> 1. Side Wall Tap 2. Around the ball Catch 3. Around the world catch
0:55		1:15		Recap & Recruitment	<ol style="list-style-type: none"> 1. Promote HKLA Program/Poster 2. Collect Personal Info / Identify Talents



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Session 2					
Start time	Duration	Start time	Duration	Content	Set-up/ Remark
60-min session		80-min session			
0:00	0:05	0:00	0:05	Re-intro	<ul style="list-style-type: none"> • What did we learn? • Safety Reminders • HKLA Program
0:05	0:10	0:05	0:10	*Mini Game* - Knee Tag	Talent Identification
		0:15	0:05	*Mini Game* - Butt to Butt GB	Talent Identification
0:15	0:05	0:20	0:05	Pass, Catch, GB & Cradling Review	
		0:25	0:05	Trick Pass	Behind the back one hand under the feet one hand around the waist
0:20	0:10	0:30	0:10	*Mini Game* - Relay GB & Cradling	<ol style="list-style-type: none"> 1. 5 groups 2. make a start line & end line 3. put the ball in the middle 4. scoop up the ball, run with the ball to the end line 5. turn back, put it where it was 6. run back to start line, next guy up
0:30	0:05	0:40	0:05	Time & Room Shooting	Introduce how to shoot
0:35	0:05	0:45	0:05	Dodge & shoot	Coaches as defender in the middle give stick checks
0:40	0:05	0:50	0:10	1v1 & 2v2 GB to the net	
0:45	0:10	1:00	0:15	*Mini Game* - 3v3	
0:55		1:15		Recap & Recruitment	<ol style="list-style-type: none"> 1. Promote HKLA Program/Poster 2. Collect Personal Info / Identify Talents



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Session 3					
Start time	Duration	Start time	Duration	Content	Set-up/ Remark
60-min session		80-min session			
0:00	0:05	0:00	0:05	Re-intro	<ul style="list-style-type: none"> • What did we learn? • Safety Reminders • HKLA Program
0:05	0:10	0:05	0:10	*Mini Game* - Fast Feet > Grab the cone	Find the Best 2
		0:15	0:05	*Mini Game* - Defend the cone	Find the Best 2
0:15	0:10	0:20	0:10	3 man passing	
0:25	0:05	0:30	0:05	3 Men Monkey in the middle	
0:30	0:05	0:35	0:05	Parallel Passing	Up & Down the field
0:35	0:05	0:40	0:10	2 v 1 to the net	
0:40	0:05	0:50	0:10	N vs N GB	
0:45	0:10	1:00	0:15	*Mini Game* - 5v5	
0:55		1:15		Recap & Recruitment	<ol style="list-style-type: none"> 1. Give invitation to talents (MAX 2 per class) 2. Promote HKLA Program/Poster 3. Collect Personal Info / Identify Talents

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