















# 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

### 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"> <li>• History – who, when, how?</li> <li>• How to play? No. of players, field set up, etc.</li> <li>• Men's and women's difference- Equipment and Rules</li> <li>• Safety Reminders</li> <li>• HKLA Program</li> </ul>
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"> <li>1. Introduce how to hold a stick</li> <li>2. self toss, under-hand catch</li> <li>3. self toss, catch on the shoulder</li> </ol>
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"> <li>1. Introduce how to pass(3Ps)</li> <li>2. introduce how to catch(soft-hand, cushion the ball)</li> </ol>
0:35	0:05	0:50	0:05	Partner GB	<ol style="list-style-type: none"> <li>1. Introduce how to scoop</li> <li>2. same as partner passing by rolling the ball</li> </ol>
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"> <li>1. Side Wall Tap</li> <li>2. Around the ball Catch</li> <li>3. Around the world catch</li> </ol>
0:55		1:15		Recap & Recruitment	<ol style="list-style-type: none"> <li>1. Promote HKLA Program/Poster</li> <li>2. Collect Personal Info / Identify Talents</li> </ol>



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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"> <li>• What did we learn?</li> <li>• Safety Reminders</li> <li>• HKLA Program</li> </ul>
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"> <li>1. 5 groups</li> <li>2. make a start line &amp; end line</li> <li>3. put the ball in the middle</li> <li>4. scoop up the ball, run with the ball to the end line</li> <li>5. turn back, put it where it was</li> <li>6. run back to start line, next guy up</li> </ol>
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"> <li>1. Give invitation to talents (MAX 2 per class)</li> <li>2. Promote HKLA Program/Poster</li> <li>3. Collect Personal Info / Identify Talents</li> </ol>





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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"> <li>• History – who, when, how?</li> <li>• How to play? No. of players, field set up, etc.</li> <li>• Men’s and women’s difference- Equipment and Rules</li> <li>• Safety Reminders</li> <li>• HKLA Program</li> </ul>
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"> <li>1. Introduce how to hold a stick</li> <li>2. self toss, under-hand catch</li> <li>3. self toss, catch on the shoulder</li> </ol>
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"> <li>1. Introduce how to pass(3Ps)</li> <li>2. introduce how to catch(soft-hand, cushion the ball)</li> </ol>
0:35	0:05	0:50	0:05	Partner GB	<ol style="list-style-type: none"> <li>1. Introduce how to scoop</li> <li>2. same as partner passing by rolling the ball</li> </ol>
0:40	0:05	0:55	0:10	Hungry Hippo	<ol style="list-style-type: none"> <li>1. 4 teams in 4 corner</li> <li>2. Coaches roll 2-3 balls in the middle</li> <li>3. Students fight for the ball</li> <li>4. Team with the most balls win</li> </ol>
0:45	0:10	1:05	0:10	Stick Tricks	<ol style="list-style-type: none"> <li>1. Side Wall Tap</li> <li>2. Around the ball Catch</li> <li>3. Around the world catch</li> </ol>
0:55		1:15		Recap & Recruitment	<ol style="list-style-type: none"> <li>1. Promote HKLA Program/Poster</li> <li>2. Collect Personal Info / Identify Talents</li> </ol>



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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"> <li>• What did we learn?</li> <li>• Safety Reminders</li> <li>• HKLA Program</li> </ul>
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"> <li>1. 5 groups</li> <li>2. make a start line &amp; end line</li> <li>3. put the ball in the middle</li> <li>4. scoop up the ball, run with the ball to the end line</li> <li>5. turn back, put it where it was</li> <li>6. run back to start line, next guy up</li> </ol>
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"> <li>1. Promote HKLA Program/Poster</li> <li>2. Collect Personal Info / Identify Talents</li> </ol>



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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"> <li>• What did we learn?</li> <li>• Safety Reminders</li> <li>• HKLA Program</li> </ul>
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"> <li>1. Give invitation to talents (MAX 2 per class)</li> <li>2. Promote HKLA Program/Poster</li> <li>3. Collect Personal Info / Identify Talents</li> </ol>

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