



# 香港棍網球總會有限公司

## HONG KONG LACROSSE ASSOCIATION LIMITED

Unit B, 16/F, North Point Industrial Building, 499 King's Road, Hong Kong  
Tel: 852-2114 3405 Fax: 852-2580 5322 Email: info@hklax.org Website: www.hklax.org

### Lacrosse Badges Award Scheme

#### Skill Challenges (Bronze)

Participants must meet every requirement in the passing criteria to pass the test.

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##### Test 1: Self-Toss

Content: Toss the ball up to the eye level and catch it back 10 times consecutively.

Passing Criteria: Complete the task within 90 seconds.

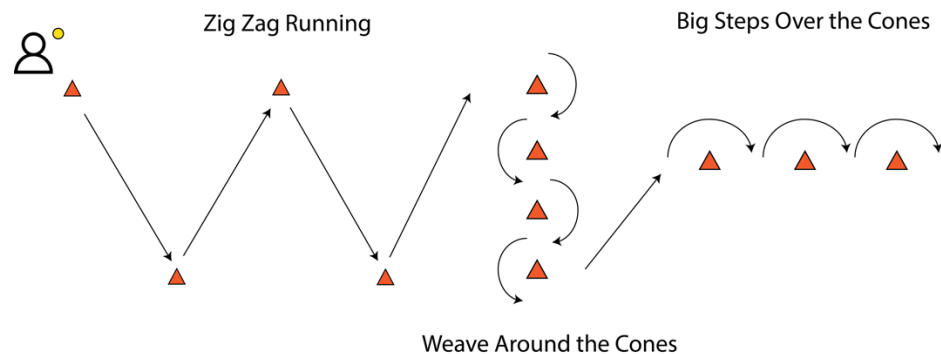
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##### Test 2: Ball Carrying

Content: In 30 seconds, carry the ball and finish the obstacle course with corresponding movements: (A) Zig Zag, (B) Weave, (C) Big Steps.

Passing Criteria: Finish without dropping the ball more than 1 times.

Set up:



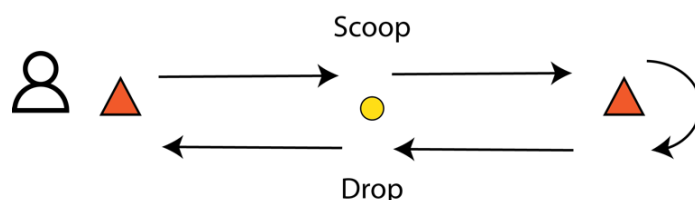
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##### Test 3: Ground Ball

Content: Scoop the static ground ball, carry it around the cone and put it on the ground on the way back. Make 3 successful first-time ground balls in 5 attempts. Drag and scoop is allowed.

Passing Criteria: a) Make 3 successful ground ball in 5 attempts  
b) Only first-time ground balls count.

Set up:





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### Test 4: Shooting

Content: Shooting from 5 meters away from the net from Top Centre. Make 3 goals in 5 attempts.

Passing Criteria: a) Make three goals.  
b) The ball should not bounce more than once before going into the net.

Set up:





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## Skill Test (Silver)

Participants must meet every requirement in the passing criteria to pass the test.

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### Test 1: Self-Toss

Content: Toss the ball up in the air and catch it above the shoulder 10 times in a row.

Passing Criteria: Complete the task within 90 seconds.

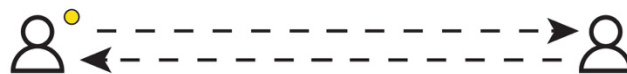
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### Test 2: Underhand pass

Content: Partners stand 3 to 5 meters apart. Underhand pass and catch with each other.

Passing Criteria: Make 5 successful passes and catches in **1 minute**

Set up:



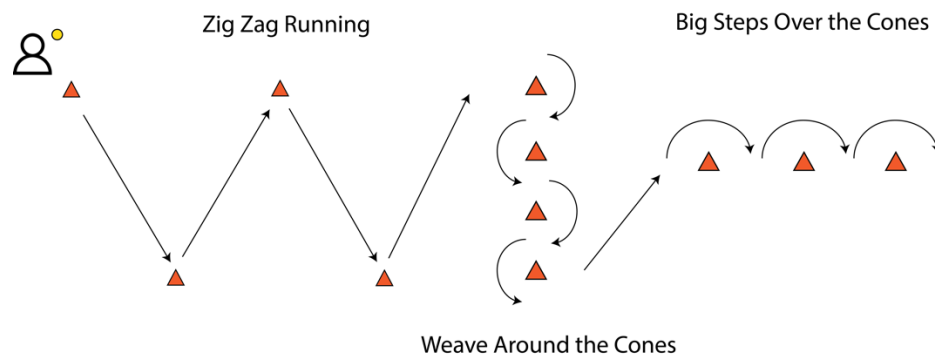
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### Test 3: Cradling

Content: In 30 seconds, continuously cradle and finish the obstacle course with corresponding movements: (A) Zig Zag, (B) Weave, (C) Big Steps.

Passing Criteria: Continuously cradle and finish the obstacle course without dropping the ball more than 1 times.

Set up:





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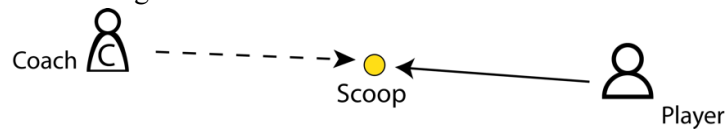
### Test 4: Ground Ball

**Content:** Coach rolls a ball towards or away from the player. The player must run towards the ball and scoop it. 3 attempts for rolling away and 3 attempts for rolling towards.

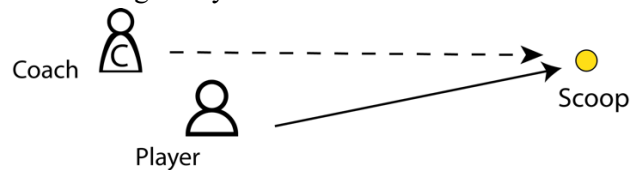
**Passing Criteria:**

- Successfully make 2 ground balls rolling away and 2 rolling towards
- Only first-time ground balls count
- Stick Handling: Two hands on the stick

**Set up:** GB Rolling Towards



GB Rolling Away



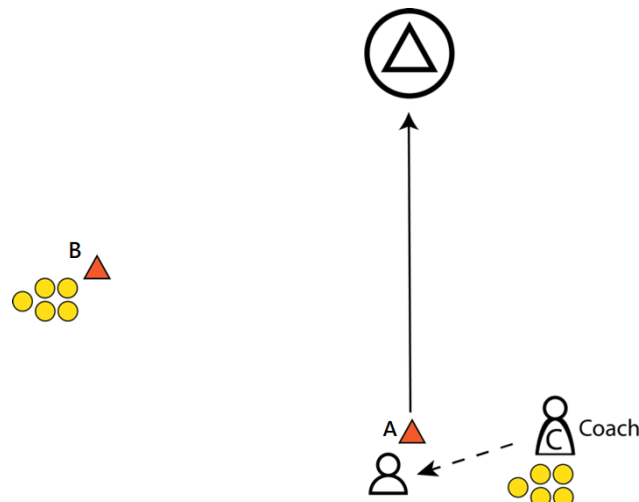
### Test 5: Catch and Shoot

**Content:** Coach tosses a ball to the player. The player catches the ball and shoots from 6 meters away from the net from (A) Top Centre, (B) 45 Degree to the Right, (C) 45 Degrees to the Left. 3 attempts from each spot. Make 2 goals from each spot.

**Passing Criteria:**

- Make 2 goals from each spot
- The ball should not bounce more than once before going into the net.

**Set up:**





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## Skill Challenges (Gold)

Participants must meet every requirement in the passing criteria to pass the test.

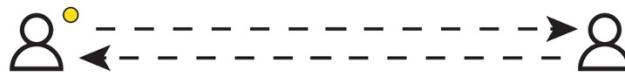
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### Test 1: Overhand Partner Passing

Content: Partners stand 7 meters apart. Overhand pass and catch with each other.

- Passing Criteria:
- Make 5 successful passes and catches in a row in 1 minute
  - Accuracy: Pass hits the box area (above the shoulder, next to the ear) of the receiver
  - Proper Sideway Stance

Set up:



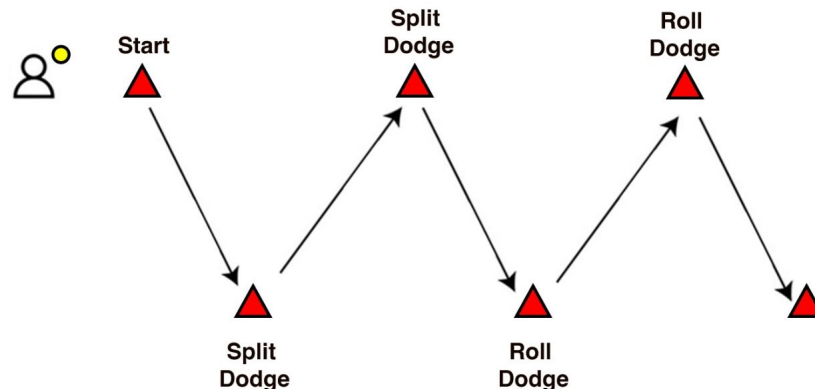
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### Test 2: Dodging

Content: In 30 seconds, finish the Zig Zag path with (A) Split Dodge and (B) Roll Dodge at the according cones.

- Passing Criteria: The following elements should be observed:
- Stepping to the deceptive direction first, then to the designated direction
  - Switching hands in split dodge
  - Correct pivot foot during roll dodge
  - Change of speed

Set up:





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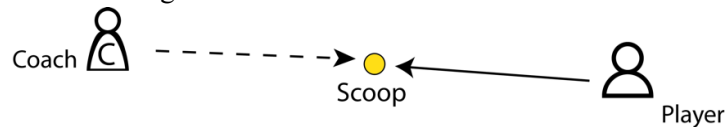
### Test 3: Bouncing Loose Ball

**Content:** Coach throws a bouncing ball towards or away from the player. The player must run towards the ball and pick it up. 3 attempts for bouncing away and 3 attempts for bouncing towards. Make 4 successful first-time ground balls.

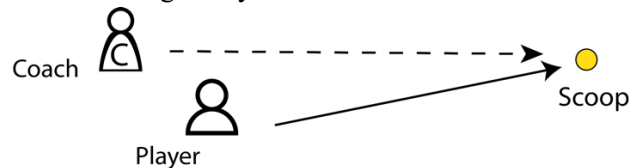
**Passing Criteria:**

- Successfully make 2 first-time ground balls bouncing away and 2 bouncing towards.
- Only first-time ground balls count.
- Stick handling: Two hands on the stick

**Set up:** GB Bouncing Towards



GB Bouncing Away



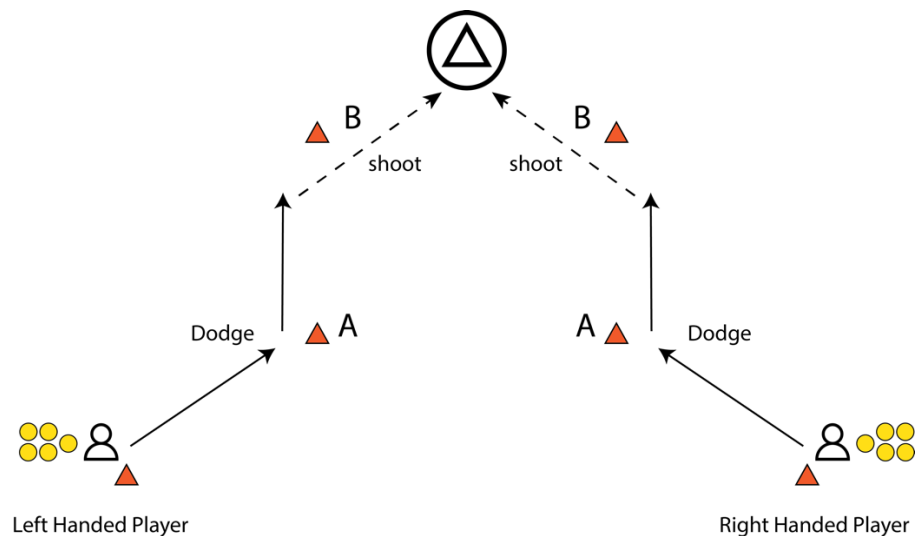
### Test 4: Shooting on the Run Down the Alley

**Content:** Make a speed dodge at cone A, run down the alley, and shoot before cone B. 5 attempts are allowed. Make 3 goals.

**Passing Criteria:**

- Make 3 goals
- The ball should not bounce more than once before going into the net.
- Player must take the shot while running.

**Set up:**





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## 銅章測試

參加者必須符合該項測試的所有合格要求。

### 測試一：自我拋接

內容： 連續 10 次將球拋至視線水平高度然後接球

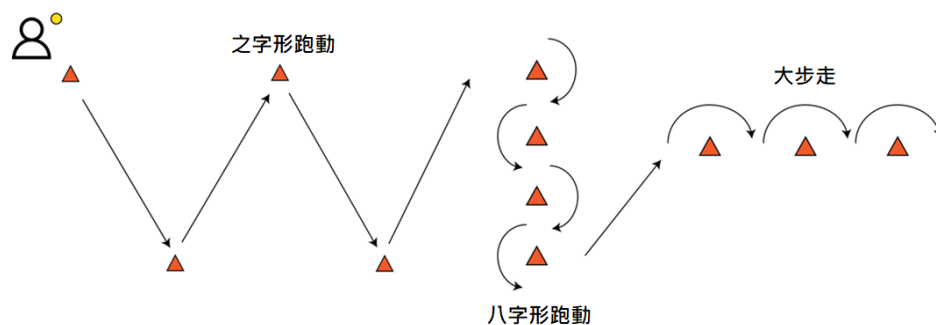
合格要求： 90 秒內完成動作

### 測試二：持球跑動

內容： 30 秒時間內，持球並根據設置的障礙完成路線移動：(A)之字形、(B)八字形、(C)大步走

合格要求： 完成測試並跌球不多於 1 次

示範圖：

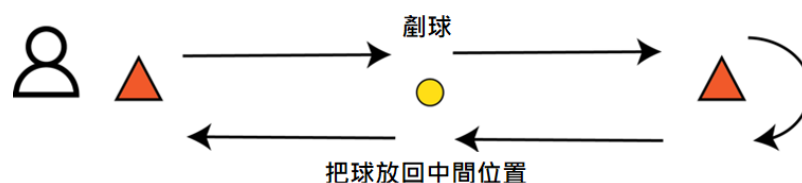


### 測試三：剷球

內容： 把地上靜止的球剷起，持球至對面的雪糕筒折返，把球放回中間的位置。重覆 5 次並成功完成 3 次即可。容許以棍背拉球然後剷起的動作。

合格要求： a) 5 次機會中成功完成 3 次  
b) 只計算一次性的剷球動作

示範圖：





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### 測試四：射門

內容： 在離門 5 米正中央的位置射門。5 次機會中射入 3 球。

合格要求：  
a) 射入其中 3 球  
b) 假如球於入網前彈地超過 1 次，該入球將不予計算。

示範圖：







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## 銀章測試

參加者必須符合該項測試的所有合格要求。

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### 測試一：自我肩上拋接

內容：： 連續 10 次把球拋至空中，並於膊頭上的位置成功接球。

合格要求： 90 秒內完成動作

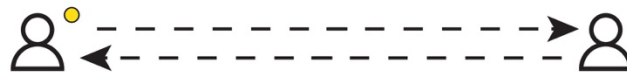
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### 測試二：下手傳接

內容： 與搭擋相距 3 至 5 米。以下手傳接的形式拋接球。

合格要求： 於 1 分鐘內成功完成 5 次拋接

示範圖 Set up:



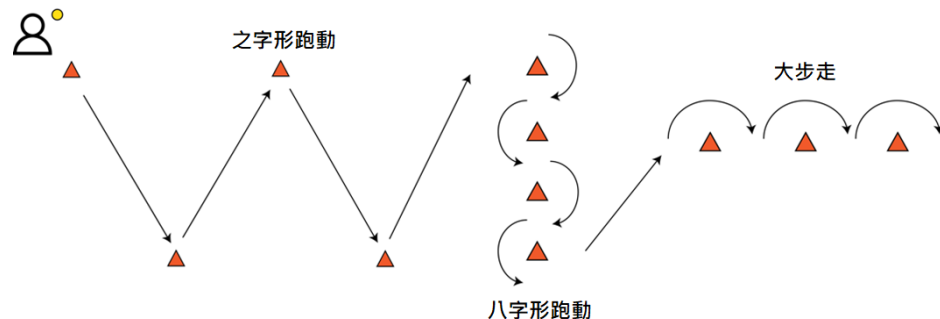
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### 測試三：運球

內容： 30 秒內，持續進行運球動作，並根據設置的障礙移動

合格要求：： 持續進行運球動作並根據設置的障礙移動，而跌球不超過 1 次

示範圖:





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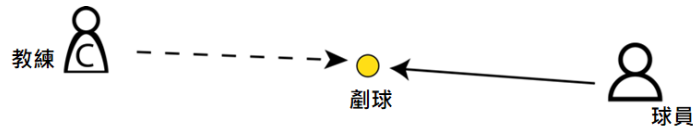
### 測試四：剷球

內容： 教練將把球滾向球員，或把球滾出去。球員必須跑向球並把球剷起。兩個方向的滾球各有 3 次機會。

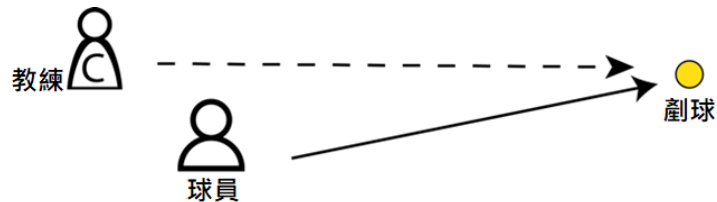
合格要求：

- a) 兩個方向的滾球各成功完成至少 2 次剷球
- b) 只計算一次性的剷球動作
- c) 持棍方式：必須雙手持棍

示範圖： 滾向球員



教練把球滾出去



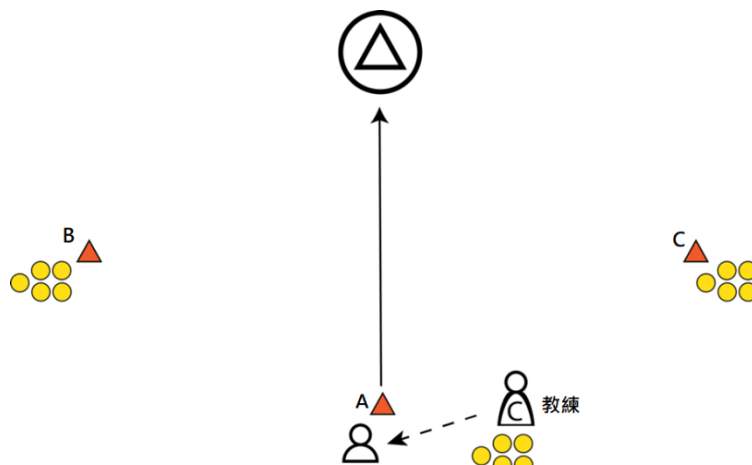
### 測試五：接球並射門

內容： 教練將把球拋向球員，球員需把球接好，並於離門 6 米外完成射門。球員須於 3 個不同位置進行各 3 次射門(A)正中央，(B)左邊 45 度，(C)右邊 45 度。

合格要求：

- a) 每個位置至少射入 2 球
- b) 假如球於入網前彈地超過 1 次，該入球將不予計算。

示範圖：





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## 金章測試

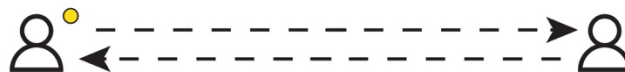
參加者必須符合該項測試的所有合格要求。

### 測試一：上手傳接

內容： 與搭檔距離 7 米，以上手方式完成傳接動作。

- 合格要求：
- 1 分鐘內，成功完成連續 5 次傳接動作。
  - 準確度：需把球傳至接球者的 Box Area（即肩膀上，耳朵旁的位置）
  - 站姿：正確的側身傳接站姿

示範圖：

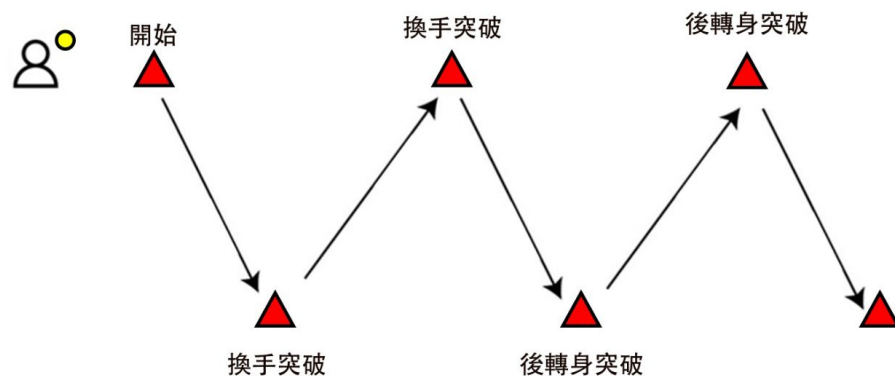


### 測試二：持球突破

內容： 30 秒內，根據 Z 字形的路線，完成「換手突破」及「後轉身突破」的兩個突破動作。

- 合格要求： 教練將根據以下條件評分：
- 有否先以腳步進行假動作
  - 換手突破時正確換手
  - 後轉身突破時正確轉換重心腳
  - 變速

示範圖：





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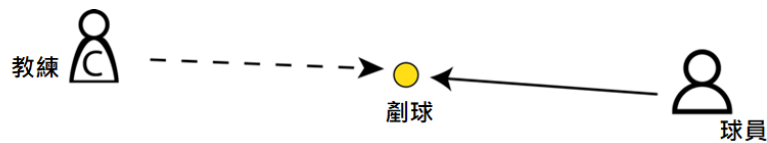
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### 測試三：彈地球

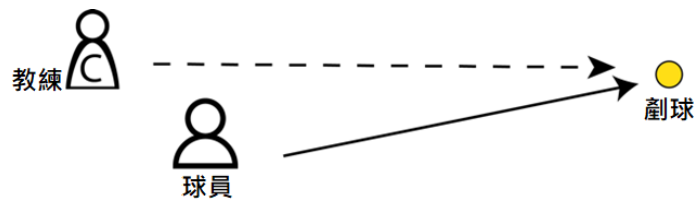
內容： 教練將把彈地球拋向球員，或拋出去。球員必須跑向球並把球剷起。兩個方向的彈地球各有 3 次機會。

- 合格要求：
- a) 兩個方向的滾球各成功完成至少 2 次剷球
  - b) 只計算一次性的剷球動作
  - c) 持棍方式：必須雙手持棍

示範圖： 拋向球員



教練把球拋出去



### 測試四：跑動射門

內容： 於 A 點作一個突破動作，然後跑向 B 點時邊跑邊射門。重覆 5 次並成功完成 3 次即可

- 合格要求：
- a) 射入至少 3 球。
  - b) 假如球於入網前彈地超過 1 次，該入球將不予計算
  - c) 球員必須進行邊跑邊射門的動作。

示範圖：

