



# 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

## Level 1 Coaching Certificate Workshop General Information

Date	Time	Location
6th April (Tuesday)	10:00 - 13:00	The Hong Kong Federation Of Youth Groups Tsuen Wan Youth S.P.O.T. 3/F Dancing Room(301A/301B)
11th April (Sunday)	14:00 - 17:00	Wah Yan College Kowloon Hard Surface Football Court
18th April (Sunday)	14:00 - 17:00	Wah Yan College Kowloon Hard Surface Football Court

**Maximum No.:** 30 persons

**Assessments:** One Theory Exam; One Skill Assessment\*#^ & Practical Coaching Assessment

\* The skill assessment of this course will be held after playing field is available.

# Participants could choose their own preferable stick, which includes women's stick, men's stick (Short Stick or Long stick) or goalie stick, to take the skill assessment

^ Players with at least 1 year of HKLA HPP experiences, or players who represented Team Hong Kong will be exempted from this skill assessment.

**Medium of Instruction:** Cantonese (with English Professional terms)

**Instructor:** MR Mak Ho Chun Kelvin – WL Coach Developer, HKLA Coach, Accredited Level 3 Coach, HKMRT Captain

**Requirements:**

- 1) Accredited Senior Lacrosse Instructor, Or
- 2) current or EX-lacrosse players with more than 1 year of playing experience\*

\*please input your playing experience in your own HKLA member profile

**Course Fee:** HKD \$800

**Application Deadline:** 1<sup>th</sup> April 2021



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## Course outline:

Theory	<ol style="list-style-type: none"><li>1. Introduction of Lacrosse<ol style="list-style-type: none"><li>a. History of lacrosse</li><li>b. Development of HK Lacrosse</li><li>c. Equipment and Rules</li></ol></li><li>2. Coach Development<ol style="list-style-type: none"><li>a. Roles and Responsibility</li><li>b. Practice Planning and Teaching</li><li>c. Sports Training Theory</li><li>d. Positive Coaching and Player-centered approach</li><li>e. Goal Setting</li><li>f. Knowing the Youth</li></ol></li><li>3. Player Development<ol style="list-style-type: none"><li>a. Choosing Position</li><li>b. Individual Skills Training</li><li>c. Common Error and Correction</li></ol></li><li>4. Team Development<ol style="list-style-type: none"><li>a. Offensive Concept</li><li>b. Defensive Concept</li><li>c. Man Up/Down Situation</li><li>d. Riding &amp; Clearing</li></ol></li></ol>
Practical	<ol style="list-style-type: none"><li>1. Individual Skills Dodging, Pass and Catch, Ground Ball, Shooting, Individual Defense, Goaltending, Faceoff/Draw</li><li>2. Team Strategy<ol style="list-style-type: none"><li>a. Offense<ol style="list-style-type: none"><li>i. Pick and Roll, Give and Go, Pass and Cut</li><li>ii. Spacing</li></ol></li><li>b. Defense<ol style="list-style-type: none"><li>i. Off-ball Defense</li><li>ii. Man-Man Defense, Zone Defense</li><li>iii. Defense System, Sliding Package</li><li>iv. Roles of Goalie</li></ol></li><li>c. Odd-man Situation (2v1 or 3v2)<ol style="list-style-type: none"><li>i. Offense</li><li>ii. Defense</li><li>iii. Goalie</li></ol></li></ol></li></ol>



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## Remarks :

1. Application must be done through our website
2. Course Fee must be paid through our website via PayPal.
3. Course fee paid is non-refundable upon the completion of application procedures.
4. All applicants must upload a recent passport size color photo into their own HKLA member ID profile
5. All applicants must input your playing experience in your own HKLA member profile
6. If a participant failed the Theory Exam or/and the skill assessment, he/she must attend a supplementary exam which will be arranged asap and pay administrative fee of HK \$100. If a participant failed the supplementary exam, he/she must retake the workshop.
7. Upon receipt of the theory exam and skill assessment result, the passed participant must complete at least 10 hours of practical coaching within 6 months and hand in the practical coaching tracked record. Should any participant need to extend the practical period; he/she must submit a written notice to the HKLA Coaching Committee via email [coachingacademy@hklax.org](mailto:coachingacademy@hklax.org) for approval. If the participant can't complete 10 hours of practical coaching within 6 months, he/she must retake the workshop.
8. Participants must be assessed by an assessor appointed by the HKLA Coaching Committee in one of his/her practical coaching hours. If a participant failed in the practical coaching assessment, a supplementary assessment which will be done by a different assessor will be needed. If a participant failed the supplementary, he/she must retake the workshop.
9. Participants who have 80% attendance, passed all examinations/assessment and submit the practical coaching tracked record on time, will be accredited as a Level One Coach.
10. Results will be notified by email, the coaching accreditation list can also be found in HKLA official website
11. All participants must arrange their own personal accident insurance.
12. Hong Kong Lacrosse Association reserves the right of making any amendment in the course and the decision should be final.

**\*End\***