



# 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 - 27<sup>th</sup>
  - 女子代表隊 - 18<sup>th</sup>
  - 男子 U19 代表隊 - 11<sup>th</sup>
  - 女子 U19 代表隊 - 12<sup>th</sup>

## 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"> <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	0:10	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>
0:25	0:05	0:30	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>
0:30	0:05	0:35	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. One from each team fights for the ball</li> <li>4. Team with the most balls wins</li> </ol>
0:35	0:10	0:45	0:10	Shooting & Dodge to Shoot	<ol style="list-style-type: none"> <li>1. Introduce how to shoot</li> <li>2. Time &amp; room</li> <li>3. Introduce how to dodge &amp; shoot</li> </ol>
		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"> <li>1. Give invitation to talents (MAX 2 per class)</li> <li>2. Promote HKLA Program/Poster</li> </ol>



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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"> <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>