



# 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

## School Lacrosse Trial Instructor Manual

### Objectives

- Promote and introduce lacrosse to students and schools
- Identify talented students and recruit them to join HKLA youth programmes
- Encourage schools / PE teachers to form school teams
- Recruit students for school teams for schools with existing teams

### Dress code for Coaches

#### *Personal Equipment*

- ✓ Whistle & Watch / Timer

#### *Sports Top*

- ✓ Short & Long Sleeve T-shirts
- ✗ Sleeveless Tops / Tops with colloquial prints

#### *Bottom*

- ✓ Sports Shorts / Tracksuit Bottoms
- ✗ Mini Skirts, Jeans

#### *Shoes*

- ✓ Trainers / Sneakers
- ✗ Slippers, Sandals, High Heels





# 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

## Equipment List

### To be delivered to PE teacher

- Poster x 1 – introduce to class at the end of session and handed to PE teacher (one per school)
- Youth Resource Pack for the PE teacher x 1 – a gift to the PE teacher (one per school)

### Equipment for the session

#### For introduction;

- Men's stick + Gear x 1 set
- Women's stick x 1
- Lacrosse game ball x 1

#### For students to use;

- Sticks
- Soft balls
- Mini goals x 2-4
- Invitation Card in HKLA folders x 2 per class

## History of Lacrosse

- Lacrosse started as a war game played by Native American Tribes (Indians)
- There used to be 100 – 1000 players spread over mountains and the games could last up to days
- They used lacrosse as a way to settle conflicts between tribes, often, warriors were very proud to represent their tribes



# 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

## Lacrosse Nowadays

- There used to be 100 – 1000 players spread over mountains and the games could last up to days
- They used lacrosse as a way to settle conflicts between tribes, often, warriors were very proud to represent their tribes
- Nowadays, lacrosse is a modern game popular in USA, Japan and Canada
- It is a 10 vs 10 game played in over 15 minutes quarters
- Men's lacrosse is different to women's lacrosse in terms of rules and equipment (introduce the differences)
  - Men's lacrosse is considered a contact sport – players allow use their stick to be a defensive tool and check ball-carriers on the body - hence men's lacrosse requires more protective gear and the pocket of the stick is deeper.
  - Women's lacrosse is considered a limited contact sport – players are allowed to use their stick as a defensive tool, however, players are only allowed to tackle the stick of the ball-carrier – hence in women's lacrosse, mouthguards and goggles are what players usually wear and the pocket of the stick is shallower.
- Hong Kong has been sending men's and women's representative teams as well as Under 19 representatives to World Championships since as early as 2002
- World Rankings
  - Hong Kong Men's Representative Team – 27<sup>th</sup>
  - Hong Kong Women's Representative Team – 18<sup>th</sup>
  - Hong Kong Men's U19 Team – 11<sup>th</sup>
  - Hong Kong Women's U19 Team – 12<sup>th</sup>

## HKLA Programmes and Promotions

- Youth Beginners Lacrosse Course (new courses every month / two months) – targeted for young people who would like to learn the basics of lacrosse
- Development Academy (3 seasons/ entry points) – targeted for young people who would like to receive regular training and learn the foundation of lacrosse and how the game is played
- U20s (yearly programme) – targeted for young people who are dedicated and represent Hong Kong on the global stage
- Lacrosse Six's (3 seasons every year) – targeted for anyone who would like to play fun lacrosse games and compete against others



# 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

## Opportunities

**Development Academy** – Represent Development Team at the Greater China Cup

It is a pathway to **High Performance Programme** – Hong Kong Lacrosse Open and annual overseas trips (i.e. Australia, Berlin, Japan) as well as professionally supervised gym sessions.

HPP leads up to **MRT / WRT / U19** – Represent Hong Kong at Asia Pacific Lacrosse Championships and World Championships as well as professionally supervised gym sessions

**Others** – HKLA is always recruiting helpers, instructors and senior instructors for promotional events and School Lacrosse Trials as well as officials (Over 16 of age and would like to earn some part time money, it is hourly wage)

## Recruitment methods

1. Ask students to leave contact information, especially those who 1) have potential or 2) might be interested in lacrosse – Students can leave their contact using the APP / QR code at the bottom of the page
2. Talent Identification – and give out invitation card (to 2 students per class)
3. Ask students to look up HK Lacrosse Association website and to follow us on social media
4. Promote the next Youth Beginners' Course – date & venue will be given to instructors before the session

## Talent Identification

1. At the beginning of the session, instructors should introduce that these sessions are also a recruitment session for students who might have a high potential to be great lacrosse players
2. Instructors are to look out for max. 2 outstanding students (per class) at the last lesson of the school trial sessions
3. Instructors can use the \*Mini Games\* in the session plans for talent identification or as a reference of students' athleticism
4. The students will be given an invitation card to join the Youth Beginners' Course for free
5. The students who receive the invitation cards will be required to leave their email and mobile contact to the instructor
6. Instructors are to send the two contact to Ka Hei (69339678) after the session



# 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

## Social Media Handles

*Instagram/ Facebook/ Twitter:* hklacrosse

*YouTube:* Hong Kong Lacrosse Association

## App QR Code for Student Contact Details

Please use the QR Code below for downloading AppSheet for inputting students' contact details;

\*This should be prepared before the session you have signed up for\*





# 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 – 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>



# 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>



# 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

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>





# 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 – 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>



# 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

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>



# 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

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>