

2016-17 中學校際七人欖球發展計劃
Inter-School Rugby Sevens Development Program

PAGE 1

第一階段 - 示範課程 Phase I – School Demo (Sep – Dec , 2016)

欖球總會可因應學校提供之時間，安排教練到校為學生作示範練習。學校可選擇於體育課、課後時間或其他時間進行示範。
HKRU will allocate coaches to individual schools for demonstration according to the specific time and dates listed by schools, e.g. during PE class or after school hours.

1. 首次參加學校方面，本會將為中一至中四級每班提供最多兩次的示範練習。
For first time participants, HKRU will give a maximum of two demonstration classes for Form 1 to Form 4 students.
2. 非首次參加學校方面，本會將為中一及中二級每班提供最多兩次的示範練習。
For schools that have joined this program before, HKRU will give a maximum of two demonstration classes for Form 1 to Form 2 students.

*請於頁二填寫示範課程之申請表。 Please complete the Demonstration Class Application Form in page 2.

第二階段 - 校隊訓練 Phase II – School Team Training (Sep, 2016 – May, 2017)

經過示範課程，學校可招攬學生組成校隊在放學後練習。欖球總會將提供教練和基本練習器材。(非首次參加學校方面，請聯絡本會職員；商討校隊發展安排。)

After the demonstration class, students who are interested may form a rugby school team and practice during after school hours. HKRU are able to provide elementary training equipment and coaching. (Schools that have joined this program before; please directly contact HKRU staff for discussion relating to advanced school team development)

1. **校內訓練 - 基本練習** (由於學校場地關係，教練將不會教授任何有關身體碰撞之技術)
School Training- Basic Training (Due to unsuitable venue conditions, coaches will not teach any skills relating to physical contact.)
2. **校外訓練 - 傳統英式欖球練習** (草地練習場將提供予學生作每周一節的練習，而學校間需分享地區練習場地。主要訓練內容為鬥牛，爭邊球及攔截技術等)
Rugby Pitch Training- Contact Rugby Training (The training pitch will be available once a week for students to practice, schools are required to share the venue. Training will mainly focus on Scrum, Line-Out and Tackling Skill.)

*請於頁三填寫校隊訓練之申請表。 Please complete the School Team Training Application Form in page 3.

學體會或欖球總會可提供的訓練場地 HKSSF / HKRU Training Pitches available :

大坑東遊樂場(欖球場) Tai Hang Tung Recreation Ground :

a. 逢星期二 Every Tuesday : 1630-1800 b. 逢星期三 Every Wednesday : 1630-1800 c. 逢星期四 Every Thursday : 1630-1800

天水圍社區遊樂場 Tin Shui Wai Community Recreation Ground :

a. 逢星期三 Every Wednesday : 1630-1800 b. 逢星期四 Every Thursday : 1630-1800 c. 逢星期五 Every Friday : 1630-1800

薄扶林何鴻燊運動場 Stanley Ho Playing Fields, Pok Fu Lam :

逢星期五 Every Friday : 1630-1800

如有問題，請聯絡欖球總會 – 吳先生。 Any enquiry, please contact HKRU – Peter Ng.
電話 Tel : 2292 3206 / 傳真 Fax : 2292 3298 / 電郵 E-mail : peter.ng@hkru.com