

## Inter-School Rugby Sevens Development Program

## 第一階段 - 示範課程 Phase I – School Demo ( Sep – Dec , 2017 )

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 arrange 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.

- 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.
- 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, 2017 – May, 2018 )

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 school rugby 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 contact HKRU staff directly for discussion relating to advanced school team development)

- 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.)
- 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 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      d. 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。 Any enquiry, please contact HKRU

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