

## 8 weeks Training Course

Week	Teaching Points
1	<ol style="list-style-type: none"><li>1. 講解板球基本打法、攻守及規則 (Rules and Regulation of cricket)</li><li>2. 高球及平飛球的正確接球動作 (High, Low Catching)</li><li>3. 正確握板方法及姿勢 (Bat Gripping &amp; Posture)</li><li>4. 前踏擊球 (Front Foot Drive)</li></ol>
2	<ol style="list-style-type: none"><li>1. 上手投球 (Overarm Bowling)</li><li>2. 後踏橫擊 (Pull shot)</li></ol>
3	<ol style="list-style-type: none"><li>1. 4 步投球 (Bowling with 4 steps)</li><li>2. 拋球 (Aim &amp; Throwing)</li></ol>
4	<ol style="list-style-type: none"><li>1. 接球 (High Catch)</li><li>2. 踏前截覆 (Forward Defense)</li></ol>
5	<ol style="list-style-type: none"><li>1. 投球 + 助跑 (Run up Bowling)</li><li>2. 橫掃擊球 (Sweep Shot)</li></ol>
6	<ol style="list-style-type: none"><li>1. 前踏擊球 (Front Foot Drive)</li><li>2. 橫掃擊球 (Sweep Shot)</li><li>3. 後踏橫擊 (Pull shot)</li><li>4. 投球 + 助跑 (Run up Bowling)</li></ol>
7	<ol style="list-style-type: none"><li>1. 旋轉投球 (Spin Bowling)</li><li>2. 防守 &amp; 投球 (Fielding)</li></ol>
8	<ol style="list-style-type: none"><li>1. 守門 (Wicket keeping)</li></ol>

CRICKET  
HONG KONG  
香港板球

## Lesson Plan

學校名稱 School Name: \_\_\_\_\_ 活動日期 Date: \_\_\_\_\_

時間 Time: \_\_\_\_\_ 地點 Venue: \_\_\_\_\_ 課程編號 Course Code: \_\_\_\_\_

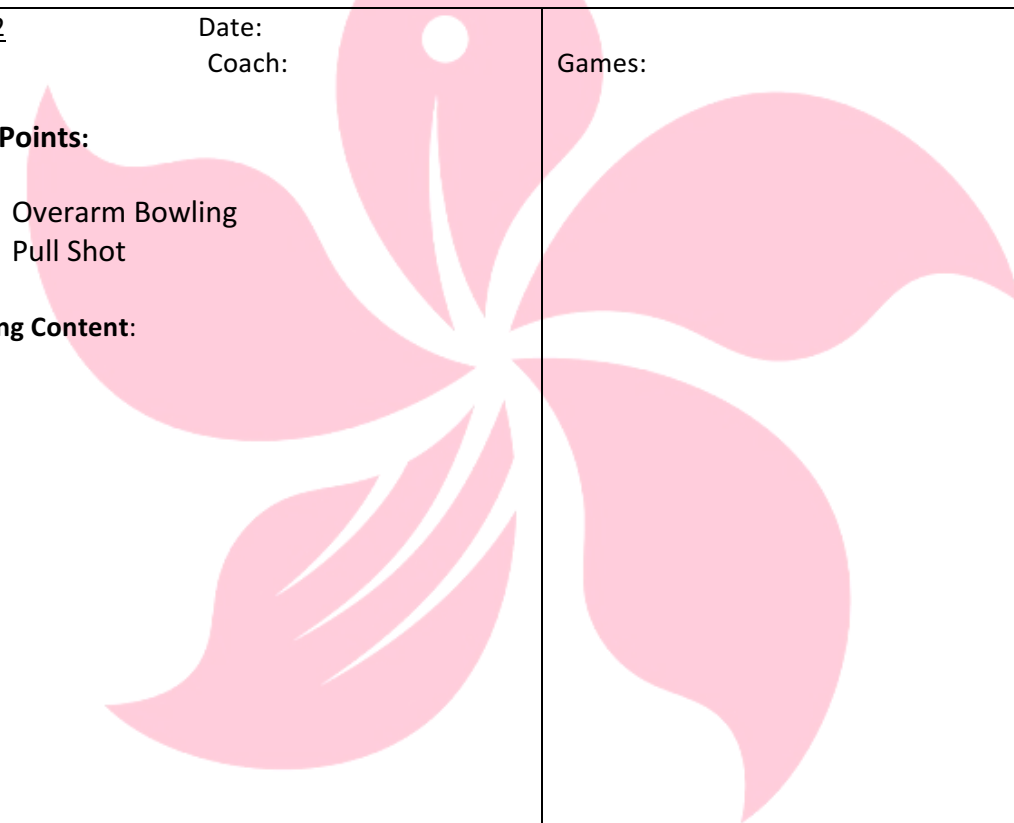
<p><b>Week 1</b></p> <p>Date: _____ Coach: _____</p> <p><b>Focus Points:</b></p> <ol style="list-style-type: none"><li>1. Rules and Regulation of cricket</li><li>2. High, Low Catching</li><li>3. Bat Gripping &amp; Posture</li><li>4. Front Foot Drive</li></ol> <p><b>Teaching Content:</b></p> <p>Coach Feedback: _____</p>	<p>Games:</p> <p>CRICKET HONG KONG 香港板球</p>
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<p><u>Week 2</u></p> <p>Date: _____ Coach: _____</p> <p><b>Focus Points:</b></p> <ol style="list-style-type: none"><li>1. Overarm Bowling</li><li>2. Pull Shot</li></ol> <p><b>Teaching Content:</b></p> <p><b>Coach Feedback:</b></p>	<p>Games:</p>
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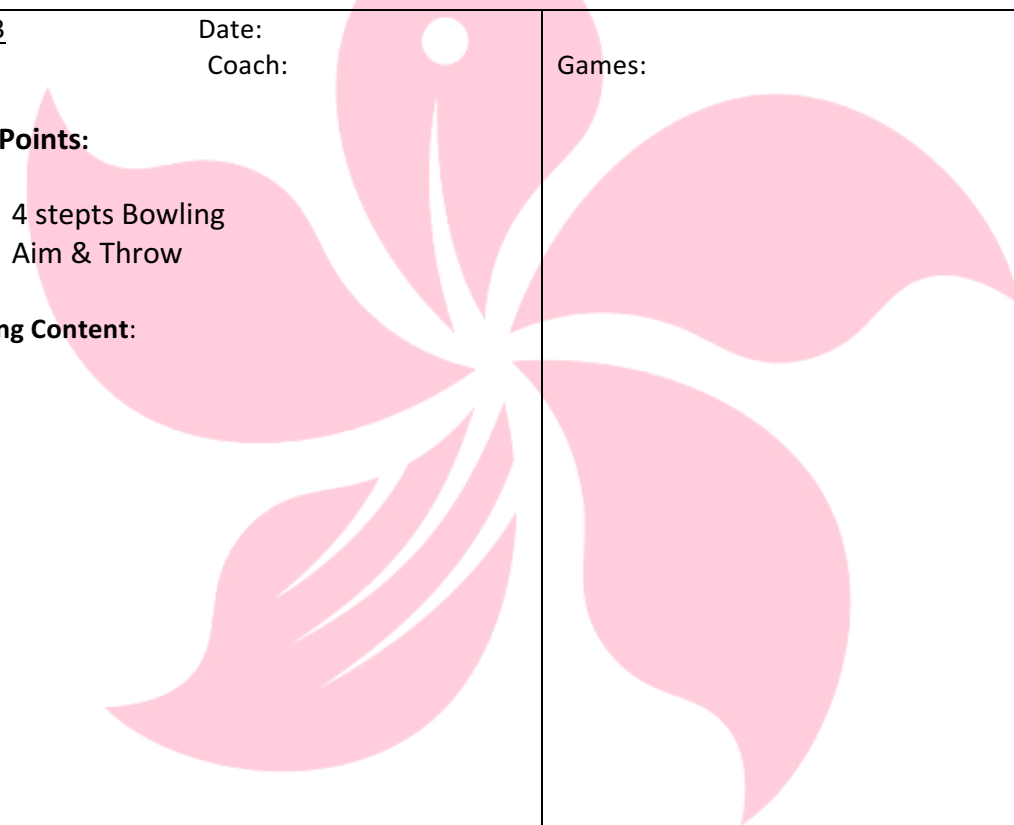
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<p><b>Week 3</b></p> <p>Date: _____ Coach: _____</p> <p><b>Games:</b></p>	<p><b>Focus Points:</b></p> <ol style="list-style-type: none"><li>1. 4 steps Bowling</li><li>2. Aim &amp; Throw</li></ol> <p><b>Teaching Content:</b></p> <p><b>Coach Feedback:</b></p>
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<p><b>Week 5</b></p> <p>Date: _____ Coach: _____</p> <p><b>Focus Points:</b></p> <ol style="list-style-type: none"><li>1. Runup Bowling</li><li>2. Sweep Shot</li></ol> <p><b>Teaching Content:</b></p> <p><b>Coach Feedback:</b></p>	<p>Games:</p> <p><b>CRICKET HONG KONG</b></p>
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<p><u>Week 7</u></p> <p>Date: Coach:</p> <p><b>Focus Points:</b></p> <ol style="list-style-type: none"><li>1. Spin Bowling</li><li>2. Fielding</li></ol> <p><b>Teaching Content:</b></p> <p><b>Coach Feedback:</b></p>	<p>Games:</p> <p><b>CRICKET HONG KONG</b></p>
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<b>Week 8</b>	Date: Coach:	Games:
<b>Focus Points:</b>  1. Wicketkeeping 2. Review		
<b>Teaching Content:</b>		
<b>Coach Feedback:</b>		

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