8 weeks Training Course

Week	Teaching Points
1	 講解板球基本打法、攻守及規則 (Rules and Regulation of cricket) 高球及平飛球的正確接球動作 (High, Low Catching) 正確握板方法及姿勢 (Bat Gripping & Posture) 前踏擊球 (Front Foot Drive)
2	1. 上手投球 (Overarm Bowling) 2. 後踏横擊 (Pull shot)
3	1. 4 步投球 (Bowling with 4 steps) 2. 抛球 (Aim &Throwing)
4	1. 接球 (High Catch) 2. 踏前截覆 (Forward Defense)
5	1. 投球 +助跑 (Run up Bowling) 2. 横掃擊球 (Sweep Shot)
6	1. 前踏擊球 (Front Foot Drive) 2. 横掃擊球 (Sweep Shot) 3. 後踏橫擊 (Pull shot) 4. 投球 +助跑 (Run up Bowling)
7	1. 旋轉投球 (Spin Bowling) 2. 防守 & 投球(Fielding)
8	1. 守門 (Wicket keeping)

西港版球

學校名稱 School Nam	e:	活動日期 Date:
時間 Time:	地點 Venue:	課程編號 Course Code:
Week 1 Focus Points:	Date: Coach:	Games:
1. Rules and Regula 2. High, Low Catchi 3. Bat Gripping & P 4. Front Foot Drive	ng	
Teaching Content:		
Coach Feedback:	CRIC	KET
_	哲港	板球

學校名稱 School Name:		活動日期 Date:
時間 Time:	地點 Venue:	課程編號 Course Code:
Week 2 Focus Points:	Date: Coach:	Games:
 Overarm Bow Pull Shot Teaching Content:	rling	
reaching content.		
Coach Feedback	CRIC	KET
Coach Feedback:	IONG	KONG
7	五 港	板球

學校名稱 School Name:		日期 Date:
時間 Time: 地點 \	/enue:	課程編號 Course Code:
Week 3 Date: Coach: Focus Points:	Games:	
 4 stepts Bowling Aim & Throw Teaching Content:		
Coach Feedback:	ICK NG KG 港 栃	ET ONG 社

學校名稱 School N	ame:	活動日	日期 Date:
持間 Time:	地點 Venue:		課程編號 Course Code:
Week 4	Date: Coach:	Games:	
Focus Points:			
1. High Cato			
2. Forward	Defense		
Teaching Content	:		
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Coach Feedback	(RI)	.K	- 1
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時間 Time:	地點 Venue:	課程編號 Course Code:	
Week 5	Date: Coach:	Games:	
Focus Points:	C		
1. Runup Bowl 2. Sweep Shot			
Teaching Content:			
Coach Feedback:	CRI	CKET	
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香港版球

學校名稱 School Nam	ne:	活動日期 Date:
時間 Time:	地點 Venue:	課程編號 Course Code:
Week 6	Date: Coach:	Games:
Focus Points:		
1. Runup Bow	ling ting: Front Foot Drive	
2. Neview bat	Pull Shot	
	Sweep Shot	
Teaching Content:		
Coach Feedback:	HI(KEI
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	DVIO	KONG
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時間 Time:	地點 Venue:	課程編號 Course Code:
Week 7	Date: Coach:	Games:
Focus Points:		
1. Spin Bowli 2. Field <mark>in</mark> g	ng	
Teaching Content:		
Coach Feedback:	CRI	CKET
	HONG	KONG

香港版球

學校名稱 School Na	ame:	活動日期 Date:
時間 Time:	地點 Venue:	
Week 8	Date: Coach:	Games:
Focus Points:		
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Teaching Content:		
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Coach Feedback:	CKI	JKEI
		KONG
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