



HKCC 香港教練培訓委員會
Hong Kong Coaching Committee



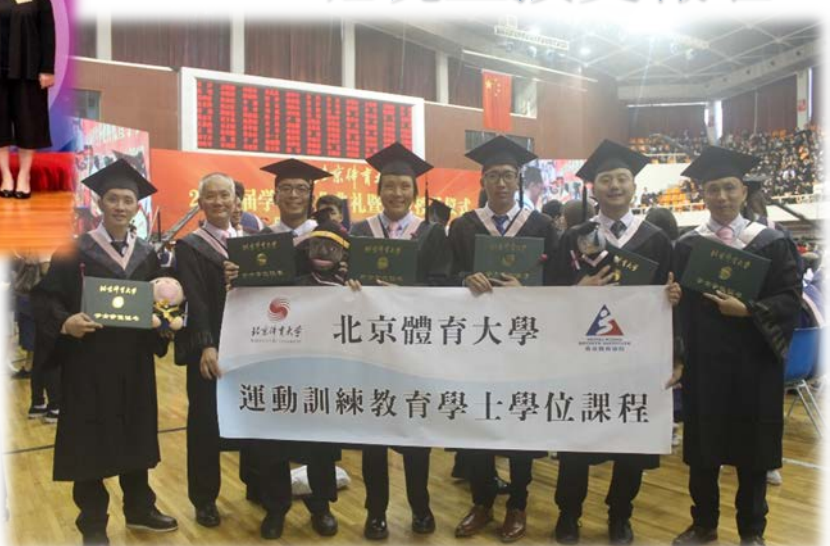
UPDATE

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動向



北京體育大學-運動訓練教育學士學位
2018 班現正接受報名



2017 賽馬會香港優秀教練選舉*2017 Jockey Club Hong Kong Coaching Awards*

主禮嘉賓、其他嘉賓、得獎教練及運動員濟濟一堂，一同展望 2018 年本港體壇再創高峰。
Guests, awardees and athletes got together and wished for good sports achievements in 2018.

「2017 賽馬會香港優秀教練選舉頒獎禮」於二零一八年四月二十二日假香港體育學院舉行，當天揭曉 175 位得獎教練名單，藉此表揚他們在過去一年致力培育香港運動員於地區和國際性賽事中屢創佳績，以及積極推動社區及學界的體育發展。

本屆的提名數目再創新高，香港教練培訓委員會共接獲 223 份提名名單，競逐七大組別獎項，包括：全年最佳教練獎、優秀服務獎、最佳教練培訓工作者獎、最佳隊際運動教練獎、精英教練獎、社區優秀教練獎和學校優秀教練獎。

The 2017 Jockey Club Hong Kong Coaching Awards presentation ceremony was held on 22nd April, 2018 at the Hong Kong Sports Institute, unveiling a list of 175 awardees. The Awards program aims to recognise the dedication of coaches in nurturing Hong Kong athletes to pursue outstanding sporting results at both regional and international sporting arena, and their contribution in developing sports across the community and school levels in the past year.

A record-high of 223 nominations were received this year to compete for honour in seven categories, namely Coach of the Year Awards, Distinguished Services Award for Coaching, Coach Education Award, Best Team Sport Coach Award, Coaching Excellence Awards, Community Coach Recognition Awards and School Coach Recognition Awards.



主禮嘉賓民政事務局局长劉江華先生 JP（後排右七）、香港賽馬會慈善事務部主管（體育、康樂、藝術及文化）陳淑慧女士（後排左六）、香港教練培訓委員會主席劉掌珠女士 BBS JP（後排左七）及香港體育學院主席林大輝博士 SBS JP（後排右六）與全年最佳教練獎得主：林智鵬（後排中）、汪昌永（後排右九）及梁勤輝（後排右八），連同其他嘉賓及一眾運動員合照。

The officiating guests Mr Lau Kong-wah JP, Secretary for Home Affairs (back row, 7th from the right); Ms Rhoda Chan, Head of Charities Project (Grant Making – Sports, Recreation, Arts and Culture) of The Hong Kong Jockey Club (back row, 6th from the left); Ms Vivien Lau BBS JP, Chairman of the Hong Kong Coaching Committee (back row, 7th from the left) and Dr Lam Tai-fai SBS JP, Chairman of the Hong Kong Sports Institute (back row, 6th from the right) took a group photo with the Coach of the Year awardees including Lam Chi-pang (back row, middle), Wang Chang-yong (back row, 9th from the right), Leung Kan-fai (back row, 8th from the right), together with other guests and athletes on stage.



2017 年共有 99 位教練奪得「精英教練獎」。香港體育學院董事陳念慈女士 JP（前排左八）恭賀他們在 2017 年帶領運動員或運動隊伍於國際賽事中奪得驕人成績。

99 coaches were awarded the Coaching Excellence Awards this year. Ms Amy Chan JP, Director of the Hong Kong Sports Institute (first row, 8th from the left), congratulated the coaches for leading athletes to achieve outstanding performance at major international competitions in 2017.



（左起）排球教練林鎮國、傷殘人士草地滾球教練馬志堅及龍舟教練 Milan Krasny 分別對奪得最佳教練培訓工作者、優秀服務獎及最佳隊際運動教練獎感到欣喜。

(From the left) The Coach Education Award, Distinguished Services Award for Coaching and Best Team Sport Coach Award were presented to volleyball coach Lam Chun-kuo, para lawn bowls coach Adem Osman and dragon boat coach Milan Krasny respectively.



主禮嘉賓恭賀全年最佳教練獎得主：林智鵬（中）、汪昌永（右九）及梁勤輝（右八），並連同其他嘉賓合照。

The officiating guests congratulated the Coach of the Year awardees including Lam Chi-pang (Middle), Wang Chang-yong (9th from the right), Leung Kan-fai (8th from the right). They took a group photo with other guests on stage.

傷殘人士草地滾球運動員郭永（右）於頒獎禮上表示，他的教練在每次比賽時都親自把印有香港區旗的貼紙張貼在草地滾球上，作為祝福及好運的象徵，以激勵運動員發揮最佳表現。（左二起）呂麗瑤（田徑）、曾德軒（保齡球）及沈曉榆（武術）也於台上分享他們與教練的訓練點滴。

Kwok Wing (athlete of lawn bowls for Physically Disabled) (right) shared at the ceremony how his coach encouraged him to perform his best in competitions by putting the Hong Kong SAR emblem stickers on the balls before each competition as a way of blessing. Other athletes (from 2nd from the left) Lui Lai-yiu (athletics), Tseng Tak-hin (tenpin bowling) and Sham Hui-yu (wushu) also shared their unforgettable memories with their coaches.



跨欄運動員呂麗瑤、乒乓球運動員李清韻、網球運動員吳奇龍及保齡球運動員曾德軒於頒獎禮上參與電腦模擬比賽，以揭曉「全年最佳教練獎」四個組別的得獎者。

Hurdler Lui Lai-yiu, table tennis player Li Ching-wan, tennis player Ng Ki-lung and tenpin bowling athlete Tseng Tak-hin unveiled the recipients of the Coach of the Year Awards of the four categories through electronic games.

賽馬會精英教練員研討會

Jockey Club Elite Coaches Conference

第二十五屆賽馬會精英教練員研討會已於 2017 年 11 月 18 日假香港體育學院舉行。研討會由香港教練培訓委員會及中華全國體育總會合辦，主題為「殘疾精英運動員訓練」，吸引了超過 170 名香港及中國內地的教練參加。研討會邀請了五位分別來自加拿大、中國內地及香港的殘疾精英運動員教練及專家發表專題演講，與會眾分享箇中經驗。席間各人亦就 2020 年殘奧會的備戰分享心得。

教練培訓委員會主席劉掌珠女士在開幕禮致辭時，感謝中華全國體育總會的鼎力支持，使一年一度的研討會能夠在香港舉行，造就一個加強香港與內地教練交流的機會。劉主席同時亦感謝香港賽馬會慈善信託基金這些年來對教練培訓計劃的慷慨捐助。

The 25th Jockey Club Elite Coaches Conference, jointly-organised by the Hong Kong Coaching Committee (HKCC) and the All-China Sports Federation, took place on 18 November 2017 at the Hong Kong Sports Institute (HKSI). The theme of the conference was "High Performance Coaching for Athletes with Disabilities". Five coaching and sports science experts from Canada, Mainland China and Hong Kong were invited to share their knowledge and experience in different training approaches for elite athletes with disabilities. They also exchanged ideas with the participants on planning for the Tokyo 2020 Paralympic Games.

At the welcoming speech, Ms Vivien Lau, JP, Chairman of the Hong Kong Coaching Committee, thanked the speakers and the All-China Sports Federation for their support. Ms Lau also expressed her gratitude to The Hong Kong Jockey Club Charities Trust for its donation to support and promote coach education activities in Hong Kong.



一眾嘉賓及講者合照。

Group Photo of all Guests and Speakers.

教練培訓委員會主席劉掌珠女士在開幕禮致辭。

Welcoming speech given by Ms Vivien Lau, JP, Chairman of the Hong Kong Coaching Committee.



為研討會揭開序幕的講者是香港殘疾人奧委會暨傷殘人士體育協會總幹事林俊英先生，他闡述了殘疾人士體育在香港和全球的發展，並引用了英國格特曼博士 (Dr Ludwig Guttmann) 以運動作為殘疾人士康復治療的理念，帶出全球殘疾運動的發展。林先生也分享了香港殘疾人奧委會暨傷殘人士體育協會的角色、遇到的挑戰及未來的展望。

The Conference began with Mr Lam Chun-ying Martin, General Secretary of Hong Kong Paralympic Committee & Sports Association for the Physically Disabled, talking about the global and local development of sports for persons with physical disabilities. He quoted the approach of Dr Ludwig Guttmann, which regards sports as the remedial treatment and rehabilitation for persons with disabilities. The roles, challenges and future development of Hong Kong Paralympic Committee & Sports Association for the Physically Disabled was also shared.

第二位講者是中國殘疾人體育專家及北京奧運培訓顧問華清滂先生，他以中國殘疾人體育發展概況為主題，講解殘疾人體育競賽的特點，並從全國殘疾人運動會角度剖析殘疾運動員在中國的發展。他於會上更指出，中國殘疾運動員將於冬季項目急起直追，爭取更好成績。

The second speaker was Mr Hua Qingpang, Disability Sports Expert and Beijing Olympic China National Team Training Consultant, who presented an overview of the development of disability sports in Mainland China. He outlined the characteristics of disability sports and analysed the development of disability sports in the Mainland from the perspective of the National Games for Persons with Disabilities. Hua also mentioned that China was targeting at better performances in the winter sports for disabilities.



第三位講者是來自加拿大 Own the Podium 的 Dr Andy Van Neutegem，他講述了加拿大為奧運及殘奧運特設的教練培訓系統，介紹了當地的教練制度，並分別詳細介紹當地採用的殘疾運動員發展模式及綜合精英培訓模式。

The third speaker, Dr Andy Van Neutegem, who is from OWN THE PODIUM, Canada, illustrated the coach education system for the Olympic and Paralympic Games and the coach certification system in Canada. He then went on to introduce Paralympic athletes development pathway and an Integrated High Performance Model adopted in Canada.



下一位講者香港理工大學眼科視光學院黃樣治醫療科學博士的題目是運動視覺，她指出一般人對運動視覺常見的誤解及表示適當的視力矯正有助運動員在比賽取得更佳表現，亦解說了全面視覺功能檢查及運動視覺功能檢查對運動員的重要性。

The next speaker, Dr Huang Yeung-chi Ronnie, Senior Optometrist, School of Optometry from The Hong Kong Polytechnic University talked about sports and vision. She pointed out the common misunderstanding towards sports vision and revealed that appropriate vision correction would enhance athletes' sports performance.

最後一位講者是上海市殘疾人體育訓練中心訓練科科長黃鵬先生，他分享了在中國殘疾精英運動員訓練經驗，闡述輪椅競速項目在中國的發展，以及高水平殘疾運動員進行的訓練內容，如集訓前摸底測試、系統科學訓練、戰術分析及康復治療等。

The last speaker, Mr. Huang Peng, Training Section Manager of Shanghai Disabled Persons' Sport Training Center, shared his experience on training elite athletes with disabilities in China. He revealed the development of wheelchair racing in Mainland China and training programs for elite athletes, such as pre-training test, systematic scientific training, strategy analysis and recovery treatment.



香港體育學院教練培訓部到訪北京體育大學繼續教育學院交流座談

*Exchange between Hong Kong Sports Institute Coach Education Department
and Beijing Sport University Continuing Education School*

2018 年 3 月 19 日，香港體育學院教練培訓經理梁幗慧博士與助理教練培訓經理張劍丹先生一同到北京體育大學(北體大)訪問交流。北京體育大學繼續教育學院胡斌院長和一眾教職員熱情接待並進行了交流座談會。

會上，胡院長首先對梁幗慧博士一行的到來表示熱烈歡迎，並簡要回顧了與香港體育學院合作函授辦學之運動訓練教育學士學位課程的發展歷程。他表示北京體育大學將會繼續選派最優秀的教練員和教師團隊教授香港體育學院的學士學位課程。

梁博士對香港體育學院及教練培訓部進行了簡要介紹，並對雙方多年來的合作辦學成效予以高度肯定。她希望能與北體大作更深入的交流和多方位合作，加強香港與內地的體育發展聯繫。

此外，雙方還就現行培養方案、教學實習、課程安排及 2018 年招生計畫等細節問題互換意見，並對下一步在教練培訓可能的合作方向進行了溝通。

Dr. Masa Leung, Coach Education Manager and Peter Cheung, Assistant Coach Education Manager of the Hong Kong Sports Institute, visited Beijing Sport University (BSU) on March 19, 2018. The President of the Continuous Education School of Beijing Sport University, Mr. Hu Bin, and his staff received the delegate warmly and an exchange meeting was held.

At the meeting, President Hu welcomed Dr. Masa Leung and Mr. Cheung, and reviewed the collaboration with the Hong Kong Sports Institute on the development of the BSU Bachelor of Education in Sports Training program briefly. He stated that the BSU would continue to deploy the best coaches and teaching staff to engage in the Bachelor degree program at the Hong Kong Sports Institute.

After briefly introduced the Hong Kong Sports Institute and the Coach Education Department, Dr. Leung commended the outcomes of the collaboration between the two parties. She was keen on developing a deeper collaboration with the BSU in various aspects to help foster the link between Hong Kong and Mainland China on sports development matters.

In addition, the two parties discussed and examined existing policies of the program including practicum arrangements, curriculum contents and student recruitment plans. The possibilities for future coach development initiatives were also discussed.



梁幗慧博士(左 4)到北京體育大學與胡斌院長(左 5)訪問交流並落實本年六月招收學生事宜。

Dr. Masa Leung (4th from the left) visited the Beijing Sport University for exchange and also discussed on student recruitment issue for the June intake with Mr. Hu Bin (5th from the left).

北京體育大學 運動訓練教育學士學位課程學生專訪 - 葉子昂

Beijing Sport University Bachelor of Education in Sports Training Student interview
— Yip Chi-ong, Robert



「我很快便踏入六十五歲，可以申請長者卡了。」葉子昂神氣地告訴編輯。子昂兄（教練培訓部同事對他的匿稱）是連續四年奪得獎學金的北京體育大學（北體大）應屆畢業生，剛完成畢業論文答辯，今個夏天，便會完成多年的心願，成為運動訓練教育學士。原來子昂兄這十多年來一直在大學教授空手道：「面前個個都是大學生，身為教練又豈可怠慢？」而《禮記》中提及的教學相長乃是子昂兄之座右銘：「學然後知不足，教然後知困，就是我爭取學習的動力。在體育學院的安排下，來港授課的盡是國內頂尖教授，傳授的更是國家最新的運動科技及技術，怎能不用心學習？」

回想五年前，子昂兄首次得悉這課程招生時躊躇滿志，但又對北體大不甚瞭解，於是上網一查，發現北體大是全中國最高體育學府，現時國內最著名教練、體壇名宿及體育決策者，十居其九皆是其畢業生時，就像掘到寶藏一樣。慨嘆幾十年前香港能入讀大學的人如鳳毛麟角，子昂兄當年未能如願，今日難得機會再臨，當然要緊緊抓住。在入學後了解運動生理學、心理學和營養學等原理，漸漸可以科學化地詳盡分析解答學生提出的問題，大大提高了對學生的信服力。而最為子昂兄津津樂道、促進運動成績例子，便是引用運動營養學理論監控運動員，使其在比賽時，可達到體重級數上限之最高重量。

“I will be 65 years old soon and can apply for the senior citizen card.” Robert told the editor with great grace. “Brother Chi Ong” (nickname addressed by colleagues of Coach Education Department) is a final year student of Beijing Sport University (BSU), who have won scholarships for four consecutive years. He has just accomplished the oral defence of his thesis. This summer, his dream will come true as he will be awarded the Bachelor of Education in Sports Training with the BSU. Actually, Robert has been teaching Karatedo in university for many years. “Being the coach of the undergraduates, I should teach them in full strength.” Robert recognized the tenet of teaching mentioned in “Liji” “when one learns, one knows his own deficiencies of learning” as his motto. He continued, “Under the administration of the Hong Kong Sports Institute, the best and top professors have been assigned to teach us. They have presented us with the latest sports science and technologies of our country. We should definitely learn with all our heart.”

Back to five years ago, Brother Chi Ong was pretty excited when knowing that the program was recruiting students. To know more about the BSU, he browsed the internet. It was a treasure discovery journey for him when realizing that majority of the graduates of the University were renowned coaches, world champions and sports policy makers in China. Robert did not receive University education in Hong Kong due to the limited places several decades ago and therefore made a decision to apply for the BSU program when there was a second chance. Subsequent to the understanding of Exercise Physiology, Psychology and Sports Nutrition, he progressively convinced students by formulating scientific solutions to students’ enquiries. The most remarkable and delightful experience of Yip which had enhanced sports performance was adopting the Sports Nutrition principles to monitor and control the weight of the athletes and attained the

不過，那年入讀課程時未有空手道專項，子昂兄於是轉戰同類體系的武術，為了令自己在實習前作好準備，他更特別自費聘請師傅，進行了三十小時武術特訓，其對自我完善之要求，可見一斑。子昂兄非常榮幸能夠成為全國最高體育學府的學生，而這亦是全香港首個運動訓練教育學士課程：「我屬退休人士，不用上班，比在訓練的運動員或有全職的同學，有較多空間。但其實上課時間一般安排在晚上，地點則在香港體育學院，亦方便任何熱愛運動或有志從事教練工作的在職者修讀。」子昂兄覺得時間過得飛快，轉眼間已來到最後一個學期，由於同班上有不同專項，如田徑、游泳及籃球的運動員和教練，大家在學習過程中不時交流心得，已大大擴闊了自己在各運動領域的知識。

千萬別以為年長的教練就難與學生打成一片，原來今天 Facebook 上不時仍有學生提到葉教練於比賽時往往帶備香蕉、朱古力和葡萄糖水的貼心。又有一位已往哈佛攻讀博士的學生，臨走前送上朱古力和心意卡，感謝這位經常支持著大學隊比賽的長輩曾為他遞上朱古力；更叮囑葉教練要保重身體，待他回來共聚呢！說不定，這便是眼前這位深信行行出狀元，堅持進修運動教練學，不斷自我增值的年長智者最大回報。



葉子昂在修讀學士課程時，喜歡到體院的體育資訊中心尋找參考書，以增潤課堂知識。

To foster knowledge enrichment, Robert always looks for reference books at the Sports Information Centre of the Hong Kong Sports Institute.

maximum weight allowable for the particular category in competitions.

However, Karatedo was not one of the majors when he entered the program. Robert then switched to another available Martial Arts event, i.e. Wushu. In order to well prepare for the program, he hired a master from his own pocket for a 30-hour exhaustive training, proving the high standards on self-enhancement. He is much honoured to be one of the students of this top Sport University in China. This is indeed the first program in Sports Training in Hong Kong. "Compared with my classmates who have to work or train in day time, I have additional capacities for studying because I am retired. Nevertheless, since all lessons were scheduled at nights at the Hong Kong Sport Institute, it is favourable to anyone who loves sport and would like to pursue the coaching professional." Time flies and he is graduating shortly. As a result of experience sharing amongst students in classes from other majors, including Athletics, Swimming and Basketball, Robert's knowledge in the sports fields has largely been broadened.

People may have a wrong perception that it is hard for a coach in old age to mix with the students. This is not the case for Robert. We can see students' posts on Facebook commending Robert for offering them bananas, chocolates and glucose drinks at competitions. In order to appreciate Robert's support in providing chocolate during the University team competitions, a student sent chocolates and greeting card to Robert before departing to pursue a doctoral degree in Harvard. The doctor-to-be also urged Robert to take good care of himself and wished to meet him again after the study. Probably this is the most valuable repay for Robert, a master of wisdom believing in self-enhancement to achieve excellence in all professions.

教練培訓活動圖片集

Coach Education Activities Photo Gallery

- 活動: 賽馬會教練延續培訓計劃 - 「保護年輕運動員不被性騷擾」座談會
 日期: 2018 年 2 月 1 日(星期四)
 地點: 九龍塘香港浸會大學
 講者: 朱崇文博士，梁美莉教授，黃德森先生，李翠莎博士
 圓桌會議: 陳靖逸先生 (資深特殊教育教練)，黃曉盈小姐 (香港女子競技體操運動員)，陳浩源先生 (香港殘奧會羽毛球運動員)，曾詩雅小姐 (體育老師、排球運動員及教練)，梁灝慧博士 (香港教練培訓委員會教練培訓部教練培訓經理)，林志彪先生 (香港浸會大學體育學系運動事項統籌負責人)
- Event: Continuing Coach Education Programme – Symposium on “Protect Young Athletes Against Sexual Harassment”
 Date: 1st February, 2018 (Thursday)
 Venue: Hong Kong Baptist University
 Speaker: Dr. Ferrick Chu, Prof. Leung Mee Lee, Mr. Sam Wong, Dr. Trisha Leahy BBS
 Roundtable: Mr. Roy Chan Ching Yat (Coach of students with special needs) , Ms. Angel Wong Hiu Ying (Artistic Gymnastics Athlete), Mr. Daniel Chan Ho Yuen (Badminton Disabled Athlete), Ms. Tsang Sze Nga (School Coach, Volleyball Athlete & Coach), Dr. Masa Leung (Coach Education Manager, Coach Education Department, Hong Kong Sports Institute) Mr. Bill Lam (Principal Coordinator, Sport Programs & Facility Management of PE, Hong Kong Baptist University)

一眾嘉賓及講者合照。

Group Photo of all Guests and Speakers.



香港浸會大學校長錢大康教授(左)致送紀念品予香港體育學院院長李翠莎博士(右)。

Prof. Roland Chin (left), President and Vice-Chancellor of Hong Kong Baptist University, presented souvenir to Dr. Trisha Leahy BBS (right), Chief Executive, Hong Kong Sports Institute.



超過二百五十位教練出席是次講座。
Over 250 coaches attended the workshop.



在圓桌會議中，幾位教練及運動員對「事件發生的起始及運動員如何保護自身」各抒己見。
Coaches and athletes expressed their views on “What happened at ground zero and how should Athletes protect themselves” at the roundtable session.

活動: 賽馬會教練延續培訓計劃 - 「評估、監察及發展青少年運動員的身體素質」
 日期: 2018 年 3 月 12 日 (星期一)
 地點: 香港新界沙田源禾路二十五號香港體育學院大樓二樓演講廳
 講者: 香港體育學院高級體能訓練教練陳振坤先生

Event: Continuing Coach Education Programme – “The Talent Pathway, Identifying, Monitoring and Development of Physical Qualities in Young Athletes”
 Date: 12th March, 2018 (Monday)
 Venue: Hong Kong Sports Institute
 Speaker: Mr. Hardaway Chan, Senior Strength and Conditioning Coach, Hong Kong Sports Institute



講者在實習環節為參加者提供悉心指導及講解。
 Speaker provided guidance and explanation to participants at the practical session.



當天超過三百位教練參加活動。
 Over 300 participants took part in the program.

活動： 賽馬會教練培訓社區推廣計劃
日期： 2017 年 10 月 27 日 (星期五)
地點： 香港體育學院

Event: Jockey Club Community Education Programme
Date: 27th October, 2017 (Friday)
Venue: Hong Kong Sports Institute



參加者參觀了精英運動員的訓練場地。
Participants visited elite training venues.



香港體育學院教練培訓經理梁軾慧博士為參加者講解香港現行的教練培訓制度，亦分享了自己曾為教練的心路歷程。
Dr. Masa Leung, Coach Education Manager of the Hong Kong Sports Institute talked about the current Coach Education development in Hong Kong and shared with participants her experience as a coach.



超過七十位大專學生出席是次活動。
Over 70 post-secondary students attended the program.

教練知識庫

Coaching Knowledge Base

運動前的熱身

Warm up before exercise

(資料由香港體育學院運動科學部提供)

(Information provided by HKSI Sports Science Department)

為什麼要熱身？

Why warm up?

1. 在運動開始初段減低無氧能量系統的參與以防積聚乳酸，喚醒有氧系統參與，有利比賽發揮
2. 增加肌肉溫度，彈性，提高柔韌性
3. 預防受傷
4. 更快開始進入高強度運動

1. Reduce the participation of anaerobic energy system at the beginning of the exercise in order to prevent accumulation of lactic acid and awaken the aerobic system, thus enhance performance
2. Increase muscle temperature, elasticity, increase flexibility
3. Prevent injuries
4. For the high intensity sports



熱身實戰五步曲 Five Steps of Warm-up

步驟一：提升體溫

溫度因素

- 在運動開始初段減低無氧能量系統的參與
- 喚醒有氧系統參與
- 增加肌肉溫度，增加最大力量

方法

- 循序漸進的熱身至強度 70%，維持 5 到 30 分鐘



步驟二：瑜伽棒按摩及靜態伸展

對象：

- 訓練前已經過緊的肌肉群組
- 需要特高柔韌性的項目尤其重要

方法

- 每肌肉群組約 15-30 秒
- 若時間過長會影響爆發力
- 需在正式運動前 30 分鐘完成



步驟三：動態熱身

- 增加活動幅度，激活肌肉選擇動態熱身動作
- 以模擬運動專項幅度或更大為佳



步驟四：神經系統刺激

對象：

- 高強度爆發性運動
- 激活大肌肉以及較懶惰的肌肉群組
- 例子：3x5 次/1x10 次，由慢到快
胸及背，軀幹，下肢肌肉爆發力

方法

- 橡筋帶出拳
- 橡筋帶收拳
- 橡筋帶面拉
- 橡筋帶掌上壓



步驟五：專項熱身

- 跟之後的比賽，訓練接軌
- 完全進入比賽，訓練狀態

例子

- 長跑可作 3x60 秒加速跑
- 籃球比賽前可作戰術練習

Step 1: Increase body temperature

Temperature factor

- Reduce the participation of anaerobic energy systems at the beginning of the exercise
- Wake up aerobic system
- Increase muscle temperature and increase maximum strength

Method

Step-by-step warm-up to 70% strength for 5 to 30 minutes



Step 2: Yoga stick massage and static stretching

Object:

- Muscle groups that are tight before training
- Sports that require particularly high flexibility are especially important

Method

- About 15-30 seconds per muscle group
- Will affect explosive power if the duration is too long
- 30 minutes before formal exercise



Step 3: Dynamic warm-up

- Increase activity, activate muscle
- Choose dynamic warm-up motion
- Better to simulate the movements of the specific sport



Step 4: Nervous system stimulation

Object:

- High-intensity explosive sports
- Activate large muscle and "lazy" muscle groups
- Eg. 3x5/1x10 times, from slow to fast
- Chest and back, trunk, lower extremity muscle explosiveness

Method

- Banded forward punch
- Banded punch
- Banded face pull
- Banded push up



Step 5: Warm-up of specific sport

- In line with the competition

Example

- Long-distance run: 3x60 seconds run
- Tactical exercises before basketball

教練培訓活動概覽

Coaching Education Activities Overview

課程編號 Course Code	課程 Course	日期 Date
18-19FSC01(C)	「運動教練理論基礎證書」課程 Foundation Certificate in Sports Coaching Theory	上課日期： 二零一八年七月至十二月 Course start date: July to December 2018
18-19FSC02(C)	「運動教練理論基礎證書」課程 Foundation Certificate in Sports Coaching Theory	上課日期： 二零一八年十月至 二零一九年三月 Course start date: October 2018 to March 2019
二零一八班 Class 2018	北京體育大學 - 運動訓練教育學士學位課程 Beijing Sport University Bachelor Degree in Sports Training	開課日期： 二零一八年十月 Course commencement: October 2018

如欲報名或查詢，歡迎瀏覽委員會網頁 www.hkcoaching.com，或致電 2681 6129 / 2681 6289。
For enquiries, please visit our website at www.hkcoaching.com, or contact us via tel. 2681 6129 / 2681 6289.