

Organised by the Volleyball Association of Hong Kong, China (VBAHK)

Subvented by the Leisure and Cultural Services Department (LCSD)

Co-organised by the Education Bureau

School Sports Programme – Volleyball

Prospectus

Type of Activity Key Information	Easy Sport Programme	Outreach Coaching Programme		Joint Schools Sports Training Programme	
		Non-School Team	School Team	Volleyball Specific Position Training Course	Volleyball Training Course (Advanced Level)
Target Participants	Primary school students	Secondary school students	Secondary school students (With Bronze Award or above)	Secondary school students (Teachers' recommendations are required)	
Outline	Training covers starting posture, movement, properties of volleyball, setting, and passing skills, rolling, spiking and game rules.	Training covers the contents under bronze level of the Badge Award Scheme of the VBAHK. Coaches will teach the game rules and basic skills so as to raise the skill level of students.	Training covers the contents under silver level of the Badge Award Scheme of the VBAHK. Coaches will provide advanced training to enhance students' individual skills and team competition strategies.	The course focuses on the following: (1) Setter (2) Attacker (3) Libero and defense Through various intensive and specific training, students can have a better grasp of their specific skills and application of team tactics.	The course covers: Serving, blocking, skill combination, team formation and competition tactics. After completion of serving and blocking training course, all students will be divided into teams for the Tactics Competition, during which the coach will explain to them about the thrust of various tactics, and thereafter the coach will analyse the Competition for them to enhance and consolidate their skills learnt through the training.
Venue	1 to 2 indoor or outdoor badminton courts	1 to 2 volleyball courts		Training venue to be arranged by the LCSD. Please refer to the respective prospectus for details.	
Fee	\$850 per course	\$1,550 per course	\$1,930 per course	\$190 per person	\$155 per person
Equipment to be provided by the school	10 mini-volleyballs	10 volleyballs		Not applicable	
Other Sport Equipment	Not applicable			Volleyballs and other equipment (to be provided by the LCSD)	

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Duration	4 lessons per course, 2 hours per lesson (8 hours in total)	6 lessons per course, 2 hours per lesson (12 hours in total)		8 lessons per course, 3 hours per lesson (24 hours in total)	4 lessons per course, 3 hours per lesson (12 hours in total)
Estimated No. of Participants per Session/Course	20		35	25	
Proposed Time of Activity	Monday to Friday: 8 am to 6 pm Saturday: 8 am to 1 pm	Monday to Saturday: 8 am to 6 pm		Please refer to the respective prospectus for details.	
Skill Assessment	Not applicable	Badges Award Scheme		Not applicable	
Enrolment Form	Easy Sport Programme Enrolment Form (P.200)	Outreach Coaching Programme Enrolment Form (P.203-204)		Joint Schools Volleyball Training Programme Enrolment Form (Specific Positions) (Please refer to the respective for details)	Joint Schools Volleyball Training Programme Enrolment Form (Please refer to the respective for details)
How to Enrol	<ol style="list-style-type: none"> Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide. For training courses under the Outreach Coaching Programme, please specify in the application whether the course is intended for a school team or non-school team. 			The respective prospectus will be sent to schools by the LCSD in due course.	

<p>Points to Note</p>	<ol style="list-style-type: none"> 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities. 2. Participants should wear proper sportswear and sports shoes. 3. Upon completion of volleyball training course under the Outreach Coaching Programme, an assessment will be conducted by the coach according to Platinum, Gold, Silver and Bronze badges standards of volleyball. Participants who meet the required standard may obtain badges and certificates according to their achieved levels from the NSA at their own cost. The LCSD and the NSA will jointly organise the Badges Assessment Day annually, and the date will be announced later. Please refer to https://www.lcsd.gov.hk/en/ssp/badges.html for details. 4. Volleyball is available under the Sport Captain Programme. Please refer to the respective prospectus for details. (P.184) 5. Priority will be given to schools which have participated in the volleyball training under the Easy Sport Programme between September 2023 and December 2024 to take part in the “Easy Sport Competition – Mini-Volleyball Competition” under the School Sports Programme in 2025. Details will be announced later. 6. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$408 per training course under the Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school. 7. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.
<p>Enquiry Phone No./Website</p>	<p>2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html</p>