

Organised by the Handball Association of Hong Kong, China (HAHKC)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme – Handball
Prospectus

Key Information	Type of Activity	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	
				Non-School Team Training	School Team Training
Target Participants		Primary and secondary school students	Primary school students	Primary 4 or above and secondary school students	
Outline		Rules of handball and its basic techniques, demonstration and play-in session	Easy and basic handball techniques such as passing and catching, shooting, movement with pass or shoot, game rules, etc.	Progressive easy handball techniques such as passing and catching, shooting, movement with pass or shoot, game rules, tactics, etc.	<p>Basic training is reinforced and students' skill level is raised through progressive training. Training also covers game rules, tactics and team training.</p> <p>Each school may apply for continuous training for its school team of a maximum of 20 students. The list of school team members must be submitted to the LCSD at the beginning of the academic term. Coaches will assess their skills regularly.</p>
Venue	Handball court or basketball court				
Fee		\$650 per session (\$450 for each extended session on the same day)	\$1,850 per course	\$2,200 per course	\$2,800 per course
Equipment to be provided by the school		5-10 handballs (size 1), 20 traffic cones or wooden bottles, 10 hula hoops (about 18 inches in diameter), wireless microphones and loudspeakers	5-10 handballs (size 1 for primary school; size 2 and size 3 for secondary school), 8-10 traffic cones, 10 vests or ribbons marked with numbers, handball goal posts or mats		
Duration		2 hours per session	8 lessons per course, 2 hours per lesson (16 hours in total)		

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Estimated No. of Participants per Session/Course	70	20		
Proposed Time of Activity	Monday to Friday: 1 pm to 6 pm Saturday: 10 am to 1 pm	Monday to Friday: 1 pm to 6 pm Saturday: 10 am to 1 pm		Monday to Friday: After 3:30 pm Saturday: After 9 am
Enrolment Form	Sport Demonstration Enrolment Form (P.188-189)	Easy Sport Programme Enrolment Form (P.203)	Outreach Coaching Programme Enrolment Form (P.206-207)	
How to Enrol	<ol style="list-style-type: none">1. 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.2. 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.			
Points to Note	<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. All courses intended for the first academic term must be completed before the start of the second academic term, while those intended for the second term must be completed before the summer vacation.4. Handball is available under the Sport Captain Programme. Please refer to the respective prospectus for details. (P.187)5. Priority will be given to schools which have participated in the handball training under the Easy Sport Programme between September 2024 and December 2025 to take part in the “Easy Sport Competition – Handball Competition” under the School Sports Programme in 2026. 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, the NSA will deduct from the fee for each activity an administrative fee (\$210 per Sport Demonstration; \$420 per training course under the Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school.7. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded.8. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.			
Enquiries Phone No./Website	2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html			