

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 | Sports Experience 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 | Experience basic handball techniques such as passing and catching, shooting, movement with pass or shoot, game rules, etc. | Progressive 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) | | | |
| Estimated No. of Participants per Session/Course | 70 | 20 | | | |

| Key Information | Type of Activity | Sport Demonstration | Sports Experience Programme | Outreach Coaching Programme | |
|-----------------------------|--|---|--|---|----------------------|
| | | | | Non-School Team Training | School Team Training |
| 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 | |
| Skill Assessment | Not applicable | Badges Award Scheme (See Points to Note 8) | | | |
| Enrolment Form | Sport Demonstration Enrolment Form (P.193-194) | Sports Experience Programme Enrolment Form (P.208) | Outreach Coaching Programme Enrolment Form (P.211-212) | | |
| 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.192) 5. Priority will be given to schools which have participated in the handball training under the Sports Experience Programme (formerly know as “Easy Sport Programme”) between September 2025 and December 2026 to take part in the “Sports Experience Programme— Handball Competition” under the School Sports Programme in 2027. 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 Sports Experience 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. Upon completion of handball training course under the Sports Experience Programme or Outreach Coaching Programme, an assessment will be conducted by the coach according to Badges Award Scheme (Handball)— Gold, Silver and Bronze levels of badges. Participants who meet the required standard may obtain the badges and certificates according to their achieved levels from LCSD free of charge. For details, please visit https://www.lcsd.gov.hk/en/ssp/badges.html. 9. 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 | | | | |