

## 香港網球總會

### 2011 網球明日之星訓練內容

Stage I
<ul style="list-style-type: none"><li>• 發展與訓練球感</li><li>• Development of ball sense</li></ul>
<ul style="list-style-type: none"><li>• 球感之實際應用 / 握拍方式之介紹</li><li>• Application of ball sense / introduction of grips</li></ul>
<ul style="list-style-type: none"><li>• 正手、反手擊球入門 Introduction of Forehand and Backhand</li><li>• 發球入門 Introduction of Serve</li></ul>
<ul style="list-style-type: none"><li>• 何謂合適的擊球動作 及 簡單網球技巧之入門</li><li>• What is comfortable hitting and introduction of simple skills</li></ul>
<ul style="list-style-type: none"><li>• 5種基本技術 5 fundamentals<ul style="list-style-type: none"><li>○ 觀察球勢 Watching the ball</li><li>○ 基本腳步 Footwork</li><li>○ 擊球時之身體平衡 Balance control the swing</li><li>○ 拋球及擊球 Throw and punch</li><li>○ 控制球拍的擊球面 Control of the racket face</li></ul></li></ul>
<ul style="list-style-type: none"><li>• 訓練遊戲 Fun games</li></ul>

  

Stage II
<ul style="list-style-type: none"><li>• 擊球(正手、反手)</li><li>• Groundstroke (Forehand &amp; Backhand)</li></ul>
<ul style="list-style-type: none"><li>• 拍面之基本應用</li><li>• Basic use of the racket head</li></ul>
<ul style="list-style-type: none"><li>• 基本握拍手法之介紹及解釋(東方式、大陸式、半西方式)</li><li>• Explanation of Basic Grips (Eastern, Continental and Semi-Western)</li></ul>
<ul style="list-style-type: none"><li>• 網前截擊之入門 (正手、反手)</li><li>• Introduction of Volley (Forehand and Backhand)</li></ul>
<ul style="list-style-type: none"><li>• 如何取得分數 How to score</li><li>• 基本發球技巧 Basic serve techniques</li></ul>
<ul style="list-style-type: none"><li>• 5種基本技術(延續) 5 fundamentals (Continued)<ul style="list-style-type: none"><li>○ 觀察球勢 Watching the ball</li><li>○ 基本腳步 Footwork</li><li>○ 擊球時之身體平衡 Balance control the swing</li><li>○ 拋球及擊球 Throw and punch</li><li>○ 控制球拍的擊球面 Control of the racket face</li></ul></li></ul>
<ul style="list-style-type: none"><li>• 訓練遊戲 Fun games</li></ul>

Stage III
<ul style="list-style-type: none"> <li>擊球(穩定性) Groundstroke (Consistency)</li> </ul>
<ul style="list-style-type: none"> <li>初步之握拍分析 (東方式、大陸式、半西方式)</li> <li>Preliminary Grips Analysis (Eastern, Continental and Semi-Western)</li> </ul>
<ul style="list-style-type: none"> <li>發球 (準備位置及動作、揮拍動作、拋球及擊球時的接觸點)</li> <li>The Serve (Ready position, swing, toss and contact point)</li> </ul>
<ul style="list-style-type: none"> <li>網前截擊之基本技巧 (準備位置及動作、擊球時的接觸點及擊球後的連帶動作)</li> <li>基本 Basic Volley techniques (Ready position, contact point, follow through)</li> </ul>
<ul style="list-style-type: none"> <li>挑高球之基本技巧 (準備位置及動作、揮拍動作及拍面運用)</li> <li>Basic Lob techniques (Ready position, swing, racket face)</li> </ul>
<ul style="list-style-type: none"> <li>比賽計分方法(單打及雙打)</li> <li>How to score (Single &amp; Double)</li> </ul>
<ul style="list-style-type: none"> <li>5 種基本技術(延續) 5 fundamentals (Continued) <ul style="list-style-type: none"> <li>觀察球勢 Watching the ball</li> <li>基本腳步 Footwork</li> <li>擊球時之身體平衡 Balance control the swing</li> <li>拋球及擊球 Throw and punch</li> <li>控制球拍的擊球面 Control of the racket face</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>模擬比賽的訓練遊戲 Games with scoring</li> </ul>