

賽馬會動融網球計劃 小學匹克球課程 (2026-27季度)



甚麼是匹克球？

匹克球 (Pickleball) 是現時全球發展最快的新興運動之一，非常適合學校發展及學生參與。

- 容易上手： 玩法簡單，不論男女皆能享受樂趣
- 場地要求： 場地尺寸與羽毛球場相若，學校可以在平坦且堅硬的表面上設置匹克球場，如戶外操場、有蓋操場或室內禮堂
- 建立團隊精神： 以雙打最普及，能有效訓練學生的溝通技巧、體育精神及團隊合作

課程基本資料：

對像：建議小四至小六學生參與

課程費用：全免 (本會將提供匹克球、球拍及球網等裝備，並安排教練親臨學校授課)

時數：每個課程共 10 堂 (每堂 2 小時)

課程選項：每間學校最多可報名 4 個課程 (A時段最多報名2個課程，B時段最多報名2個課程)

- A1 課程 (2026年10月12日 – 2027年1月30日)：須提供 1 個場地，每堂 8 位學生
- A2 課程 (2026年10月12日 – 2027年1月30日)：須提供 2 個場地，每堂 16 位學生
- B1 課程 (2027年2月15日 – 2027年5月22日)：須提供 1 個場地，每堂 8 位學生
- B2 課程 (2027年2月15日 – 2027年5月22日)：須提供 2 個場地，每堂 16 位學生

*上堂時間將會與學校再作協調
每間參加本課程之學校將有機會參與由本會舉辦的比賽，讓學生於比賽中實踐*

有興趣參加的小學請瀏覽中國香港網球總會網頁
<https://www.tennishk.org/en/hkcta-pickleball/>
作網上報名。截止報名日期為2026年9月4日。

由於名額有額，額滿即止，
有興趣參加之小學請盡快報名參加。

如有查詢，可與中國香港網球總會職員聯絡。

聯絡電話：2504 8266

電郵：pickleball@tennishk.org



Jockey Club Tennis Serves – Primary School Pickleball Courses (2026-27 season)



So what is pickleball?

Pickleball is one of the fastest-growing sports globally and is well-suited for school development and student participation

- **Easy to learn:** Easy to pick up, accessible to players of all experience levels
- **Venue requirement:** The pickleball court dimensions are similar to a badminton court, allowing schools to set up pickleball courts on flat and hard surfaces, such as outdoor playgrounds, covered playgrounds, or indoor sports halls
- **Team Building:** Primarily played as doubles, effectively training students' communication skills, sportsmanship, and teamwork

Course Information:

Target Audience: Recommended for P.4 to P.6 students.

Course Fee: Free of charge (HKCTA will provide pickleball, paddles, nets, and assign coaches to the school for the course)

Lessons & Duration: 10 lessons per course (2 hours per lesson)

Course Option:

Each school can register for a maximum of 4 courses (up to 2 in Course A, and up to 2 in Course B):

- Course A1 (12 Oct 2026 – 30 Jan 2027): 1 court required, 8 students per lessons
- Course A2 (12 Oct 2026 – 30 Jan 2027): 2 courts required, 16 students per lessons
- Course B1 (15 Feb 2027 – 22 May 2027) : 1 court required, 8 students per lessons
- Course B2 (15 Feb 2027 – 22 May 2027): 2 courts required, 16 students per lessons

*The course schedule will be further coordinated with the school. Each participating school may have the opportunity to enter a competition organized by HKCTA, enabling students to put their learning into practice.

Interested schools please visit the HKCTA website at <https://www.tennishk.org/en/hkcta-pickleball/> to complete the online application. The application deadline is 4 May 2026.

Spaces are limited. Interested schools please submit the application as soon as possible.

For enquiries, please feel free to contact HKCTA staff:

Tel: 25048266

Email: pickleball@tennishk.org