宣道會陳朱素華紀念中學

中五級

體育(中學文憑)

[動作分析單元]

姓名 : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 班別/學號 : \_\_\_\_\_\_\_\_\_ ( )

**參考網址 (例子):**

|  |  |  |
| --- | --- | --- |
| **籃球** | **排球** | **足球** |
|  |  |  |
| https://goo.gl/TPRJnk | https://goo.gl/xBH6Gc | https://goo.gl/XIxppF |

**使用軟件:**

|  |  |  |
| --- | --- | --- |
| Hudl Technique (Ubersense) | | |
| 網頁 | iOS | Android |
|  |  |  |
| http://goo.gl/Xo7Ogn | https://goo.gl/ZsvXJ8 | https://goo.gl/px4Gdr |

**拍攝短片注意事項:**

1. 留意拍攝的位置。
2. 留意將連續技能動作，分拆為分立技能動作來拍攝及分析。
3. 拍攝多個版本以選取當中合適片段作分析。

**拍攝位置:**

鏡頭

人

方向

**拍攝內容:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**動作要點:**

**要點一:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**要點二:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**經分析後，我的反省及改進要點:**

**反省:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**改進要點:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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