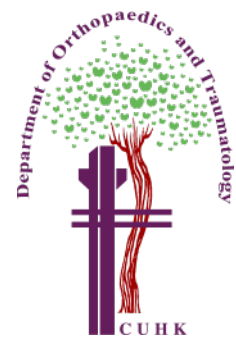


主辦單位 Co-organizers:



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# 女子青少年足球運動醫學 網上講座 "Female Youth Football Medicine" Webinar

Date: 6 March 2021 (Sat)

Time: 8:50 - 17:00

Format: 網上直播 Live (Zoom)

以廣東話進行 Conducted in Cantonese

8:50 - 12:45

## 學術專題 Lecture Session



09:00 – 09:35 教練對抗傷病的戰術

**Tactics against Injuries**

**Ms. Yuen-Ting Chan**

Football Coach



09:35 – 10:10 不受傷方程式

**Sports Injury in Female Youth Football**

**Mr. Quentin Yau**

Registered Physiotherapist



10:10 – 10:45 聰明小丸子之「唔好當食」

**Drugs and Female Athlete Triad**

**Dr. George Law**

Orthopaedic Surgeon



11:00 – 11:35 少女傷心事

**Psychology of Injuries**

**Ms. Karen Lo**

Sports Psychologist



11:35 – 12:10 踏進妳們的世界舞台

**Preparation for Overseas Tournament**

**Ms. Winnie Wong**

Registered Physiotherapist



12:10 – 12:45 「營養」定「型樣」?

**Nutrition in Young Female Athletes**

**Ms. Sylvia Lam**

Registered Dietitian

13:45 - 17:00

## 互動環節 Practical Session



13:45 – 15:00 女足遇上11+ 踢足全季無受傷

**Injury Prevention Program**

**Dr. MOK Kam-ming**

Strength and Conditioning Coach



15:00 – 15:40 跑不出甲組腳

**Running Technique**

**Ms. Fannie Lau**

Registered Physiotherapist



15:40 – 16:20 足球女將居家肌力與體能訓練營

**Home-based Strengthening & Conditioning**

**Mr. WONG Hin Wai, Will**

Registered Physiotherapist



16:20 – 17:00 「拉筋唔抽筋？」齊來鬆鬆筋！

**Cool Down & Rest Day with Yoga Practice**

**Dr. Bryan Lau**

Physician

立即報名  
**REGISTER NOW**

學術專題 Lecture Session:

<https://bit.ly/3cqa3eF>

互動環節 Practical Session:

<https://bit.ly/3thYBri>

