

Development Programme for Team Sports 2024-2027

隊際運動發展計劃 2024-2027

Training and Development Plan 2024

2024 訓練及發展計劃概要

NSA 體育總會名稱 : The Baseball Association of Hong Kong, China Limited (Men 男子/~~women~~女子) National Squad 代表隊

Time 時間	Jan-Mar 1-3 月	Apr - Jun 4-6 月	Jul - Sept 7-9 月	Oct - Dec 10-12 月
Training Details 訓練內容	Skills and fitness enhancement to prepare for the competitions in the next two quarters, including 1st Palau International Baseball Classic, XIV East Asian Baseball Cup	S&C transitioned into more strength maintenance & toning, stretching before & after, lighter weights, more reps, as well as injury rehab.	Learn from results in previous competitions and practice on baseball-specific areas such as team tactics, bunt coverage, relays/cut-offs, pick-offs, etc. to prepare for 19 th Asian Games	Prepare for the competitions in November and December
Training Schedule 訓練時間表	3-4 hour per sessions · Sun: half-day baseball training (3hrs)/mock game with 4 hours of Strength & Conditioning (S&C) and 4 hours of sports therapist · Tue, Thu, Sat: 3 hours baseball training with 2 hours of S&C	3-4 hour per sessions · Sun: half-day baseball training (3hrs)/mock game with 4 hours of Strength & Conditioning (S&C) and 4 hours of sports therapist · Tue, Thu, Sat: 3 hours baseball training with 2 hours of S&C	3-4 hour per sessions · Sun: half-day baseball training (3hrs)/mock game with 4 hours of Strength & Conditioning (S&C) and 4 hours of sports therapist · Tue, Thu, Sat: 3 hours baseball training with 2 hours of S&C	3-4 hour per sessions · Sun: half-day baseball training (3hrs)/mock game with 4 hours of Strength & Conditioning (S&C) and 4 hours of sports therapist · Tue, Thu, Sat: 3 hours baseball training with 2 hours of S&C
Venue 訓練地點	· Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages · Lion Rock Park Baseball Field or other training facilities in Hong Kong or Shenzhen/Zhongshan during STWRG baseball field close for maintenance	· Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages	· Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages · Training in Greater Bay Area during summer time	· Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages · Lion Rock Park Baseball Field or other training facilities in Hong Kong or Shenzhen/Zhongshan during STWRG baseball field close for maintenance
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	Jan-Mar, plan to participate in overseas friendly matches during weekend, regular game, no limit in time duration; to build solid experience on the field.	Jun: 1st Palau International Baseball Classic	Aug: 海峽兩岸城市交流賽	Nov: XIV BFA East Asian Baseball Cup Dec: Hong Kong International Baseball Open (“HKIBO”, 2024/25 LIE) Dec: 海峽兩岸學生棒球聯賽總決賽
Performance Target 提升目標	To identify the strength and weakness in the previous competitions; review individual performance and adjust the training, if required	To enhance competitiveness through high level competition	To identify our strength and weaknesses in the overseas training; to improve and strive for top two in the XIV BFA East Asian Baseball Cup	East Asian Baseball Cup: top 1/3 HKIBO: to retain champion in the tournament
Others 其他				

Development Programme for Team Sports 2024-2027

隊際運動發展計劃 2024-2027

Training and Development Plan 2024

2024 訓練及發展計劃概要

NSA 體育總會名稱 : The Baseball Association of Hong Kong, China Limited (Men 男子/~~women~~女子) Second-tier Squad 第二梯隊

Time 時間	Jan-Mar 1-3 月	Apr - Jun 4-6 月	Jul - Sept 7-9 月	Oct - Dec 10-12 月
Training Details 訓練內容	Skills and fitness enhancement to prepare for the competitions in the second half of the year, e.g. Palomino (18U), 全國賽	S&C transitioned into more strength maintenance & toning, stretching before & after, lighter weights, more reps, as well as injury rehab. To prepare for 中山杯	Learn from results in previous competitions and practice on baseball-specific areas such as team tactics, bunt coverage, relays/cut-offs, pick-offs, etc. to prepare for 金龍盃	Learn from results in previous competitions and practice on baseball-specific areas such as team tactics, bunt coverage, relays/cut-offs, pick-offs, etc. to prepare for BFA U18 Asian Baseball Championship
Training Schedule 訓練時間表	3 hour per sessions <ul style="list-style-type: none"> · Wed: 3 hrs baseball training · Sat: 3 hrs baseball training · Sun: half-day baseball training with mock game · 4 hrs of Strength & Conditioning (S&C) and 4 hrs of sports therapist per week 	3 hour per sessions <ul style="list-style-type: none"> · Wed: 3 hrs baseball training · Sat: 3 hrs baseball training · Sun: half-day baseball training with mock game · 4 hrs of Strength & Conditioning (S&C) and 4 hrs of sports therapist per week 	3 hour per sessions <ul style="list-style-type: none"> · Wed: 3 hrs baseball training · Sat: 3 hrs baseball training · Sun: half-day baseball training with mock game · 4 hrs of Strength & Conditioning (S&C) and 4 hrs of sports therapist per week 	3 hour per sessions <ul style="list-style-type: none"> · Wed: 3 hrs baseball training · Sat: 3 hrs baseball training · Sun: half-day baseball training with mock game · 4 hrs of Strength & Conditioning (S&C) and 4 hrs of sports therapist per week
Venue 訓練地點	<ul style="list-style-type: none"> · Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages · Lion Rock Park Baseball Field or other training facilities in Hong Kong or Shenzhen/Zhongshan during STWRG baseball field close for maintenance 	<ul style="list-style-type: none"> · Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages 	<ul style="list-style-type: none"> · Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages · Training in Greater Bay Area during summer time 	<ul style="list-style-type: none"> · Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages · Lion Rock Park Baseball Field or other training facilities in Hong Kong or Shenzhen/Zhongshan during STWRG baseball field close for maintenance
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)		Jun: 2024 PONY Asia Pacific Zone Tournament – Palomino (18U) Jun: 全國青年棒球錦標賽	Jul/Aug: “中山杯”海峽兩岸青少年棒球邀請賽 – U18 組	Oct: 金龍盃全國青棒菁英賽 – 青棒組 Dec: BFA U18 Asian Baseball Championship
Performance Target 提升目標	To enhance individual skills and team coordination	To identify the strength and weakness in the competitions	To review the performance in the overseas training and competitions to select the best performance players for the BFA U18 Asian Baseball Championship	To achieve top 2/3 in the BFA U18 Asian Baseball Championship
Others 其他				