

## Development Programme for Team Sports 2024-2027

### 隊際運動發展計劃 2024-2027

#### Training and Development Plan 2025

#### 2025 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
<b>Training Details</b> 訓練內容	Skills and fitness enhancement to prepare for the competitions in the next two quarters, including competitions in China	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 15 <sup>th</sup> National Games and 31 <sup>st</sup> Asian Baseball Championship in November	Prepare for the competitions in November and December
<b>Training Schedule</b> 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
<b>Venue</b> 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 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
<b>Competition/ Training Camp (local/ overseas)</b> 比賽/訓練營 (本地/海外)	4 Jan 2025 – 2 Feb 2025 weekend, overseas training in Zhongshan	Apr/May: competitions in China	Jul/Aug: invitational competitions in China / Taiwan 6 Sep 2025 – 20 Oct 2025 weekend, overseas training in Zhongshan	Nov: 15 <sup>th</sup> National Games and 31 <sup>st</sup> Asian Baseball Championship Dec: Hong Kong International Baseball Open (“HKIBO”, 2025/26 LIE)
<b>Performance Target</b> 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 shortlist a preliminary roster with 30-40 players for an intensive training and select the final team roster for the competitions	Top 2/3 15 <sup>th</sup> National Games and 31 <sup>st</sup> Asian Baseball Championship HKIBO: to retain champion in the tournament
<b>Others</b> 其他				

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#### 2025 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
<b>Training Details</b> 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 15 <sup>th</sup> National Games
<b>Training Schedule</b> 訓練時間表	3 hour per sessions · 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 · 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 · 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 · 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
<b>Venue</b> 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
<b>Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)</b>	4 Jan 2025 – 2 Feb 2025 weekend, overseas training in Zhongshan	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 6 Sep 2025 – 20 Oct 2025 weekend, overseas training in Zhongshan	Oct: 金龍盃全國青棒菁英賽 – 青棒組 Nov: 15 <sup>th</sup> National Games
<b>Performance Target</b> 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 15 <sup>th</sup> National Games (age under 23)	Top 2/3 15 <sup>th</sup> National Games
<b>Others</b> 其他				