

| Preparation for 2nd Youth Baseball5 Asia Cup 2025 備戰 2025 年第二屆五人制棒球青年亞洲盃 | | | | | | | | Tier 1 |
|---|--|--------|---|---|---|--|---|--------|
| | Mon | Tue | Wed | Thu | Fri | Sat | Sun | |
| Jan-2025 | | | 1-Jan | 2-Jan | 3-Jan | 4-Jan | 5-Jan | |
| | 6-Jan | 7-Jan | 8-Jan | 9-Jan | 10-Jan Youth B5 Asia Cup Tryout 1900-2200 CUHK FAA | 11-Jan Youth Asia Cup Preparaton 1800-2100 SKL | 12-Jan Youth Asia Cup Preparaton 1800-2100 SKL | |
| | 13-Jan | 14-Jan | 15-Jan | 16-Jan Youth Asia Cup Preparaton 1800-2100 CUHK FAA | 17-Jan Youth Asia Cup Preparaton 1900-2200 CUHK FAA | 18-Jan Youth Asia Cup Preparaton 1800-2100 LTP | 19-Jan Youth Asia Cup Preparaton 1800-2100 LTP | |
| | 20-Jan | 21-Jan | 22-Jan | 23-Jan Youth Asia Cup Preparaton 1700-2000 LTP | 24-Jan Youth Asia Cup Preparaton 1800-2100 LTP | 25-Jan Youth Asia Cup Preparaton 1800-2100 LTP | 26-Jan Youth Asia Cup Preparaton 1500-1800 荃灣西約體育館 | |
| | 27-Jan | 28-Jan | 29-Jan | 30-Jan | 31-Jan | | | |
| Chinese New Year | | | | | | | | |
| Feb-2025 | | | | | | 1-Feb | 2-Feb S&C Training 1100-1230 GYM Youth Asia Cup Preparaton 1800-2100 (TBC) | |
| | 3-Feb | 4-Feb | 5-Feb S&C Training 1900-2100 GYM | 6-Feb Youth Asia Cup Preparaton 1800-2100 (TBC) | 7-Feb Youth Asia Cup Preparaton 1800-2100 (TBC) | 8-Feb Youth Asia Cup Preparaton Zhongshan | 9-Feb S&C Training 1100-1230 GYM Youth Asia Cup Preparaton 1800-2100 (TBC) | |
| | 10-Feb | 11-Feb | 12-Feb S&C Training 1900-2100 GYM | 13-Feb Youth Asia Cup Preparaton 1800-2100 (TBC) | 14-Feb Youth Asia Cup Preparaton 1800-2100 (TBC) | 15-Feb Youth Asia Cup Preparaton 1800-2100 (TBC) | 16-Feb S&C Training 1100-1230 GYM Youth Asia Cup Preparaton 1800-2100 (TBC) | |
| | 17-Feb | 18-Feb | 19-Feb S&C Training 1900-2100 GYM | 20-Feb Youth Asia Cup Preparaton 1800-2100 (TBC) | 21-Feb Youth Asia Cup Preparaton 1800-2100 (TBC) | 22-Feb Youth Asia Cup Preparaton Zhongshan | 23-Feb Youth Asia Cup Preparaton Zhongshan | |
| | 24-Feb | 25-Feb | 26-Feb S&C Training 1900-2100 GYM | 27-Feb Youth Asia Cup Preparaton 1800-2100 (TBC) | 28-Feb Youth Asia Cup Preparaton 1800-2100 (TBC) | | | |
| Mar-2025 | | | | | | 1-Mar | 2-Mar S&C Training 1100-1230 GYM Youth Asia Cup Preparaton 1800-2100 (TBC) | |
| | 3-Mar | 4-Mar | 5-Mar S&C Training 1900-2100 GYM | 6-Mar Youth Asia Cup Preparaton 1800-2100 (TBC) | 7-Mar Youth Asia Cup Preparaton 1800-2100 (TBC) | 8-Mar Youth Asia Cup Preparaton 1800-2100 (TBC) | 9-Mar 9/3 Travel to TPE | |
| | 10-Mar 10/3 Pre-Tournament Meeting | 11-Mar | 12-Mar | 13-Mar | 14-Mar | 15-Mar | 16-Mar 16/3 Back to HKG | |
| | 11-15/3/2025, 2nd Youth Baseball5 Asia Cup, Chinese Taipei | | | | | | | |
| | 17-Mar | 18-Mar | 19-Mar | 20-Mar | 21-Mar | 22-Mar | 23-Mar | |
| | 24-Mar | 25-Mar | 26-Mar | 27-Mar | 28-Mar | 29-Mar | 30-Mar | |
| 31-Mar | | | | | | | | |

2nd Youth Baseball5 Asia Cup 2025 Preparation - Technical Training

CUHK FAA: CUHK FAA Thomas Cheung School (Address: Ka Tin Court, Hin Keng Estate, Shatin, N.T.)
新界沙田顯徑邨嘉田苑 香港中文大學校友會聯會張煊昌學校

SKL 5-a-side Soccer Pitches, Shek Ku Lung Road Playground, 18 Lok Sin Road, Wong Tai Sin, Kowloon
黃大仙樂善道18號石鼓壠道遊樂場 五人足球場

LTP 5-a-side Soccer Pitches, Lam Tin Park, Pik Wan Road, Lam Tin, Kowloon
九龍藍田碧雲道藍田公園 五人足球場

2nd Youth Baseball5 Asia Cup 2025 Preparation - Strength and Conditioning (S&C) Training

GYM: Shooto Gym (Address: 2/F, Tung Wai Building, 227-229 Tung Choi Street, Kowloon) (Prince Edward MTR exit A)
旺角涌菜街227-229號東威大廈2/F

2nd Youth Baseball5 Asia Cup 2025 Preparation - Overseas Training (Zhongshan, China)

*Training details may be subject to change; the coach will keep the selected players informed on the WhatsApp group.

*Please contact 2504 8330 for any questions.

| Preparation for 2nd Youth Baseball5 Asia Cup 2025 備戰 2025 年第二屆五人制棒球青年亞洲盃 | | | | | | | | Tier 2 |
|---|--------|--------|--------|---|---|--|---|--------|
| | Mon | Tue | Wed | Thu | Fri | Sat | Sun | |
| Jan-2025 | | | 1-Jan | 2-Jan | 3-Jan | 4-Jan | 5-Jan | |
| | 6-Jan | 7-Jan | 8-Jan | 9-Jan | 10-Jan Youth B5 Asia Cup Tryout 1900-2200 CUHK FAA | 11-Jan Youth Asia Cup Preparaton 1800-2100 SKL | 12-Jan Youth Asia Cup Preparaton 1800-2100 SKL | |
| | 13-Jan | 14-Jan | 15-Jan | 16-Jan Youth Asia Cup Preparaton 1800-2100 CUHK FAA | 17-Jan Youth Asia Cup Preparaton 1900-2200 CUHK FAA | 18-Jan Youth Asia Cup Preparaton 1800-2100 LTP | 19-Jan Youth Asia Cup Preparaton 1800-2100 LTP | |
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| | 27-Jan | 28-Jan | 29-Jan | 30-Jan | 31-Jan | | | |
| Chinese New Year | | | | | | | | |
| Feb-2025 | | | | | | 1-Feb | 2-Feb S&C Training 1230-1330 GYM | |
| | 3-Feb | 4-Feb | 5-Feb | 6-Feb | 7-Feb | 8-Feb | 9-Feb S&C Training 1230-1330 GYM District Promotion Training TBC | |
| | 10-Feb | 11-Feb | 12-Feb | 13-Feb | 14-Feb | 15-Feb | 16-Feb S&C Training 1230-1330 GYM District Promotion Training TBC | |
| | 17-Feb | 18-Feb | 19-Feb | 20-Feb | 21-Feb | 22-Feb | 23-Feb S&C Training 1230-1330 GYM District Promotion Training TBC | |
| | 24-Feb | 25-Feb | 26-Feb | 27-Feb | 28-Feb | | | |
| Mar-2025 | | | | | | 1-Mar | 2-Mar S&C Training 1230-1330 GYM District Promotion Training TBC | |
| | 3-Mar | 4-Mar | 5-Mar | 6-Mar | 7-Mar | 8-Mar | 9-Mar District Promotion Training TBC | |
| | 10-Mar | 11-Mar | 12-Mar | 13-Mar | 14-Mar | 15-Mar | 16-Mar District Promotion Training TBC | |
| | 17-Mar | 18-Mar | 19-Mar | 20-Mar | 21-Mar | 22-Mar | 23-Mar District Promotion Training TBC | |
| | 24-Mar | 25-Mar | 26-Mar | 27-Mar | 28-Mar | 29-Mar | 30-Mar District Promotion Training TBC | |
| | 31-Mar | | | | | | | |

Regional Squad Training

CUHK FAA: CUHK FAA Thomas Cheung School (Address: Ka Tin Court, Hin Keng Estate, Shatin, N.T.)
香港中文大學校友會聯會張煊昌學校 (地址: 新界沙田顯徑邨嘉田苑)

District Promotion Training

LTP: 5-a-side Soccer Pitches, Lam Tin Park, Pik Wan Road, Lam Tin, Kowloon
九龍藍田碧雲道藍田公園 五人足球場

2nd Youth Baseball5 Asia Cup 2025 Preparation - Strength and Conditioning (S&C) Training

GYM: Shooto Gym (Address: 2/F, Tung Wai Building, 227-229 Tung Choi Street, Kowloon) (Prince Edward MTR exit A)
旺角通菜街227-229號東威大廈2/F

*Training details may be subject to change; the coach will keep the selected players informed on the WhatsApp group.

*Please contact 2504 8330 for any questions.