

Baseball Instructor (Beginner) Certification Program

Programme Schedule

Sess.	Date (Y/M/D)	Time	Venue	Content
1	2015. 9. 8 (Tue)	1900-2200	Field / Cage	Practical
2	2015. 9. 15 (Tue)	1900-2200	Field / Cage	Practical
3	2015. 9. 16 (Wed)	1900-2200	Classroom	Theory
4	2015. 9. 22 (Tue)	1900-2200	Classroom	Theory
5	2015. 9. 24 (Thu)	1900-2200	Classroom	Theory
6	2015. 9. 25 (Fri)	1900-2200	Classroom	Theory & Written Test
7	2015. 9. 29 (Tue)	1900-2200	Field / Cage	Practical
8	2015. 10. 6 (Tue)	1900-2200	Field / Cage	Practical
9	2015. 10. 13 (Tue)	1900-2200	Field / Cage	Practical & Practical Test

Venues : Classroom: Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong
Field: Sai Tso Wan Recreation Ground or Other

Theory	Practical
1. Baseball History	1. Baseball Diamond
2. About Hong Kong Baseball Association	2. Baseball Equipment, Protection Gears,
3. Hong Kong Baseball Coaching System	3. Training Equipment
4. Baseball Rules & Regulations	4. Know About Baseball Glove
5. Drills and Games	5. Selection of Baseball Bat
6. Scoring	6. Warm Up and Cool Down Exercises
7. General Sports Injury Advice & Prevention	7. Throwing and Catching
8. Coaches Code of Conduct	8. Hitting and Fielding
9. Safety Code	9. Traditional Play & Modified Play
10. Local Compliance	10. Indoor Practice

Coaching Experience will be arranged in the 2015/2016 District Promotional Training Course, please visit our website for the schedule.

http://www.hkbaseball.org/load.php?link_id=61445&lang_id=1