

五人制棒球青年(青苗)培訓計劃



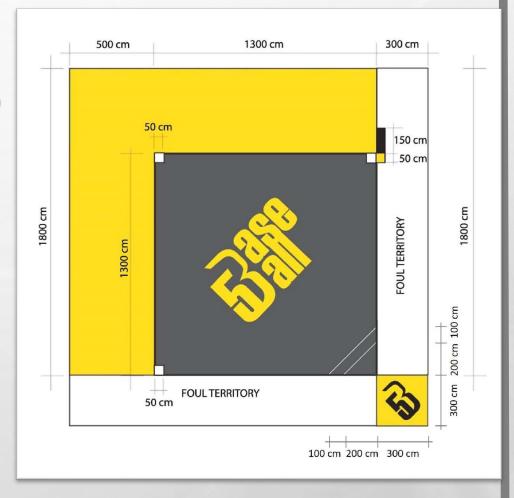
Baseball5 Young Athletes Training Scheme 04, 2022 ~ 03, 2023



Baseball5 - A New Discipline in Multi-Games

"Baseball5 is a new five-on-five, five-inning street version of the game of Baseball/Softball that can be played anywhere. This faster urban discipline will help drive baseball and softball to new places not possible before." WBSC President - Riccardo Fraccari







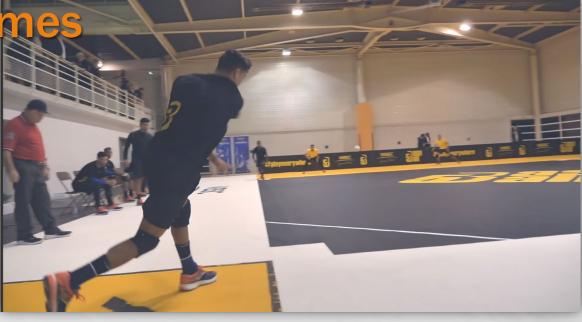


#playeverywhere

Baseball5

- A New Discipline in Multi-Gar





Introduction of Baseball5

https://baseball5.wbsc.org/







#playeverywhere

Baseball5

- A New Discipline in Multi-Games

- Safe, easy to learn, fast-paced (around 30 minutes a game)
- A game for all (mixed team)
- All you need is a (rubber) ball
- Play everywhere (indoor/outdoor, half soccer field size)









2021-2029

WBSC BASEBALL5 WORLD CUP CALENDAR

| WBSC WORLD CUPS | 2021 | 2022 | 2023 | 2024 | 2025 | 2026 | 2027 | 2028 | 2029 |
|-----------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| | В5 | wc | B5 | wc | B5 | wc | B5 | wc | V B5WC |
| Open Mixed (age 15 & above) | CONTINENTAL QUALIFIERS | EDITION I | CONTINENTAL QUALIFIERS | EDITION II | CONTINENTAL QUALIFIERS | EDITION III | CONTINENTAL QUALIFIERS | EDITION IV | CONTINENTAL QUALIFIERS |
| | | YB: | YB5WC YB5WC | | 5WC | YB5WC | | YB5WC | |
| Youth Mixed (age 14-18) | | CONTINENTAL QUALIFIERS | EDITION I | CONTINENTAL QUALIFIERS | EDITION II | CONTINENTAL QUALIFIERS | EDITION III | CONTINENTAL QUALIFIERS | EDITION IV |

CONTINENTAL QUALIFIERS COULD TAKE PLACE IN THE SAME YEAR AS THE WORLD CUP

Age eligibility will be subject to the final decision of the World Baseball Softball Confederation.



ROAD TO YOUTH OLYMPIC GAMES

Asia Cup 2022 & 2024



World Cup 2023 & 2025



Youth
Olympic Games
2026

High five: baseball5 hits the Youth Olympic Games (YOG)

"The YOG have always provided a testing ground for new and exciting event formats."

Sources: https://olympics.com/en/news/high-five-baseball5-hits-the-yog



ROAD TO BE HONG KONG TEAM

Promote Baseball5 in the community & support elite development

TRAINING

& Interim

Assessment

訓練及

中期評估

GAMES

& Final

Assessment

比賽及

終期評估



表現優秀者獲推薦參 加棒總區隊訓練 Outstanding athletes will be recommended to join HKBA Regional Squad #National Team 代表隊 每隊 8名運動員

Youth Mixed (age 14-18)

Open Mixed (age 15 or above)

#National Squad 代表隊備戰

Youth Mixed (age 14-18)

Open Mixed (age 15 or above)

#Regional Squad 區隊

Youth Mixed (age 14-18)

Open Mixed (age 15 or above)

TALENT ASSESSMENT 潛質評估

*Notes: Only HKSAR passport holders shall be eligible to recommend as Squad members and National Team members 註:只有香港特區護照持有者方合資格被推薦為區隊成員及香港代表隊成員。



五人制棒球 - 任何場地均可進行

Baseball5 can be played on any surface, indoors or outdoors

硬地球場 7-a-side Soccer Pitch











禮堂 Hall

五人制棒球青年軍(青苗)培訓計劃 BASEBALL5 YOUNG ATHLETES TRAINING SCHEME

主辦Organized by:

資助 Subvented by:





第一階段Stage 1

- 訓練日期: 2022年4月至2023年2月Training Period: Apr 2022 Feb 2023
- 場地:半個<u>硬地</u>足球場大小/操場/禮堂
 Venue: Half 7-a-side Hard-surface Soccer Pitch/ Playground/ School hall
- 參加資格Eligibility: 男女均可 Boys or Girls or Mixed
 - > 少年組 Children Division (age 7-12)
 - > 青年組 Youth Division (age 12-18)
 - > 公開組 Open Division (age 14-29)
- 訓練費用:全期 24小時每人港幣100元
 Training fee: HK\$100/person (24 training hours)

第二階段Stage 2

- 比賽日期: 2023年3月12 & 19日(暫定)
 Competition Period: 12th & 19th Mar 2022(Tentative)
- 比賽費用:每隊港幣300元 Competition fee: HK\$300/team

參加者可免費獲發 Free to participants

- ➤ 訓練服 Training shirt X 1
- ➤ 證書 (出席達 70%)
 Certificate (attendance reached 70%)



五人制棒球青年軍(青苗)培訓計劃 BASEBALL5 YOUNG ATHLETES TRAINING SCHEME

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康樂及 ALL Leisure a Services

參加者可免費獲發 Free to participants

- ➤ 訓練服 Training shirt X 1
- ➤ 證書 (出席達 70%)
 Certificate (attendance reached 70%)







深绿色 Dark Green

主辦Organized by:

資助 Subvented by:

五人制棒球青年軍(青苗)培訓計劃 BASEBALL5 YOUNG ATHLETES TRAINING SCHEME



Talent Assessment for Baseball5 Young Athletes Training Scheme

| Test Item | Tryout | Interim | Final | |
|------------------------------|--|--|--|--|
| Throwing (accuracy & timing) | Baseball5 ball Throwing 2 nd Base, shortstop & 3 rd base to 1 st Base | Baseball5 ball Throwing 2 nd Base, shortstop & 3 rd base to 1 st Base | Baseball5 ball Throwing 2 nd Base, shortstop & 3 rd base to 1 st Base | |
| Leg power | Standing long jump | Standing long jump | Standing long jump | |
| Agility | Hit and baserunning | Agility T-Test 5-0-5 | Agility T-Test 5-10-5 | |

查詢ENQUIRY

- 香港棒球總會 Hong Kong Baseball Association
- 辦事處地址: 香港 銅鑼灣 大球場徑一號 奧運大樓一樓 1003 室
 Office address: Room 1003, 1/F., Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong
- 電話 Tel: (852) 2504 8330
- 傳真 Fax: (852) 2504 4663
- 電郵 Email: hkbsa@hkolympic.org
- 網頁 Website: www.hkbaseball.org
- 聯絡人 Contact Persons: 梁先生 Mr. Chris LEUNG

