



## 2023 年度捕手訓練營 – 章程

### 2023 Baseball Catcher Training Camp - Leaflet

宗旨  
Objectives

認識捕手的重要性

捕手是投手的好搭檔，同時也是球場上的司令塔，不僅要引導投手投球外，也要負責守備時的站位分配以及快傳二壘阻殺的能力，在場上的能力值非常平均，需要具備良好觀察能力，記憶能力，能夠察覺對方打者特性，幫助球隊贏得比賽勝利。

Recognizing the Significance of Catchers

In addition to being the pitcher's excellent partner, the catcher serves as the field's command center. He not only directs the pitcher when he throws, but he also has to be aware of where to position himself when fielding and how fast to get to second base in order to block the ball. His fielding ability is extremely mediocre, and in order to assist the team win the game, he needs to have good recall and observation skills to identify the opponent's batter's qualities.

簡介  
Introduction

大致上抓五個重點

- 1、接球的動作
- 2、阻殺腳步分解動作
- 3、擋球動作
- 4、短打守備的處理
- 5、本壘觸殺的站位

Roughly five key points

1. The action of catching a baseball
2. Decomposition of baseball blocking steps
3. Baseball blocking action
4. How to handle baseball bunt fielding
5. Baseball home plate strike position.

內容  
Content

**第一階段: 訓練營計劃**  
**Stage 1: Training Course**

2 節訓練，每節 1 小時，共 2 小時  
2 sessions, 1 hours per session, 2 hours in total

課堂	日期	星期	場地	開始時間	完結時間	2 天時數(共)
1	16/11/2023	(四)	晒草灣遊樂場	19:30	21:00	2
2	17/11/2023	(五)		19:30	21:00	

- 由棒總指派合資格捕手教練教授  
BAHKC shall appoint qualified catcher coaches
- 每位參加者必須繳付 2 天的訓練課程，為港幣 \$200 元正  
Each participant must pay HK\$200 for the 2-day training course



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參加資格 Eligibility	<p>12 歲以上，男女均可。 名額：20</p> <p>Aged 12 old and above, both boys and girls. Quota: 20</p>
報名費 Enrollment Fee 報名辦法 Application Procedure	<p>港幣 \$200 元正，為 2 天的訓練課程 HK\$200 for the 2-day training course</p> <p>透過中國香港棒球總會「網上登記系統」報名，名額有限，先報先得。 Enroll on BAHKC Online Registration System. Enrolment is on a first-come-first-served basis. <a href="https://www.hkbaseball.org/product_details.php?id=588311">https://www.hkbaseball.org/product_details.php?id=588311</a></p>
查詢 Enquiry	<p>中國香港棒球總會 The Baseball Association of Hong Kong, China</p> <p>電話 Tel：2504 8387 傳真 Fax：2504 4663 電郵 Email：<a href="mailto:hkbsa@hkolympic.org">hkbsa@hkolympic.org</a></p> <p>網址 Website：<a href="http://www.hkbaseball.org">www.hkbaseball.org</a></p>
備註 Remarks	<ol style="list-style-type: none"><li>參加者需穿著運動服上課。 Participants should wear sneakers, athletic wear</li><li>報名資料不全，恕不受理。報名的資料，只作中國香港棒球總會的活動報名事宜、統計、日後聯絡及活動意見調查之用，亦只限於本會授權人員方可查閱有關資料作前述目的之用。遞交申請表後，如欲更正或查詢個人資料，請與本會職員聯絡。 All of the information is used for applying course, statistical analysis, contact and survey only. Only authorized person of the Association allows to access the relevant information for the above purposes.</li><li>由網上付款系統公司所收取之手續費亦已包括在報名費內。 Handling charge for online payment is included in enrollment fee.</li><li>無論任何情況，本課程不設補課，包括因天氣問題取消的課堂，所繳費用，概不發還。 Makeup classes, refund of application fee will not be arranged in this program (Includes bad weather).</li><li>如天氣欠佳，上課與否，視乎場地是否關閉，如有疑問，請於出發前致電主教練查詢。如遇以下情況，場地政策均會封場： - 天然草場及人造草場：當上課時間內黑雨警告或 8 號熱帶氣旋警告信號生效。</li></ol>



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- 體育館：當上課時間內 8 號熱帶氣旋警告信號正在生效。

In case the course is not closed despite a bad weather, the participants or his/her parent should decide whether to attend the class or not. Please contact the coach before go to the venue in case there is any concern. The venue will be closed in below situation: Natural Turf Surfaces/ Artificial Turf Surfaces : Typhoon Signal No. 8 or above or Black Rainstorm Warning is in force during the course. Sports Centres : Typhoon Signal No. 8 is in force during the course

6. 主教練如因判斷天氣或場地不適宜進行訓練，將於上課前致電通知學員。  
The coach will inform the participants in advance if the venue or weather is not suitable to continue the course.
7. 上課地點及時間最終按場地供應者所批出場地為準。  
The venues, date and time will be finalized upon receiving the approval of LCSD.

詳情可登入本會網頁 [www.hkbaseball.org/](http://www.hkbaseball.org/) 查閱或來電本會查詢。

Please check the details in BAHKC website [www.hkbaseball.org/](http://www.hkbaseball.org/) or contact us.