



2025 年 Baseball5 教練課程

Baseball5 Coach Programme 2025

日期 Date	2025 年 9 月 10 至 14 日 10-14 September 2025		
時間及地點 Time & Place	9.10 Wed	19:00 – 22:00	聖公會李福慶中學課室 SKH Li Fook Hing Secondary School Classroom
	9.11 Thu 9.12 Fri	19:00 – 22:00	聖公會李福慶中學禮堂 SKH Li Fook Hing Secondary School Hall
	9.13 Sat	09:00 – 12:30, 14:00 – 17:30	
	9.14 Sun	09:00 – 12:30, 13:30 – 17:00	聖公會李福慶中學課室 SKH Li Fook Hing Secondary School Classroom
導師 Instructors	Mr. Andrea D'AURIA (ITA) <ul style="list-style-type: none"> WBSC Baseball5 賽事官員委員會 主席 Chair, WBSC Baseball5 Game Official Commission WBSC 教練委員會 會員 Member, WBSC Coach Commission 		
語言 Language	英語 English		
參加者資格 Eligibility	<ul style="list-style-type: none"> 本地棒球/壘球教練; Local Baseball/Softball Coach; 有興趣成為五人制棒球教練者 Those who are interested to becoming a Baseball5 Coach 男女均可 Male or Female 		
報名費 Course Entry Fee	<ul style="list-style-type: none"> 棒總註冊教練/指導員 BAHKC Registered Coach/Instructor: 豁免 Free of charge 棒總會會員 BAHKC member: HK\$200 (會籍有效期至 membership valid until 2026.03.31) 非會員 Non-member: HK\$300 		
登記 Registration	<ul style="list-style-type: none"> 請登入棒總網上登記系統進行登記 Please visit BAHKC Online Registration System for registration https://www.hkbaseball.org/login.php 登記捷徑 Direct link <ul style="list-style-type: none"> BAHKC Registered Coach/Instructor (https://www.hkbaseball.org/product_details.php?id=594362) BAHKC Member (https://www.hkbaseball.org/product_details.php?id=594363) Non-member (https://www.hkbaseball.org/product_details.php?id=594364) 參加者資格由棒總審核 Local participants' registration shall be subject to the approval of BAHKC 		
截止登記 日期 Registration Deadline	<ul style="list-style-type: none"> 2025. 8. 31 		

備註 Remarks	<ul style="list-style-type: none"> 參加者請自備水樽，場地會提供水機供應飲用水。 Participants are required to bring their own water bottles. Water dispensers will be provided at the venue. 參加者請提早 15 分鐘到達上課地點，以確保課程如期開始。 Participants are requested to arrive at the venue 15 minutes early to ensure that the event starts as scheduled. 活動場地不設泊車位。 There is no parking space at the event venue. 本會將在活動期間進行拍攝，以作宣傳及紀錄之用。 The Association will conduct filming and video recording during the event for publicity and record purposes. 本章程如有未盡善事宜，本會有權修改之。 The Association reserves the right to amend the content if necessary.
查詢 Enquiry	中國香港棒球總會 The Baseball Association of Hong Kong, China  (852) 2504 8330  office@hkbaseball.org

BASEBALL5 COACHING CLINIC LAYOUT – DAY 1 WEDNESDAY, SEPTEMBER 10th 2025

Evening: 19.00 – 22.00

1) Clinic Introduction:

- Presentation of the participants & instructor

Classroom – 30 min

2) Players assessment & evaluation:

- Example of different tests, physical and technical
- Position specifics required skills

Classroom – 60 min

BREAK: 20.30 – 20.45

3) Practice planning:

- Create an organized practice plan

Classroom – 60 min

4) Q&A:

- Questions/answers on the daily activity

Classroom – 15 min

BBASEBALL5 COACHING CLINIC LAYOUT – DAY 2 THURSDAY, SEPTEMBER 11th 2025

Evening: 19.00 – 22.00

1) Field set up:

- Mark the field

Field – 30 min

2) Warm up:

- The proper sequence to prepare for a practice and/or a game

Field – 30 min

3) Play catch:

- Different drills to master the catch & throw fundamental

Field – 45 min

BREAK: 20.45 – 21.00

4) Defensive fundamental:

- Improve footwork & hands abilities
- Throws from different angles

Field – 45 min

5) Q&A:

- Questions/answers on the daily activity

Field – 15 min

BASEBALL5 COACHING CLINIC LAYOUT – DAY 3

SATURDAY, SEPTEMBER 13th 2025

Morning: 9.00 – 12.30

1) Offense:

- Proper technique for hitting
- Drills to improve the hitting abilities

Field – 60 min

2) Video Analyses part 1:

- Participants will hit and video will be recorded

Field – 30 min

BREAK: 10.30 – 10.45

3) Baserunning:

- The importance of running the bases properly

Field – 30 min

4) Game time:

- Participants will play games

Field – 75 min

LUNCH BREAK: 12.30 – 14.00

Afternoon: 14.00 – 17.30

5) Defensive routine:

- Drills to work on routine
- Fence rebounds

Field – 45 min

6) Offensive routine:

- Drills to work on routine

Field – 45 min

BREAK: 15.30 – 15.45

7) Hitting variations:

- Bunting
- Lobs

Field – 45 min

8) Game time:

- Participants will play games

Field – 45 min

9) Q&A:

- Questions/answers on the daily activity

Field – 15 min

BASEBALL5 COACHING CLINIC LAYOUT– DAY 4

SUNDAY, SEPTEMBER 14th 2025

Morning: 9.00 – 12.30

1) Defensive strategies:

- How to manage defense in the different game situations
- Backing up home plate

Field – 60 min

2) Offensive strategies:

- How to manage offense in the different game situations

Field – 45 min

BREAK: 10.45 – 11.00

3) One on one evaluation:

- Participants will be evaluated on practical fundamentals

Field – 30 min

4) One on one evaluation:

- Participants will be evaluated on a technical aspect of the game

Field – 60 min

LUNCH BREAK: 12.30 – 13.30

Afternoon: 13.30 – 17.00

5) Video Analyses part 2:

- Swing analyses

Classroom – 75 min

6) How to build a line up

- Skills required spot by spot

Classroom – 45 min

BREAK: 15.30 – 15.45

7) Final test:

- Participants will go through a written test

Classroom – 45 min

8) Closing remarks:

- Q&A on the entire clinic
- Final speech
- Certificates distribution & group pictures

Classroom – 30 min

Contact:

The Baseball Association of Hong Kong, China

Office hours: +852 2504 8330

Email: office@hkbaseball.org

<https://www.hkbaseball.org/>

LOCATION MAP

SKH Li Fook Hing Secondary School

Tsui Wan Estate, Tsui Wan Street, Chai Wan, Hong Kong.

https://www.lfh.edu.hk/images/2011/map_photo/map.html

12-minutes walk to SKH Li Fook Hing Secondary School from the Chai Wan Station (Exit D)

