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## Baseball5 Coach Certification Programme

### Objective

- To train the people who are interested in coaching or organizing Baseball5 programmes.
- To qualify certified coach for Baseball5 programmes.

### Baseball5

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.” Riccardo Fraccari, WBSC President

- |   |   |
|---|---|
| ➤ “No construction or dedicated venue needed” | ➤ “Skills transfer to traditional baseball” |
| ➤ “Adapts to any environment”                 | ➤ “A game for all demographics”             |
| ➤ “All you need is a ball”                    | ➤ “Social contribution”                     |

### Programme Structure

According to the recommendation of the Hong Kong Coaching Committee, the coach accreditation programme included four parts:

(A) Sports General Theory; (B) Sport-specific Theory; (C) Sport-specific Practical; (D) Coaching Practice Experience

Candidates who passed the assessment in parts (A), (B) and (C) will conduct part (D) coaching practice experience.

#### Part A: Sports Theory (Deliver by HKBA)

##### Sports Theory Fundamental:

- ◇ Principles of Learning
- ◇ Coaching Theory
- ◇ Anatomy and Exercise Psychology Skills
- ◇ Physiological Adaptations to Exercise
- ◇ Motion Principle
- ◇ Physical Fitness Testing & Assessment
- ◇ Prevention and Treatment of Sports Injuries
- ◇ Sports Nutrition and Health
- ◇ Sports Psychology

##### Code of Conduct & Risk Management:

- ◇ Legal Aspect in Sports Coaching
- ◇ Code of Conduct

#### Part B: Baseball5 Theory (Deliver by WBSC)

##### Baseball5 Theory

- ◇ Game, field and difference between Baseball, Softball and Baseball5
- ◇ The Rulebook
- ◇ The game officials
- ◇ Official paperwork and scoring
- ◇ Defensive training and warm-up
- ◇ Hitting technique and strategy
- ◇ Game preliminaries, game strategies and practice planning

#### Part C: Baseball5 Technical Skill (Deliverby HKBA)

##### Baseball5 Specific:

- ◇ Practice Organization
- ◇ Catching and Throwing
- ◇ Fielding and Hitting
- ◇ Baserunning
- ◇ Game planning
- ◇ Strength and Conditioning for Baseball5
- ◇ Setting up of field
- ◇ Baseball5 background and game format

#### Part D: Coaching Practice Experience (Assign by HKBA)

Level	Coaching Experience Hours
Baseball5 Coach	15 hours
Baseball5 Instructor	8 hours

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## Baseball5 Coach Certification Programme

### Programme Content

Instructors:           ✧   Mr. Jose AU, *Director of Coach Development, Level 2 Coach of HKBA*  
                                  ✧   Mr. Patrick NG, *Certified WBSC Baseball5 Game Official & Tournament Official*  
                                  ✧   Mr. Michael FUNG, *Strength and Conditioning Coach of Hong Kong Men's and Women's Baseball National Team*

Medium:                 Technical Sessions – Cantonese; WBSC Webinars and Theory Sessions – English only

Target Participants:   Age 18 or above

Quota:                   30 individuals (20 for HKBA Members; 10 for Non-members) (First-come, first-served basis)

Course Fees:           **HKBA Member:   HKDS100** per individual;  
                                  **Non-member:     HKDS150** per individual

Date & Venue:         29 October 2022, Saturday (10:00-12:00; 13:00-15:00) @ *HKTA Shun Yeung Primary School*  
                                  5 November 2022, Saturday (10:00-12:00) @ *HKTA Shun Yeung Primary School*

Attendance:           Participant is required to attain **100% attendance** on 29 October 2022 (Sat) for joining the assessment on 5 November 2022 (Sat)

Enrollment :         [Apply through HKBA Online Registration System](#). For new user, please sign up a user account.

Enrollment Period:   10 October 2022 (Monday) – 21 October 2022 (Friday)

Enquiry:               Hong Kong Baseball Association, Room1003  
                                  1/F, Olympic House, 1 Stadium Path, Causeway Bay  
                                  Tel : 2504 8330    Fax : 2504 4663    Email: [hkbsa@hkolympic.org](mailto:hkbsa@hkolympic.org)

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## Baseball5 Coach Certification Programme

Date	Time	Location	Content
29/10/2022 (Sat)	1000-1200	HKTA Shun Yeung Primary School	Baseball5 Practical
	1300-1500		Baseball5 Officials
			Baseball5 Strength and Conditioning
5/11/2022 (Sat)	1000-1200		Baseball5 Coach Assessment
7/11/2022 – 28/11/2022	Online Materials – WBSC Academy		Baseball5: Course for coaches and game officials lessons
7/11/2022 – 12/12/2022	Online Materials – Link provided by HKBA		Sports Theory Fundamental and Code of Conduct & Risk Management

Passing Marks:

**Passed (1), (2) and (3) will be awarded a Certificate of Baseball5 Coach by HKBA**

- (1) Participants with 70% or above passing marks in both Baseball5 practical assessment and Baseball5 S&C assessment. (The syllabus will be announced by instructors)
- (2) 52% or above passing marks in WBSC Academy, Baseball5: Course for coaches and game officials lessons.  
*(Participants are required to finish the Baseball5: Course for coaches and game officials on WBSC Academy on or before 28 November 2022)*
- (3) 70% or above passing marks in Sports Theory Fundamental and Code of Conduct & Risk Management.  
*(Participants are required to finish the Sports Theory Fundamental online test on or before 12 December 2022)*

Remarks:

- This Certificate of Baseball5 Coach is not equivalent to the qualification of HKBA Baseball Coach (Level 1, Level 2 and Level 3) or Instructor.
- Applicants who have completed any one of the [eligible courses as shown in the List of Equivalent Qualifications](#) or HKBA registered Baseball Coach may apply for exemption from training course requirement in 'Sports Theory Fundamental and Code of Conduct & Risk Management'. Other potential equivalent programmes are subject to the assessment of the HKBA.
- Participants who could not attain the passing marks of Baseball5 Coach but passes in (2) and reach the marks at the range of 50%-69% in (1) and (3), will be awarded a Baseball5 Instructor Certificate by HKBA.
- Participants are required to fulfill coaching experience hours that to be arranged by HKBA within 18 months after receiving the test result. A Certificate of Completion will be awarded by HKBA after finishing the required number of coaching experience hours. HKBA registered Baseball Coach/Instructor is exempt to fulfill coaching experience for Baseball5.

Level	Passing Marks	Coaching Experience Hours
Baseball5 Coach	(1)(3) 70% or above; (2) 53% or above	15 hours
Baseball5 Instructor	(1)(3) 50% - 69%; (2) 53% or above	8 hours

Baseball5

Coach/Instructor must hold an efficient Professional Indemnity x General Liability Insurance. (PIxGL Insurance)

Coach/Instructor

Baseball5 Coach Registration Fee:	HK\$2,380 (with PIxGL Insurance purchased by HKBA)
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Registration:

Baseball5 Instructor Registration Fee:	HK\$2,330 (with PIxGL Insurance purchased by HKBA)
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\*Above registration fee will be waived for HKBA Registered Baseball Coach/Instructor.

\*Please refer to our website for more details: <http://www.hkbaseball.org/html/tc/技術人員/教練組資訊.html>

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## **Baseball5 Coach Certification Programme – Schedule**

### **Day 1 (29 Oct 2022, Sat)**

**10:00-12:00 @ HKTA Shun Yeung Primary School**

#### **Baseball5 Technical Session**

**Instructor: Mr. Jose AU**

- Introduction of Baseball5 (background and game format)
- Teaching skills for Catch and Throw
- Teaching skills for Hitting and Baserunning
- Teaching skills for Baseball5 game plan (Strategy)
- Mini game (Depends on real-time situation and time remaining)
- Conclusion of Baseball5 Technical Session

**13:00-15:00 @ HKTA Shun Yeung Primary School**

#### **Baseball5 Officials**

**Instructor: Mr. Patrick NG**

- Introduction of basic rules, fill-in official Baseball5 line-up and score cards
- Different ways to set-up the field
- Field officials mechanics and table official duties

#### **Baseball5 Strength and Conditioning**

**Instructor: Mr. Michael FUNG**

- Introduction of Baseball5 specific strength and conditioning training
- Teaching skills for Baseball5 specific strength and conditioning
- Conclusion of Baseball5 Strength and Conditioning

### **Day 2 (5 Nov 2022, Sat)**

**10:00-12:00 @ HKTA Shun Yeung Primary School**

#### **Baseball5 Coach Assessment**

**Instructors: Mr. Jose AU, Mr. Patrick NG, Mr. Michael FUNG**

- Baseball5 technical assessment (Rotational)
- Baseball5 officials assessment (Rotational)
- Baseball5 strength and conditioning assessment (Rotational)