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Baseball5 Trainer Certification Workshop

Objective

- To train the people who are interested in coaching or organizing Baseball5 programmes.
- To qualify certified trainer 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”
- “Adapts to any environment”
- “All you need is a ball”
- “kills transfer to traditional baseball”
- “A game for all demographics”
- “Social contribution”

Programme Content

- Instructors: ✧ Mr. Jose AU, Director of Coach Development, Level 2 Coach of HKBA,
 ✧ Mr. YEUNG Kun Hin, Level 1 Coach of HKBA
 ✧ Mr. Michael FUNG, Strength and Conditioning Coach of Hong Kong Men’s and Women’s Baseball National Team
- Medium: Cantonese
- Target Participants: Age 18 or above
- Quota: 30 individuals (20 for Members; 10 for Non-members) (First-come, first-served basis)
- Course Fees: **Member: HKD\$100** per individual;
 Non-member: HKD\$150 per individual
- Date: 26th-27th February 2022 (Sat & Sun) ; 5th March 2022 (Sat)
- Time: 10:00 A.M. – 12:00 P.M.
- Place : Basketball court of HKTA Shun Yeung Primary School
 No. 30, On Chun Street, Ma On Shan, Shatin, Hong Kong
- Attendance: Participant is required to attain **100% attendance** on 26th-27th February 2022 (Sat & Sun) for joining the assessment on 5th March 2022 (Sat)
- Passing Marks &
Recognition: Participants with **70% or above** passing marks in both Baseball5 practical assessment and Baseball5 S&C assessment will be awarded a Certificate of Baseball5 Trainer by HKBA (The syllabus will be announced by instructors)
- * This certificate is not equivalent to the qualification of HKBA Baseball Coach or Instructor
- * To complete the certification programme, participants are required to finish the Baseball5: Course for coaches and game officials on WBSC Academy on or before 30th April, 2022
- Enrollment : Apply through HKBA Online Registration System. For new user, please sign up a user account.
[Click here for Enrollment](#)
- Enrollment Period: 28th January 2022 (Fri) – 21st February 2022 (Mon)
- 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

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Baseball5 Trainer Certification Workshop - Schedule

Baseball5 Practical

Day 1 Schedule (26-2-2022, SAT)

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

Instructors: Mr. Jose AU, Mr. YEUNG Kun Hin

Introduction of Baseball5 (background, rules and game format)

Teaching skills for Catch and Throw (Fundamental)

Teaching skills for Hitting and Baserunning (Fundamental)

Teaching skills for Baseball5 game plan (Strategy)

Mini game (Depends on real-time situation and time remaining)

Conclusion of Baseball5 Practical

Baseball5 Strength and Conditioning

Day 2 Schedule (27-2-2022, SUN)

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

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

Baseball5 Trainer Assessment (Baseball5 practical and Baseball5 S&C)

Day 3 Schedule (5-3-2022, SAT)

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

Instructors: Mr. Jose AU, Mr. YEUNG Kun Hin, Mr. Michael FUNG

Baseball5 practical assessment (Rotational)

Baseball5 strength and conditioning assessment (Rotational)