

Five-Year Development Programme for Team Sports
 Training and Development Plan 2020
 隊際運動五年發展計劃
 2020 訓練及發展計劃概要

NSA 體育總會名稱： Hong Kong Baseball Association

Time 時間	Jan–Mar 1-3 月	Apr - Jun 4-6 月	Jul – Sept 7-9 月	Oct – Dec 10-12 月
Training Details 訓練內容	Off-season conditioning (heavier weights, strength increasing), injury rehab, rest parts as required.	With June as first major competition, S & C transitioned into more strength maintenance & toning, stretching before & after, lighter weights, more reps, as well as injury rehab.	Learn from results in National Cup and practice on baseball-specific areas such as team tactics, bunt coverage, relays/cut-offs, pick-offs, etc. to prepare for 2019 Asian Championship	Prepare for 2019 Asian Championship and HKIBO 2019
Training Schedule 訓練時間表	3 hour per sessions <ul style="list-style-type: none"> • Mon & Thu: Strength & Conditioning (S&C) • Tue: 50% S & C, 50% injury treatments, massages, etc., some baseball-specific training • Wed, Sat & Sun – Baseball specific training (emphasis on hitting mechanics, techniques) 	3 hour per sessions <ul style="list-style-type: none"> • Mon & Thu: S&C • Tue: 50% S & C, 50% injury treatments, massages, etc., some baseball-specific training • Wed, Sat & Sun: baseball-specific training, getting pitchers up & running in a “Spring Training” style, hitters facing more live pitching and game situations, inter-squad games ever Saturday & Sunday, formalized (with uniforms, umpires, etc.) 	3 hour per sessions <ul style="list-style-type: none"> • Mon & Thu: S&C and trainer treatments for injuries, etc. Maintain strength, fluidity, looseness. • Tue: 50% baseball specific on field, 50% on physio conditioning • Wed: 100% on field, individual skills as well as team tactics, situational reviews, mechanical analysis and corrections of flaws that can be made in short-term. • Sat & Sun: inter-squad competition or friendly games 	3 hour per sessions <ul style="list-style-type: none"> • Mon & Thu: S&C and trainer treatments for injuries, etc. Maintain strength, fluidity, looseness. • Tue: 50% baseball specific on field, 50% on physio conditioning • Wed, Sat & Sun: 100% on field, individual skills as well as team tactics, situational reviews, mechanical analysis and corrections of flaws that can be made in short-term. • Sat & Sun: inter-squad competition or friendly games
Venue 訓練地點	1. Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages 2. Lion Rock Park Baseball Field or HKU pitch during STWRG baseball field close for maintenance	1. Sai Tso Wan Recreation Ground baseball field & batting cages	1. Sai Tso Wan Recreation Ground baseball field & batting cages	1. Sai Tso Wan Recreation Ground baseball field & batting cages 2. Lion Rock Park Baseball Field or HKU pitch during STWRG baseball field close for maintenance
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	Jan-May, plan to participate in APEX League in Shenzhen during weekend, regular game, no limit in time duration; to build solid experience on the field.	Jan-May, plan to participate in APEX League in Shenzhen during weekend, regular game, no limit in time duration; to build solid experience on the field.	Jul / Aug, 4-day overseas training in Japan to prepare for the Asia Cup	Oct/Nov: 13 th Asia Cup Dec: HKIBO 2020 (LIE)

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Performance Target 提升目標	To enhance competitiveness through high level competition during a 5-month season	Exhibit - Play competitive baseball for nine full innings, maintaining focus, drive, intensity, through heat/humidity of Hong Kong	Exhibit – identify our strength and weaknesses in the APEX League, to improve and strive for the best result in the Asia Cup	13 th Asia Cup: rank top 2 in the championship; to be qualified in the 30 th Asian Championship. HKIBO 2020:to retain champion in the tournament
Others 其他				

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