

Five-Year Development Programme for Team Sports  
Training and Development Plan 2019  
隊際運動五年發展計劃  
2019 訓練及發展計劃概要

更新於: 11/06/2019

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. <b>Jan: Athletes whose age 19 or under, to required to participate the preliminary round of the 2019 年全國青年運動會</b>	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 • 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 • 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 • 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 • 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 (during STWRG baseball field winter closure between 21 Dec 2018 and 22 Jan 2019)	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 during STWRG baseball field summer closure between 21 Dec 2018 and 22 Jan 2019) 3. <b>Jul-Aug: King's Park day time on Mon-Fri, additional training for athletes whose age 19 or under, to prepare for 2019 年全國青年運動會</b>	1. Sai Tso Wan Recreation Ground baseball field & batting cages

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Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	Mar-Sept: Join Training in Professional Baseball Team (2 weeks between in Japan)  <b>Feb/Mar: Athletes whose age 19 or under, may required to participate the preliminary round of the 2019 年全國青年運動會</b>	Mar-Sept: Join Training in Professional Baseball Team (2 weeks between in Japan)  May/Jun: Practicing Games during STWRG closure: 4 days 3 nights in Nanjing, China  June, propose to host a 6-team competition, a MLIE (tentative event name “National Cup” ) that apply for sanction by IF, invite national teams to play; aim to examine the players in a competitive competition and generate world ranking points for Team Hong Kong	Mar-Sept: Join Training in Professional Baseball Team (2 weeks between in Japan)  Jul/Aug: Practicing Games, 3 days, 2 nights in Shenzhen  <b>Aug: Athletes whose age 19 or under, will participate in the 2019 年全國青年運動會 (山西)</b>	Nov: 29 <sup>th</sup> Asian Championship  Dec: HKIBO 2019 (LIE)
Performance Target 提升目標	<b>2019 年全國青年運動會: to be qualified in the final round</b>	Exhibit - Play competitive baseball for nine full innings, maintaining focus, drive, intensity, through heat/humidity of HK.  National Cup – win 1/3 in the tournament	Exhibit – identify our strength and weaknesses in the National Cup, to improve and strive for the best result in the 29 <sup>th</sup> Asian Championship  <b>2019 年全國青年運動會: rank 2/3 in the tournament</b>	29 <sup>th</sup> Asian Championship: rank 6 <sup>th</sup> in the championship; and no more than 5 runs allowed in the games played between the teams of grade B, potential teams are Indonesia, Pakistan, Philippines, Sri Lanka, Thailand. (Remarks: Teams in grade A including China, Chinese Taipei, Japan and Korea)  HKIBO 2019:to examine the athletes in a 8-team international tournament with potential teams from China, Taiwan, Philippines, Sri Lanka, Malaysia, Laos, etc. to decide the final list for 2020 TS programme
Others 其他				