

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	Adjust the athlete's physical fitness and mentality to standard level since suspended the training over half year because COVID-19	Prepare for the 13th Asia Cup and HKIBO 2020	Enhance the athlete's physical fitness and mentality to higher level since suspended the training over half year because COVID-19 and prepare for the 13th Asia Cup and HKIBO 2021 S&C and trainer treatments for injuries start from Nov
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	3-4 hour per sessions • 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. • Fri, 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	3 hour per sessions • Sun & 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. • Fri, 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	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	1. Sai Tso Wan Recreation Ground baseball field & batting cages
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	Inter-squad competition or friendly games on Sunday regularly	Oct/Nov: 13 th Asia Cup Dec: HKIBO 2020 (LIE)	TBC: 13 th Asia Cup Mar: HKIBO 2020 (LIE)
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	Adjust the athlete's physical fitness and mentality to standard level since suspended the training over half year because COVID-19	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	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	- LCSD closed facilities from 29 Jan to 11 May - 23-28 Feb Home Training (8 hrs/ week) - Training suspend (March)	- April Home Training (Total 20 hrs) - 17 May – 14 July resume normal	- LCSD closed facilities from 15 Jul to 18 Sep - 18-30 Jul Home Training (6 hrs/ week) - Aug Home Training (6 hrs/ week) - 1-18 Sep Home Training (6 hrs/ week)			