

Five-Year Development Programme for Team Sports
Training and Development Plan 2021
隊際運動五年發展計劃
2021 訓練及發展計劃概要

更新於: 04/11/2020

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	Prepare for HKIBO (Mar), XIII BFA East Asia Baseball Cup (Apr/May), 14th National Games – Preliminary Round (Apr/May)	2-3 major competitions during this period. S&C transitioned into more strength maintenance & toning, stretching before & after, lighter weights, more reps, as well as injury rehab.	Learn from results in previous competitions and practice on baseball-specific areas such as team tactics, bunt coverage, relays/cut-offs, pick-offs, etc. to prepare for 14th National Games – Final Round (Sept)	Prepare for Asian Championship (Nov) and HKIBO (Dec)
Training Schedule 訓練時間表	3-4 hour per sessions • Sun: half-day baseball training (3hrs), half-day (3 hrs) mock game with 4 hrs of Strength & Conditioning (S&C) and 4 hrs of sports therapist • Tue: 4 hrs baseball training with 3 hrs of S&C • Wed: 4 hrs baseball training	3-4 hour per sessions • Sun: half-day baseball training (3hrs), half-day (3 hrs) mock game with 4 hrs of Strength & Conditioning (S&C) and 4 hrs of sports therapist • Tue: 4 hrs baseball training with 3 hrs of S&C • Wed: 4 hrs baseball training One week resting after finishing each major competition	3-4 hour per sessions • Sun: half-day baseball training (3hrs), half-day (3 hrs) mock game with 4 hrs of Strength & Conditioning (S&C) and 4 hrs of sports therapist • Tue: 4 hrs baseball training with 3 hrs of S&C • Wed: 4 hrs baseball training One week resting after finishing each major competition	3-4 hour per sessions • Sun: half-day baseball training (3hrs), half-day (3 hrs) mock game with 4 hrs of Strength & Conditioning (S&C) and 4 hrs of sports therapist • Tue: 4 hrs baseball training with 3 hrs of S&C • Wed: 4 hrs baseball training One week resting after finishing each major competition
Venue 訓練地點	1. Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages 2. Lion Rock Park Baseball Field or Po Kong Village Road Reservoir Ground 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	3. Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages 1. Lion Rock Park Baseball Field or Po Kong Village Road Reservoir Ground during STWRG baseball field close for maintenance
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	Jan-Mar, plan to participate in APEX League in Shenzhen during weekend, regular game, no limit in time duration; to build solid experience on the field. Mar: HKIBO (2020/21 LIE)	Apr/May: XIII BFA East Asia Baseball Cup Apr/May: 14th National Games – Preliminary Round	Jul/Aug, 5-day overseas training in Japan to prepare for the Asian Championship Sep: 14th National Games – Final Round	Nov: Asian Championship Dec: HKIBO (2021/22 LIE)

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Performance Target 提升目標	To enhance competitiveness through high level competition during a 3-month season To fight for top two in HKIBO	To strive for top 2 in Asia Cup, be qualified in the Asian Championship Be qualified to the 14th National Games – Final Round	To identify our strength and weaknesses in the overseas training; to improve and strive for top 6 in 14th National Games – Final Round	To strive for top 6 in the Asian Championship HKIBO: to retain champion in the tournament
Others 其他				

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