

Five-Year Development Programme for Team Sports
Training and Development Plan 2023
隊際運動五年發展計劃
2023 訓練及發展計劃概要

更新於: 23/09/2022

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	Skills and fitness enhancement to prepare for the competitions in the second half of the year, e.g. The 19 th Asian Games in Hangzhou, HKIBO	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 19 th Asian Games	Prepare for HKIBO (Dec)
Training Schedule 訓練時間表	3-4 hour per sessions <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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 <p>One week resting after finishing major competition</p>	3-4 hour per sessions <ul style="list-style-type: none"> • 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 <p>One week resting after finishing major competition</p>
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 (STWRG) baseball field & batting cages	1. Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages	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
Competition/ Training Camp (local/ overseas) 比賽/訓練營	Jan-Mar, plan to participate in overseas friendly matches during weekend, regular game, no limit in time duration; to	Mainly focus on local trainings and mock games	Jul/Aug, 5-day overseas training prepare for the Asian Games (TBC) Sep: The 19th Asian Games	Dec: HKIBO (2023/24 LIE)

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(本地/海外)	build solid experience on the field.			
Performance Target 提升目標	To enhance competitiveness through high level competition during a 3-month season	To identify the strength and weakness in the previous games and work through in local training.	To identify our strength and weaknesses in the overseas training; to improve and strive for 5th in the 19th Asian Games.	HKIBO: to retain champion in the tournament
Others 其他				

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