

Development Programme for Team Sports 2024-2027

隊際運動發展計劃 2024-2027

Training and Development Plan 2026-27

2026-27 訓練及發展計劃概要

NSA 體育總會名稱： The Baseball Association of Hong Kong, China Limited (Men 男子/~~women 女子~~) National Squad 代表隊

Time 時間	2026					2027
	Jan-Mar 1-3 月	Apr - Jun 4-6 月	Jul - Sept 7-9 月	Oct - Dec 10-12 月	Jan-Mar 1-3 月	
Training Details 訓練內容	Skills and fitness enhancement to prepare for the upcoming competitions in the bottom half year of the year	S&C transitioned into more strength maintenance & toning, stretching before & after, lighter weights, more reps, as well as injury rehab.	To prepare for the competitions in September	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 the competitions in October and December	To enhance technical skills, physical conditioning, tactical understanding for high-performance competition.	
Training Schedule 訓練時間表	3-4 hour per sessions · Sun: half-day baseball training (3hrs)/mock game with 4 hours of Strength & Conditioning (S&C) and 4 hours of sports therapist Tue, Thu, Sat: 3 hours baseball training with 2 hours of S&C	3-4 hour per sessions · Sun: half-day baseball training (3hrs)/mock game with 4 hours of Strength & Conditioning (S&C) and 4 hours of sports therapist Tue, Thu, Sat: 3 hours baseball training with 2 hours of S&C	3-4 hour per sessions · Sun: half-day baseball training (3hrs)/mock game with 4 hours of Strength & Conditioning (S&C) and 4 hours of sports therapist Tue, Thu, Sat: 3 hours baseball training with 2 hours of S&C	3-4 hour per sessions · Sun: half-day baseball training (3hrs)/mock game with 4 hours of Strength & Conditioning (S&C) and 4 hours of sports therapist Tue, Thu, Sat: 3 hours baseball training with 2 hours of S&C	3-4 hour per sessions · Sun: half-day baseball training (3hrs)/mock game with 4 hours of Strength & Conditioning (S&C) and 4 hours of sports therapist Tue, Thu, Sat: 3 hours baseball training with 2 hours of S&C	
Venue 訓練地點	· Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages · Lion Rock Park Baseball Field or other training facilities in Hong Kong or during STWRG baseball field close for maintenance from 3 Jan 2026 until 1 Feb 2026	· Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages	· Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages · Training in Greater Bay Area during summer time	· Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages · Lion Rock Park Baseball Field or other training facilities in Hong Kong or Shenzhen/Zhongshan during STWRG baseball field close for maintenance from 5 Sep 2026 until 19 Oct 2026	· Sai Tso Wan Recreation Ground (STWRG) baseball field & batting cages · Lion Rock Park Baseball Field or other training facilities in Hong Kong or Shenzhen/Zhongshan during STWRG baseball field close for maintenance from 2 Jan 2027 until 31 Jan 2027	
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	In addition to local training in batting cages, the team will have two 2-day overseas training trips to Zhongshan during the baseball field closure		Overseas Training to prepare for the following two tournaments: Sep: BFA U18 Baseball Asian Championship 2026 Sep: 20th Asian Games Aichi-Nagoya 2026	Overseas Training to prepare for the following two tournaments: Oct: BFA East Asia Cup 2026 Dec: Hong Kong International Baseball Open (“HKIBO”, 2026-27 LIE)	Overseas Training during the closure of STWRG baseball field	

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Performance Target 提升目標	To identify the strength and weakness in the previous competitions; review individual performance and adjust the training, if required	To shortlist a preliminary roster with 30-40 players for an intensive training and select the final team roster for the competitions	To enhance competitiveness through high level competition BFA U18: to retain top 2/3 AG: to retain top 2/3	BFA EAC: to retain top 1/3 HKIBO: to retain champion in the tournament	To examine training effectiveness in friendly matches
Others 其他					

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NSA 體育總會名稱： The Baseball Association of Hong Kong, China Limited (Men 男子/ ~~women~~ 女子) Second-tier Squad 第二梯隊

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