

Preparation for 2nd Youth Baseball5 Asia Cup 2025 備戰 2025 年第二屆五人制棒球青年亞洲盃								Tier 1
Jan-2025	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
			1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	
	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan Youth B5 Asia Cup Tryout 1900-2200 CUHK FAA	11-Jan Youth Asia Cup Preparaton 1800-2100 SKL	12-Jan Youth Asia Cup Preparaton 1800-2100 SKL	
	13-Jan	14-Jan	15-Jan	16-Jan Youth Asia Cup Preparaton 1800-2100 CUHK FAA	17-Jan Youth Asia Cup Preparaton 1900-2200 CUHK FAA	18-Jan Youth Asia Cup Preparaton 1800-2100 LTP	19-Jan Youth Asia Cup Preparaton 1800-2100 LTP	
	20-Jan	21-Jan	22-Jan	23-Jan Youth Asia Cup Preparaton 1700-2000 LTP	24-Jan Youth Asia Cup Preparaton 1800-2100 LTP	25-Jan Youth Asia Cup Preparaton 1800-2100 LTP	26-Jan Youth Asia Cup Preparaton 1500-1800 荃灣西約體育館	
	27-Jan	28-Jan Youth Asia Cup Preparaton 1500-1800 LTP	29-Jan	30-Jan Youth Asia Cup Preparaton 1400-1700 LTP	31-Jan Youth Asia Cup Preparaton 1400-1700 LTP			
Feb-2025	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
						1-Feb Youth Asia Cup Preparaton 1800-2100 LTP	2-Feb S&C Training 1100-1230 GYM Youth Asia Cup Preparaton 1800-2100 LTP	
	3-Feb	4-Feb S&C Training 1900-2100 GYM	5-Feb Youth Asia Cup Preparaton 1800-2100 LTP	6-Feb Youth Asia Cup Preparaton 1800-2100 LTP	7-Feb Youth Asia Cup Preparaton 1800-2100 LTP	8-Feb Youth Asia Cup Preparaton Zhongshan	9-Feb S&C Training 1100-1230 GYM Youth Asia Cup Preparaton 1800-2100 LTP	
	10-Feb	11-Feb S&C Training 1900-2100 GYM	12-Feb Youth Asia Cup Preparaton 1800-2100 LTP	13-Feb Youth Asia Cup Preparaton 1800-2100 LTP	14-Feb Youth Asia Cup Preparaton 1800-2100 LTP	15-Feb Youth Asia Cup Preparaton 1800-2100 LTP	16-Feb S&C Training 1100-1230 GYM Youth Asia Cup Preparaton 1800-2100 LTP	
	17-Feb	18-Feb S&C Training 1900-2100 GYM	19-Feb Youth Asia Cup Preparaton 1800-2100 LTP	20-Feb Youth Asia Cup Preparaton 1800-2100 LTP	21-Feb Youth Asia Cup Preparaton 1800-2100 LTP	22-Feb Youth Asia Cup Preparaton Zhongshan	23-Feb Youth Asia Cup Preparaton Zhongshan	
	24-Feb	25-Feb S&C Training 1900-2100 GYM	26-Feb Youth Asia Cup Preparaton 1800-2100 LTP	27-Feb Youth Asia Cup Preparaton 1800-2100 LTP	28-Feb Youth Asia Cup Preparaton 1800-2100 LTP			
Mar-2025	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
						1-Mar Youth Asia Cup Preparaton 1800-2100 LTP	2-Mar S&C Training 1100-1230 GYM Youth Asia Cup Preparaton 1800-2100 LTP	
	3-Mar	4-Mar S&C Training 1900-2100 GYM	5-Mar Youth Asia Cup Preparaton 1800-2100 LTP	6-Mar Youth Asia Cup Preparaton 1800-2100 LTP	7-Mar Youth Asia Cup Preparaton 1800-2100 LTP	8-Mar Youth Asia Cup Preparaton 1800-2100 LTP	9-Mar 9/3 Travel to TPE	
	10-Mar 10/3 Pre-Tournament Meeting	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar 16/3 Back to HKG	
	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	
	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	
	31-Mar							

2nd Youth Baseball5 Asia Cup 2025 Preparation - Technical Training

CUHK FAA: CUHK FAA Thomas Cheung School (Address: Ka Tin Court, Hin Keng Estate, Shatin, N.T.)
新界沙田顯徑邨嘉田苑 香港中文大學校友會聯會張煊昌學校
SKL 5-a-side Soccer Pitches, Shek Ku Lung Road Playground, 18 Lok Sin Road, Wong Tai Sin, Kowloon
黃大仙樂善道18號石鼓壠道遊樂場 五人足球場
LTP 5-a-side Soccer Pitches, Lam Tin Park, Pik Wan Road, Lam Tin, Kowloon
九龍藍田碧雲道藍田公園 五人足球場

2nd Youth Baseball5 Asia Cup 2025 Preparation - Strength and Conditioning (S&C) Training

GYM: Shooto Gym (Address: 2/F, Tung Wai Building, 227-229 Tung Choi Street, Kowloon) (Prince Edward MTR exit A)
旺角通菜街227-229號東威大廈2/F

2nd Youth Baseball5 Asia Cup 2025 Preparation - Overseas Training (Zhongshan, China)

*Training details may be subject to change; the coach will keep the selected players informed on the WhatsApp group.

*Please contact 2504 8330 for any questions.

Preparation for 2nd Youth Baseball5 Asia Cup 2025 備戰 2025 年第二屆五人制棒球青年亞洲盃								Tier 2
Jan-2025	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
			1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	
	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan Youth B5 Asia Cup Tryout 1900-2200 CUHK FAA	11-Jan Youth Asia Cup Preparaton 1800-2100 SKL	12-Jan Youth Asia Cup Preparaton 1800-2100 SKL	
	13-Jan	14-Jan	15-Jan	16-Jan Youth Asia Cup Preparaton 1800-2100 CUHK FAA	17-Jan Youth Asia Cup Preparaton 1900-2200 CUHK FAA	18-Jan Youth Asia Cup Preparaton 1800-2100 LTP	19-Jan Youth Asia Cup Preparaton 1800-2100 LTP	
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	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan			
Feb-2025	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
						1-Feb	2-Feb S&C Training 1230-1330 GYM	
	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb Regional Squad Training 1900-2200 CUHK FAA	8-Feb	9-Feb S&C Training 1230-1330 GYM	
	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb Regional Squad Training 1900-2200 CUHK FAA	15-Feb B5 & B6 Elementary Training 1600-1800 LTP	16-Feb S&C Training 1230-1330 GYM B5 & B6 Elementary Training 1600-1800 LTP	
	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb Regional Squad Training 1900-2200 CUHK FAA	22-Feb	23-Feb S&C Training 1230-1330 GYM	
	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb			
Mar-2025	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
						1-Mar	2-Mar S&C Training 1230-1330 GYM B5 & B6 Elementary Training 1600-1800 LTP	
	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar Regional Squad Training 1900-2200 CUHK FAA	8-Mar B5 & B6 Elementary Training 1600-1800 LTP	9-Mar	
	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar Regional Squad Training 1900-2200 CUHK FAA	15-Mar	16-Mar	
	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar Regional Squad Training 1900-2200 CUHK FAA	22-Mar B5 & B6 Elementary Training 1600-1800 LTP	23-Mar B5 & B6 Elementary Training 1600-1800 LTP	
	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar Regional Squad Training 1900-2200 CUHK FAA	29-Mar B5 & B6 Elementary Training 1600-1800 LTP	30-Mar B5 & B6 Elementary Training 1600-1800 LTP	
Apr-2025	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
		1-Apr	2-Apr	3-Apr	4-Apr Regional Squad Training 1900-2200 CUHK FAA	5-Apr B5 & B6 Elementary Training 1600-1800 LTP	6-Apr B5 & B6 Elementary Training 1600-1800 LTP	

Regional Squad Training

CUHK FAA: CUHK FAA Thomas Cheung School (Address: Ka Tin Court, Hin Keng Estate, Shatin, N.T.)
香港中文大學校友會聯會張煊昌學校（地址：新界沙田顯徑邨嘉田苑）

B5 & B6 Elementary Training

LTP 5-a-side Soccer Pitches, Lam Tin Park, Pik Wan Road, Lam Tin, Kowloon
九龍藍田碧雲道藍田公園 五人足球場

2nd Youth Baseball5 Asia Cup 2025 Preparation - Strength and Conditioning (S&C) Training

GYM: Shooto Gym (Address: 2/F, Tung Wai Building, 227-229 Tung Choi Street, Kowloon) (Prince Edward MTR exit A)
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