

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：香港壘球總會

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	(a) Field Practice (Basic skills training on throwing & catching; swinging & base running) (b) Physical Training	(a) Field Practice (Fielding and Batting practice) (b) Physical Training	(a) Field Practice (Batting practice with pitching; fielding and base running practice with game situation; matches with Men's team) (b) Physical Training	(a) Field Practice (Basic skills training) (b) Physical Training
Training Schedule 訓練時間表	(a) Mon & Wed : 19:30-22:30 Sat : 11:00-14:00 (b) Tue & Thu : 19:30 – 21:30	(a) Mon & Wed : 19:30-22:30 Sat : 11:00-14:00 (b) Tue & Thu : 19:30 – 21:30	(a) Mon & Wed: 19:30 – 22:30 Sat : 11:00-14:00 (b) Tue & Thu : 19:30 – 21:30	(a) Mon & Wed: 19:30 – 22:30 Sat : 11:00-14:00 (b) Tue & Thu : 19:30 – 21:30
Venue 訓練地點	(a) Tin Kwong Road (b) T.B.C	(a) Tin Kwong Road (b) T.B.C	(a) Tin Kwong Road (b) T.B.C	(a) Tin Kwong Road (b) T.B.C
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)		- Higashi Kagawa, Japan Goodwill Softball Tournament 2020 - Guangzhou Training Camp		- Chiang Mai Open Softball Tournament 2020 - Dec - Overseas Training (for Pitchers & Catchers)
Performance Target 提升目標	- To improve power transmission & weight movement in throwing and batting - To improve speed and base running skills - To strengthen team power	- To gain more game experience through matches with Guangzhou's Team	- To improve physical fitness - To improve basic skills	- To aim at getting the 2nd place in Chiang Mai Open Softball Tournament 2020. - To improve pitching & catching skills.
Others 其他	N/A	N/A	N/A	N/A