

Five-Year Development Programme for Team Sports  
Training and Development Plan 2022

隊際運動五年發展計劃  
2022 訓練及發展計劃概要

NSA 體育總會名稱： Hong Kong Softball Association 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) Fitness & Weight Training	(a) Field Practice (Fielding and Batting practice) (b) Fitness & Weight Training	(a) Field Practice (Batting practice with pitching; fielding and base running practice with game situation; matches with Men's team) (b) Fitness & Weight Training	(a) Field Practice (Basic skills training) (b) Fitness & Weight Training
Training Schedule 訓練時間表	(a) Mon & Wed : 19:30-22:30 Sat : 11:00-14:00 (b) Tue : 19:30 - 21:30	(a) Mon & Wed : 19:30-22:30 Sat : 11:00-14:00 (b) Tue : 19:30 - 21:30	(a) Mon & Wed: 19:30 - 22:30 Sat : 11:00-14:00 (b) Tue : 19:30 - 21:30	(a) Mon & Wed: 19:30 - 22:30 Sat : 11:00-14:00 (b) Tue : 19:30 - 21:30
Venue 訓練地點	(a) Tin Kwong Road (b) Gym Room / Tin Kwong Road	(a) Tin Kwong Road (b) Gym Room / Tin Kwong Road	(a) Tin Kwong Road (b) Gym Room / Tin Kwong Road	(a) Tin Kwong Road (b) Gym Room / Tin Kwong Road
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)		- Asian Women Softball Championship 2022 - Guangzhou Training Camp	- 2022 Asian Games	- 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 improve pitching & catching skills.
Others 其他	N/A	N/A	N/A	N/A