

Development Programme for Team Sports 2024-2027

隊際運動發展計劃 2024-2027

Training and Development Plan 2025

2025 訓練及發展計劃概要

NSA 體育總會名稱： Hong Kong China Softball Association (Men 男子/ women 女子)

National Squad 代表隊

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) On Field Training (Pitching, Fielding and Batting practice) (b) Fitness & Weight Training	(a) On Field Training (Pitching, Fielding and Batting practice) (b) Fitness & Weight Training	(a) On Field Training (Pitching, Fielding and Batting practice) Fitness & Weight Training	(a) On Field Training (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 Tue & Thu : 20:00 - 22:00	(a) Mon & Wed : 19:30-22:30 Sat : 11:00-14:00 Tue & Thu : 20:00 - 22:00	(a) Mon & Wed : 19:30 - 22:30 Sat : 11:00-14:00 Tue & Thu : 20:00 - 22:00	(a) Mon & Wed : 19:30 - 22:30 Sat : 11:00-14:00 Tue & Thu : 20:00 - 22:00
Venue 訓練地點	(a) Tin Kwong Road Wan Chai Gym Room	(a) Tin Kwong Road Wan Chai Gym Room	(a) Tin Kwong Road (b) Wan Chai Gym Room	(a) Tin Kwong Road (b) Wan Chai Gym Room
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	- Kaohsiung International Women Softball Competition (Feb 2025)	- NEC Training Camp - Women Softball Asia Cup 2025	National Women Softball Championship (Aug 2025)	National Games (Softball) (Nov 2025)
Performance Target 提升目標	- To gain more game experience through matches with Overseas softball Team	- Through the overseas training camp can enhance personal experience and skills.	- To gain more game experience through matches with Overseas softball Team	- To gain more game experience through matches with Overseas softball Team
Others 其他	N/A	N/A	N/A	N/A

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2025 訓練及發展計劃概要

NSA 體育總會名稱 : Hong Kong China Softball Association (Men 男子/ women 女子)

Second-tier Squad 第二梯隊

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) On Field Training (Pitching, Fielding and Batting practice) (b) Fitness or Local Competition	(a) On Field Training (Pitching, Fielding and Batting practice) (b) Fitness or Local Competition	(a) On Field Training (Pitching, Fielding and Batting practice) (b) Fitness or Local Competition	(a) On Field Training (Pitching, Fielding and Batting practice) (b) Fitness or Local Competition
Training Schedule 訓練時間表	(a) Fri or Sat : 19:00-22:00 Sat : 11:00-14:00 (b) Sun : 11:00 – 13:00	(a) Fri or Sat : 19:00-22:00 Sat : 11:00-14:00 (b) Sun : 11:00 – 13:00	(a) Fri or Sat : 19:00-22:00 Sat : 11:00-14:00 (b) Sun : 11:00 – 13:00	(a) Fri or Sat : 19:00-22:00 Sat : 11:00-14:00 (b) Sun : 11:00 – 13:00
Venue 訓練地點	(a) Tin Kwong Road (b) Tin Kwong Road /Shek Kip Mei/ Self arrangement	(a) Tin Kwong Road Tin Kwong Road / Shek Kip Mei / Self arrangement	(a) Tin Kwong Road Tin Kwong Road / Shek Kip Mei / Self arrangement	(a) Tin Kwong Road Tin Kwong Road / Shek Kip Mei / Self arrangement
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)		- Oversea Training Camp (Apr-May) **The coaches will select the potential athletes to participate in the above events.	National Women Softball Championship (Aug 2025) **The coaches will select the potential athletes to participate in the above events.	National Games (Softball) (Nov 2025) **The coaches will select the potential athletes to participate in the above events.
Performance Target 提升目標	- To improve Skill	- Through the overseas training camp can enhance personal experience and skills.	- To gain more game experience through matches with Overseas softball Team	- To gain more game experience through matches with Overseas softball Team
Others 其他	N/A	N/A	N/A	N/A