

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： Hong Kong China Softball Association (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	(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) (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) (b) Fitness & Weight Training
Training Schedule 訓練時間表	(a) Mon & Wed: 19:30- 22:30 Sat: 10:30-13:30 (b) Tue & Thu: 20:00-22:00	(a) Mon & Wed: 19:30- 22:30 Sat: 10:30-13:30 (b) Tue & Thu: 20:00-22:00	(a) Mon & Wed: 19:30- 22:30 Sat: 10:30-13:30 (b) Tue & Thu: 20:00-22:00	(a) Mon & Wed: 19:30- 22:30 Sat: 10:30-13:30 (b) Tue & Thu: 20:00-22:00	(a) Mon & Wed: 19:30- 22:30 Sat: 10:30-13:30 (b) Tue & Thu: 20:00-22:00
Venue 訓練地點	(a) Tin Kwong road (b) Wan Chai Gym Room	(a) Tin Kwong Road (b) Wan Chai Gym Room	(a) Tin Kwong Road (b) 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)	- Nantou International Women Softball Competition (Feb 2026)	- China Training Camp / Competition (Apr 2026)	- China Training Camp / Competition (July / Aug 2026) - 20 th Asian Games 2026 Aichi Nagoya (Sep 2026)	- 4 th Asian Universities Women Softball Asian Cup 2026 (Oct 2026) - National Women Softball Championships (Dec 2026)	- Overseas Training Camp / Competition (Feb / Mar 2027)
Performance Target 提升目標	- To gain more 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 -	- Through the Overseas training camp can enhance personal experience and skills
Others 其他	N/A	N/A	N/A	N/A	N/A

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： Hong Kong China Softball Association (~~Men 男子~~/ women 女子) Second-tier Squad 第二梯隊

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	(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) (b) Fitness & Weight Training	(a) On Field Training (Pitching, Fielding and Batting practice) (c) Fitness & Weight Training	(a) On Field Training (Pitching, Fielding and Batting practice) (b) Fitness & Weight Training
Training Schedule 訓練時間表	(a) Mon: 19:30-22:30 Sat: 07:30-10:30, 10:30-13:30 (b) Sun: 11:00-13:00	(a) Mon: 19:30-22:30 Sat: 07:30-10:30, 10:30-13:30 (b) Sun: 11:00-13:00	(a) Mon: 19:30-22:30 Sat: 07:30-10:30, 10:30-13:30 (b) Sun: 11:00-13:00	(a) Mon: 19:30-22:30 Sat: 07:30-10:30, 10:30-13:30 (b) Sun: 11:00-13:00	(a) Mon: 19:30-22:30 Sat: 07:30-10:30, 10:30-13:30 (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 (b) Tin Kwong Road / Shek Kip Mei / Self arrangement	(a) Tin Kwong Road (b) Tin Kwong Road / Shek Kip Mei / Self arrangement	(a) Tin Kwong Road (b) Tin Kwong Road / Shek Kip Mei / Self arrangement	(a) Tin Kwong Road (b) Tin Kwong Road / Shek Kip Mei / Self arrangement
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	- Nantou International Women Softball Competition (Feb 2026) * coach will select potential athletes to participate in the above event.	- China Training Camp / Competition (Apr 2026) * coach will select potential athletes to participate in the above event.	- China Training Camp / Competition (July / Aug 2026) - 20 th Asian Games 2026 Aichi Nagoya (Sep 2026) * coach will select potential athletes to participate in the above event.	- 4 th Asian Universities Women Softball Asian Cup 2026 (Oct 2026) - National Women Softball Championships (Dec 2026) * coach will select potential athletes to participate in the above event.	- Overseas Training Camp / Competition (Feb / Mar 2027) * coach will select potential athletes to participate in the above event.
Performance Target 提升目標	- To gain more 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	N/A