

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 | |
| 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 |

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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 | |
| 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 |