



中國香港籃球總會 主辦



資助



贊助



地區籃球訓練計劃 District Basketball Team Training Scheme 2026-27

截止日期 Deadline : 31 Aug 2026

宗旨 Aims

- 提高地區青少年參與籃球運動的興趣及加強他們對地區的歸屬感
Promote teenagers' interest in basketball and increase their sense of belonging to local district.
- 在全港18區組織地區球隊，代表地區參加「地區籃球隊際賽」
Organize district basketball teams in 18 districts for participating in "Inter-District Competition".
- 發掘有潛質的學員作進一步培訓
Identify talents for further trainings.

參加資格 Requirements

- 13–17歲 (2009年1月1日 至 2013年12月31日出生) 及
具備基本籃球技術的男女子青少年 (本計劃並不適合初學者)
Male and female teenagers aged 13–17 (DOB 1Jan2009 – 31Dec2013)
With basic basketball skills (Not suitable for beginners).
- 居住或就讀於香港
Live or study in Hong Kong.

甄選日 Selection Day

- 參加者必須出席甄選日，參與籃球技術測試，入選名單將於本會網頁公佈。
Participants must attend Selection Day, to participate in basketball skills test. Selected participants list will be announced in BAHKC official website.
- 參加者必須於甄選日出示以下文件，否則參加資格會被取消。
Participants must present below documents on Selection Day. Those who failed to comply would be disqualified.
 - 身份、年齡證明：
含有個人照片及出生年月日的證明文件（例如身份證、學生手冊、回鄉證或護照）
Personal identification document with date of birth and photo, must be presented on Selection Day, such as HKID card, student handbook, home return permit or passport.
 - 所屬地區證明
District identity proof
 - 如選擇以居住地區作為訓練地區 If choice of district is based on home address:
 - 父母住址證明 – 須三個月內由政府部門或機構、或銀行、或流動電話機構發出，並清楚列明收件者為參加者之父母；及
Proof of residence of parents – must be issued with 3 months, by a government department or agency, or bank, or mobile service provider, with parent's name on it.
 - 參加者出世紙 – 父母一欄（任何一位）必須與 (i) 之收件人名稱相同
Birth certificate of participant – to show the person indicated in residential proof is parent of the participant.
 - 如選擇以就讀學校地區作為訓練地區 If choice of district is based on school address:
 - 學生手冊 或 學生證 – 必須包括學校名稱、校址、學生名字和相片，方為有效
Student handbook or Student ID card – must include school name, school address, name and photo of participant.
- 甄選日期及地點 Selection date and venue

2026年9月6日 (星期日) 早上8時至晚上8時
6 September 2026 (Sun) 08:00 – 20:00

九龍灣體育館 / 調景嶺體育館
Kowloon Bay Sports Centre/ Tiu Keng Leng Sports Centre

實際甄選時間及場地將連同甄選名單一併在本會網頁公布

The actual selection time and venue will be announced on our website along with the selection list.

課程內容 Programme Details

- 階段 1 – 參加者必須出席甄選日，參與籃球技術測試，入選名單將於本會網頁公佈。
Stage 1 – Participants must attend Selection Day, to participate in basketball skills test. Selected participants list will be announced in BAHKC official website.
階段 2 – 提高攻防戰術運用的概念 及 加強全隊攻防戰術運用及比賽的訓練
Stage 2 – Improve concept on offense and defense strategies. & reenforce offense and defense strategies and competition trainings.
- 注意事項 Remarks
 - 訓練計劃分為兩個階段，以廣東話授課。學員在籃球方面的潛質、在訓練期間的技術進度、上課表現、紀律及出席率將作為晉升下一階段的評核因素。
The training program is divided into two stages and will be conducted in Cantonese. Advancement to the next stage will be evaluated based on participants' basketball potential, skill development during training, in-class performance, discipline, and attendance.
 - 能晉升第二階段訓練的學員將組成區隊，並由教練帶領參加上述的「地區籃球隊際賽」。
Participants made through to stage II, will be arranged as a team by tutor and join the "Inter-District Competition" mentioned above.

階段1 訓練詳情 Stage 1 Training

分區 District	訓練日期 (2026年) Date (2026)	時間 Time	訓練場地 Venue
東區 Eastern	(Wed) 7,14,21,28/10	8pm – 10pm	小西灣體育館 Siu Sai Wan Sports Centre
	(Wed) 11, 18/11 (Fri) 20/11 (Sun) 8,15,22/11	8pm – 10pm	港島東體育館 Island East Sports Centre
南區 Southern	(Wed) 14,21,28/10 ; 4,11,18/11 (*Sat) 17,24/10 ; 7,14/11	7pm – 9pm *6pm – 8pm	鴨脷洲體育館 Ap Lei Chau Sports Centre
灣仔 Wan Chai	(Tue) 6,13,20,27/10 ; 3,10,17/11 (Sat) 7,14,21/11	7pm – 9pm	黃泥涌體育館 Wong Nai Chung Sports Centre
中西區 Central and Western	(Thu) 8,15,22,29/10 ; 5,12,19/11 (*Sat) 10,17/10 ; 7/11	8pm – 10pm *4pm – 6pm	士美非路體育館 Smithfield Sports Centre
北區 North	(Wed) 7,14,21,28/10 ; 4,11,18/11 (*Sun) 11,25/10 ; 8/11	7pm – 9pm *8pm – 10pm	龍琛路體育館 Lung Sum Avenue Sports Centre
深水埗區 Sham Shui Po	(Wed) 7,14,21,28/10 ; 4,11,18/11 (*Sat) 17,31/10 ; 7/11	8pm – 10pm *1pm – 3pm	石硤尾公園體育館 Shek Kip Mei Park Sports Centre
大埔區 Tai Po	(Tue) 6,13,27/10 ; 3/11 (Sat) 10,17,24/10 ; 7,14,21/11	7pm – 9pm	大埔體育館 Tai Po Sports Centre
觀塘/西貢區 Kwun Tong/ Sai Kung	(Wed) 7,14,21,28/10 ; 4,11/11 (Sat) 10,24/10 ; 7,14/11	7pm – 9pm	調景嶺體育館 Tiu Keng Leng Sports Centre
屯門區 Tuen Mun	(Mon) 6,13,20,27/10 ; 3/11 (*Sun) 25/10 ; 1,8,15,22/11	8pm – 10pm *4pm – 6pm	賽馬會屯門蝴蝶灣體育館 The J.C. Tuen Mun Butterfly Beach Sports Centre

分區 District	訓練日期 (2026年) Date (2026)	時間 Time	訓練場地 Venue
九龍城區 Kowloon City	(Thu) 8/10 (Wed) 21,28/10 ; 4,11,18/11 (Sat) 17,31/10 ; 7,14/11	7pm – 9pm	紅磡市政大廈體育館 Hung Hom Municipal Services Building Sports Centre
黃大仙區 Wong Tai Sin	(Wed) 7,14,21,28/10 ; 4,11,18/11 (Fri) 6,13,20/11	7pm – 9pm	彩虹道體育館 Choi Hung Road Sports Centre
油尖旺區 Yau Tsim Mong	(Wed) 7,14,21,28/10 ; 4,11,18/11 (Sat) 7,14,21/11	8pm – 10pm	官涌體育館 Kwun Chung Sports Centre
葵青/離島區 Kwai Tsing/ Island	(Fri) 9,16,23/10 ; 13,20/11 (*Sun) 11,18,25/10 ; 1,15/11	7pm – 9pm *4pm – 6pm	北葵涌邵仲堅體育館 North Kwai Chung Tang Shiu Kin Sports Centre
荃灣區 Tsuen Wan	(Mon) 5,12,26/10 ; 2,9/11 (Wed) 7,14,21,28/10 ; 4/11	8pm – 10pm	蕙荃體育館 Wai Tsuen Sports Centre
元朗區 Yuen Long	(Wed) 7,14,21,28/10 ; 4,11,18/11 (Fri) 30/10 ; 6,20/11	7pm – 9pm	元朗體育館 Yuen Long Sports Centre
沙田區 Shatin	(Wed) 7,14,21,28/10 ; 4,11,18/11 (*Sun) 11,25/10 ; 1/11	8pm – 10pm *4pm – 6pm	美林體育館 Mel Lam Sports Centre
九龍/香港區 (女) KLN/ H.K. (Female)	(Tue) 6,13,20/10 ; 10,17/11 (*Sat) 10,17,24/10 ; 7,14/11	7pm – 9pm *8pm – 10pm	九龍灣體育館 Kowloon Bay Sports Centre
九龍/新界區 (女) KLN/ N.T. (Female)	(Wed) 7,14,21,28/10 ; 4/11	7pm – 9pm	林士德體育館 Osman Ramju Sadick Memorial Sports Centre
	(*Wed) 11,18/11 (*Sun) 6,13,20/11	7pm – 9pm	青衣體育館 Tsing Yi Sports Centre

階段2 技術挑戰賽及 地區籃球隊 區際賽 Stage 2 Skill Challenge Game & Inter-District Competition

名額 Quota

階段 1 – 每區 30 人
Stage 1 – 30 people/ district

階段 2 – 每區 15 人
Stage 2 – 15 people/ district

教練 Coach

由中國香港籃球總會安排資深教練任教
Experienced tutor will be arranged by Basketball Association of Hong Kong, China

獎勵及 修畢證明 Prize and Certificate

- 第一階段入選者可獲贈贊助商Ozone 送出訓練球衣一件
· A practice jersey from our sponsor, Ozone, will be given to all selected participants for stage I.
- 成功入選第二階段的參加者，可獲贈比賽球衣一件
· A jerseys suit will be given to selected participants for stage II.
- 完成兩個級別的訓練且出席率達80%及經評核合格的學員將獲頒證書
· A certificate will be issued to participant who: completed both stages with over 80% participation rate, and passed the assessment.

費用 Fees

- 第一階段訓練 – 港幣\$200元正 Stage I training – HK\$200
- 第二階段訓練 – 港幣\$250元正 Stage I training – HK\$250

報名日期 Registration Period

即日起至2026年8月31日23時59分
From now until 23:59 on 31 August 2026

報名辦法 Registration Method

- 本次活動一律採用 Google Form 網上報名。
· All registrations must be submitted online via Google Form.
- 報名者須於截止日期前，如實填寫並提交 Google 報名表單。
· Applicants must complete and submit the Google Form truthfully before the deadline.
- 提交表單後即表示報名者同意遵守本章程所有條款。
· Submission of the form indicates agreement to abide by all terms in these guidelines.

繳款方式 Payment Method

只接受銀行轉帳，入選者必須於2026年9月24日或之前完成轉帳並填妥指定網上表格，沒有轉帳或沒有填妥指定網上表格提交轉帳證明亦會當作放棄該名額，而後將由後補人士補上。（本會不會另函通知）
Bank transfer only. Selected participants must complete the bank transfer and submit the google form on or before 24 September 2026. Failure to complete the transfer or failure to submit the google form with proof of transfer will be regarded as forfeiture of the place, and the place will be offered to the waitlisted candidates. (No separate notification will be sent by the organisers.)

甄選名單及 成績公佈 Announcement of Selection Name List and Results

請於2026年9月3日瀏覽本會網頁有關甄選名單及詳情。
入選名單將於2026年9月10日日在本會網頁公佈，恕不寄函通知。
Please visit our website for the name list and details of selection on 3 September 2026.
The qualified name lists for training will be announced on 10 September 2026 on our website. No correspondence will be sent.

章程索取處 Prospectus Collection

1. 康樂及文化事務署各分區康樂事務辦事處及體育館
Sports Centers and District Leisure Services Offices under Leisure and Cultural Services Department
2. 香港銅鑼灣掃桿埔大球場徑1號奧運大樓1006室中國香港籃球總會
Basketball Association of Hong Kong, China
Room 1006, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.
3. 於 <http://www.basketball.org.hk> 下載
Download at <http://www.basketball.org.hk>
4. 查詢電話 Enquiry : 2504 8181/ 2504 8179 網址 Website : [website: http://www.basketball.org.hk](http://www.basketball.org.hk)

備註 Remarks

1. 參加者必須穿著贊助商提供之服裝上課及比賽
 2. 每人只可填交一份報名表格；如有重複遞交申請或虛報資料者，將被取消參加資格，所繳費用概不發還
 3. 如發現申請者資格不符合該班的要求，本會有權取消其申請資格
 4. 參加者必須在本報名表格提供所需的個人資料。如你未能提供所需的個人資料及附有有效的證明文件，本會可能因無法處理有關申請而取消其參加資格
 5. 參加者所提供的個人資料，只作報名、統計、日後聯絡、宣傳本會活動及當取消活動後處理退款時作為核實身分之用。除獲本會授權職員外，將不會提供予其他人士
 6. 若要求更改或索取你申報的個人資料，可與本會職員聯絡
 7. 第二階段的入選名單將於本會網頁公佈，請各學員自行參照及下載，入選學員將不獲另行通知。如有需要，因應課程編排、場館維修或其他原因影響，本會有權修改上課時間及地點，並於本會網頁公佈
 8. 本會保留修改章程的權利，參加者不得異議
 9. 參加者請保留本章程作日後參考之用
1. Participant must wear jersey/ T-shirt sponsored at class and competition. 2. Each person could only send one

application form. Participants who duplicated their applications or filled incorrect personal data will be disqualified, and fees paid will not be refunded. 3. If any participant is found as not fitting our requirements, BAHKC reserve all rights to cancel his or her eligibility. 4. Applicant must fill in all fields in this application form, with requested supporting documents. Those who failed to comply may be disqualified. 5. Personal data collected will only be used for enrolment, statistics, follow up contact, promotion of events of BAHKC, identification for possible refund. These data will be assessed by authorised staffs of BAHKC. BAHKC will not provide these data to other person or entity. 6. Please contact BAHKC if you want to revise your personal data provided. 7. Selected participants list will be announced in BAHKC website. Please check it on time, we will not contact each participant separately. We reserve all rights to revise venue or time of all classes or competitions if necessary. If so, we will announce at BAHKC website. 8. BAHKC reserve all rights to revise this prospectus. 9. Please keep this prospectus for future reference.