GREEN & GRIND

GROWING PLAYERS,
ON AND OFF THE COURT.

WINTER ELITE

BASKETBALL & PERFORMANCE CAMP

冬季籃球技術及體能訓練營



CO-HOST W/ COACH SUM（梁子森）

HK U22 BASKETBALL REPRESENTATIVE TEAM PLAYER 現役香港U22籃球代表隊球員
ON CHING (HKBA A2 DIVISION) CURRENT PLAYER 現役香港甲二籃球隊安青球員
CUHK BASKETBALL TEAM PLAYER 現役中大籃球隊球員
JING YING BASKETBALL TOURNAMENT: CHAMPION 全港學界精英籃球比賽冠軍
INTER-SCHOOL BASKETBALL COMPETITION: CHAMPION 全港學界籃球比賽冠軍

14–31 DEC 2026
3 Camp Weeks

AGES 7–17
Serious & Motivated Players

3.5 HOURS DAILY
8:00 AM – 11:30 AM

EARLY BIRD 10% OFF Register by 30 November

PHOTO CREDIT: AUBL

3.5-HOUR COMPLETE ATHLETE DEVELOPMENT EXPERIENCE

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每日訓練安排及重點 | 技術 x 體能 x 修復 全方位提升球員表現

8:00 – 10:00 AM
ON-COURT SKILLS 技術訓練

10:00 – 10:30 AM
REST & REFUEL 休息

10:30 – 11:15 AM
PERFORMANCE & S&C 體能與肌耐力訓練

11:15 – 11:30 AM
MOBILITY & RECOVERY 運動後修復



DAILY FOCUS 每日訓練重點

DAY	SKILL 技術訓練	PERFORMANCE 體能訓練
DAY 1	DRIBBLING 運球	LANDING 落地緩衝
DAY 2	SHOOTING 投籃	AGILITY 敏捷度
DAY 3	FINISHING 籃底終結	CORE CONTROL 核心控制
DAY 4	DEFENCE 防禦	EXPLOSIVE POWER 爆發力
DAY 5	3x3 GAMES 三打三	CONDITIONING 綜合體能

RECOVERY INCLUDED DAILY
每日進行運動後修復練習

WEEKS 2/3 COVER DAYS 1–4 ONLY
第二/三週不設3x3及綜合體能訓練

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ON AND OFF THE COURT.

CHOOSE YOUR CAMP WEEK

WEEK 1
5-DAY CAMP

14 – 18 DEC

Hong Kong Island
港島

Early Bird
HK$2,925
(HK$585/day)

WEEK 2
4-DAY CAMP

22 – 25 DEC

Kowloon East
九龍東

Early Bird
HK$2,340
(HK$585/day)

WEEK 3
4-DAY CAMP

28 – 31 DEC

Kowloon Central
九龍中

Early Bird
HK$2,340
(HK$585/day)

Daily Drop-in
單日收費
HK$750/day

Early Bird until 30 Nov
早鳥優惠至11月30日
10% OFF

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