

National Training Squad U10 (Selection Criteria)

港青訓練計劃 10 歲以下組別 (甄選準則)

2025/2026 Assessment for players aged 10 or under

Selection Date

15th June 2025 (Sunday)

**Fall back day on 1st July 2025 (Sunday)*

**only applicable to cancellation on 15th June due to inclement weather or other unexpected circumstances*

Selection Criteria

All players must and comply with all the following criteria.

- Players are born in **2016 or 2017**
- Players who have a place in the Hong Kong National Junior 12 & Under Rankings as of **June 2025** and with at least 0.1 ranking point
- Comply with HKCTA codes of conduct
- Commit to the minimum number of training days, and tournaments
- Players who do not attend the Assessment Day will not be considered for selection.
- Do not attend if you do not intend to accept a place

Assessment Content

Players will be assessed by HKCTA coaches across technical, tactical and physical components* of the game

* Physical components including:

- Speed, agility and change of direction (performed on tennis court)
- Lower body strength
- Balance, stability and coordination
- Hand-eye coordination and reaction time

Assessment invitation

Assessment invitation will send out by email after the Hong Kong National Junior 12 & Under Rankings of **June 2025** is announced.

(New) Mid-term Assessment – (To be Announced)

Players who could not join attend the assessment in June, or could not meet the selection criteria may be invited to the Mid-term Assessment follow by the below criteria.

- Players are born in **2016 or 2017**
- Players who have a place in the Hong Kong National Junior 12 & Under Rankings as of **December 2025** with at least 0.1 ranking point
- Comply with HKCTA codes of conduct
- Commit to the minimum number of training days, and tournaments
- Players who do not attend the Assessment Day will not be considered for selection.

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- Players who are selected, must accept a place in the NTS programme. (Do not attend if you do not intend to accept a place)
- Players will be assessed by HKCTA coaches across technical, tactical and physical components* of the game

Assessment invitation will send out by email after the Hong Kong National Junior 12 & Under Rankings of December 2025 is announced.

- Assessment invitation will be subject to program vacancy.

The HKCTA has absolute right and discretion to amend the above criteria

Updated on 5th March 2025

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港青訓練計劃 10 歲以下組別 (甄選準則)

2025/2026 年度港青訓練計劃 12 歲以下組別甄選日

甄選日期

2025 年 6 月 15 日(星期日)

*後備日為 2025 年 7 月 1 日 (星期日)

*後備日僅適用於如 6 月 15 日因天雨關係或其他因素而取消

甄選準則

符合以下準則之球員將獲邀請參加甄選日：

- 於 2016 年或 2017 年出生
- 於 2025 年 6 月之全港青少年排名，12 歲或以下有排名而排名分數不少於 0.1 之球員
- 遵守中國香港網球總會之行為準則
- 能出席最少之訓練時數及比賽數目之要求
- 如球員未能出席甄選日，將不獲考慮
- 一經入選，球員應接納。若無意參加計劃，請勿出席甄選日

甄選內容

網總教練將按球技、比賽戰術及體能測試*對球員進行評估

*體能測試內容包括:

1. 速度, 靈活度及變向 (於網球場進行測試)
2. 下半身力量強度
3. 平衡力, 穩定性及協調性
4. 手眼協調性及反應時間

甄選邀請

甄選日邀請將於全港青少年排名在 6 月初公佈後，透過電郵發送給合資格球員。

(新) 中期甄選 – 待公佈

凡未能參與 6 月份舉行的甄選日，或未達上述甄選準則的球員，或可按以下準則被邀請參加中期甄選。

- 於 2016 年或 2017 年出生
- 於 2025 年 12 月之全港青少年排名，12 歲或以下有排名而排名分數不少於 0.1 之球員
- 遵守中國香港網球總會之行為準則

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- 能出席最少之訓練時數及比賽數目之要求
- 如球員未能出席甄選日，將不獲考慮
- 一經入選，球員應接納。若無意參加計劃，請勿出席甄選日
- 網總教練將按球技、比賽戰術及體能測試*對球員進行評估

中期甄選邀請函將於 12 月份全港青少年總排名公佈後，透過電郵發送給合資格球員。球員會否獲邀請參與甄選，將視乎計劃的空缺而定。

網總有絕對權力對以上準則作出修訂。

更新於 2025 年 3 月 5 日