

National Training Squad U12 (Selection Criteria)

港青訓練計劃 12 歲以下組別 (甄選準則)

2025/2026 Assessment for players aged 12 or under

Selection Date

Day 1 Assessment: 22nd June 2025 (Sunday)

Day 2 Assessment: 29th June 2025 (Sunday) - invitation will be based upon Day 1 results

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

*Only applicable to cancellation on 22nd June / 29th June due to inclement weather or other unexpected circumstances

Selection Criteria for Day 1 Assessment

All players must and comply with all the following criteria.

- Players are born in **2014 or 2015**
- Players who have a place in the Hong Kong National Junior 12 & Under Rankings as of **June 2025** and with at least 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 join the program
- Any winners (YOB: 2016) in Hong Kong Junior Novice U10 competitions by May 2025 will be invited.

Assessment Content

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

*Physical components including:

- Agility and change of direction (performed on tennis court)
- Speed
- Lower body strength
- Upper Body strength

Assessment invitation

Assessment invitation will be sent 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 **2014 or 2015**
- Reached **top 20 among players born in 2014 & 2015** in Hong Kong National Junior Rankings (**year-end ranking in December 2025**)
- Comply with HKCTA codes of conduct

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- 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 join the program
- Players will be assessed by HKCTA coaches across technical, tactical and physical components* of the game
- Assessment invitation will be sent by email after the Hong Kong National Junior Rankings (**year-end Ranking in December 2025**) are 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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2025/2026 年度港青訓練計劃 12 歲以下組別甄選日

甄選日期

第一日測試: 2025 年 6 月 22 日 (星期日)

第二日測試: 2025 年 6 月 29 日 (星期日) – 視乎第一日測試結果再獲邀請

*後備日為 2025 年 7 月 1 日 (星期日)

*後備日僅適用於如 6 月 22 日或 6 月 29 日因天雨關係或其他因素而取消

第一日測試 - 甄選準則

符合以下準則之球員將獲邀請參加甄選日：

- 於 2014 年或 2015 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 1 分之球員
- 遵守中國香港網球總會之行為準則
- 能達到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。
- 若無意參加計劃，請勿出席甄選日
- 2016 年球員於任何一次青少年網球新秀賽 2025 (截至 5 月) (10 歲及以下組) 獲勝將獲邀請參加甄選

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. 靈活性及變向 (於網球場進行測試)
2. 速度
3. 下半身力量強度
4. 上半身力量強度

甄選邀請

甄選日邀請函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 2014 或 2015 年出生

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港青訓練計劃 12 歲以下組別 (甄選準則)

- 於全港青少年總排名首 20 位的 2014 年及 2015 出生之球員 (12 月份公佈)
- 遵守中國香港網球總會之行為準則
- 能達到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
- 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