

中國香港學界體育聯會
The Schools Sports Federation of Hong Kong, China
2026世界中學生足球世界盃
ISF Football World Cup 2026

女子組集訓時間表 (第一階段)
Girls' Team Training Schedule (Phase 1)

Updated on 13 May 2026

| 訓練課 Training Session | 月份 Month | 日期 Date | 時間 Time | 場地 Venue |
|----------------------------|-------------|------------|----------------------------|--|
| 1 | 5月 May | 18 (Mon) | 18:30-21:30 (3 hours) | 跑馬地遊樂場2號場 Happy Valley Recreation Ground Pitch 2 |
| 2 | | 21 (Thu) | 18:30-20:00 (1.5 hours) | |
| 3 | | 25 (Mon) | 18:30-21:30 (3 hours) | |
| 後備日 Reserved day | 6月 June | 4 (Thu) | 18:30-20:00 (1.5 hours) | 曾大屋遊樂場 Tsang Tai Uk Recreation Ground |

備註
Remarks :

1) 集訓場地資料 Training Venue :

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| 跑馬地遊樂場2號場 Happy Valley Recreation Ground Pitch 2 | 地址：香港跑馬地體育道 Address: Sports Road, Happy Valley, Hong Kong |
| 曾大屋遊樂場 Tsang Tai Uk Recreation Ground | 地址：沙田沙角街 Address: Sha Kok Street, Sha Tin |

2) 入選運動員必須按照上列集訓時間表出席訓練，並必須準時到達場地。場區球員須帶備白色及黑色球衣各1件，而門將則須穿上非白色或黑色球衣。所有球員需配戴護脛、穿上長襪及合適的足球鞋進行集訓。

Selected athletes should follow the training schedule and attend every training session on time. Field players must bring one white and one black jersey, while goalkeepers must wear a jersey that is neither white nor black. All players must wear shin pads, long socks and appropriate football boots for training.

3) 運動員因生病/要事而未能出席集訓者，必須填寫「學生請假通知書」，然後電郵至學體會請假。

「學生請假通知書」可於聯會網頁下載：

埠際、海外比賽及其他活動→表格→學生請假通知書(賽前集訓適用)

If students are unable to attend the training sessions due to sickness/ personal issues, they must fill-in 'Leave Notification Form' and return it by email to external@hkssf.org.hk.

'Leave Notification Form' can be downloaded on HKSSF website:

Interport/ Overseas Competitions and Other Events→Form→Leave Notification Form (Pre-Competition Trainig Use)

4) 聯絡:

電話：2768 8212

傳真：2768 4525

電郵：external@hkssf.org.hk