

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

**女子組集訓時間表 (第二階段)**  
**Girls' Team Training Schedule (Phase 2)**

訓練課 Training Session	月份 Month	日期 Date	時間 Time	場地 Venue
1	6月 June	4 (Thu)	18:30-20:00 (1.5 hours)	曾大屋遊樂場 (人造草球場) Tsang Tai Uk Recreation Ground (Artificial Turf Pitch)
2		11 (Thu)	20:00-21:30 (1.5 hours)	
3		15 (Mon)	18:30-21:30 (3 hours)	青衣東北公園(人造草球場) Tsing Yi Northeast Park (Artificial Turf Pitch)
4		21 (Sun)	15:00-17:30 (2.5 hours)	

備註  
Remarks :

1) 集訓場地資料 Training Venue :

曾大屋遊樂場 Tsang Tai Uk Recreation Ground	地址：沙田沙角街 Address: <u>Sha Kok Street, Sha Tin</u>
青衣東北公園 Tsing Yi Northeast Park	地址：青衣担杆山路 10 號 Address: <u>10 Tam Kon Shan Road, Tsing Yi</u>

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