

**Five-Year Development Programme for Team-only Sports**  
**Training and Development Plan 2018**  
 隊際運動五年發展計劃  
 2018 訓練及發展計劃概要

NSA 體育總會名稱：The Hong Kong Hockey Association (Men's)

<b>Time 時間</b>	<b>Jan-Mar 1-3 月</b>	<b>Apr - Jun 4-6 月</b>	<b>Jul - Sept 7-9 月</b>	<b>Oct - Dec 10-12 月</b>
<b>Training Details 訓練內容</b>	3D aerial skill Passing and receiving: distance Scoring skill and defense Baseline attacking plays Set Plays middle channel Baseline attacking plays Right side attack plays Left side attack plays Playing patterns 4-4-2 Playing patterns 4-4-3 PC attack GK Training Outletting strategies	Press shape and gk training Outletting training Counter-attacking plays Counter defensive plays PC defensive training	Receiving closed Passing backhand 9-yard scoring skills ½ Court press shape ¾ press shape Transfer phases Tactical transfer Interceptions 2 vs 2 play 3 vs 3 play Numbers up vs numbers down Technical Scoring Skills 3D	Playing with numerical advantage Playing with numerical disadvantage Using the free man in pressing situations Outletting with 3/4/5 at the back Playing Zonal patterns Passing with deception over distance 1 vs 1 elimination skills Upright defensive skills Tactical min Games
<b>Training Schedule 訓練時間表</b>	Tuesday 18:30 – 22:00 Thursday 18:30 – 22:00 Friday 18:30 – 22:00	Tuesday 18:30 – 22:00 Thursday 18:30 – 22:00 Friday 18:30 – 22:00	Tuesday 18:30 – 22:00 Thursday 18:30 – 22:00 Friday 18:30 – 22:00	Tuesday 18:30 – 22:00 Thursday 18:30 – 22:00 Friday 18:30 – 22:00
<b>Venue 訓練地點</b>	King's Park Hockey Ground	King's Park Hockey Ground	King's Park Hockey Ground	King's Park Hockey Ground
<b>Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)</b>	Asian Games Qualifier (Oman) 9 <sup>th</sup> Hong Kong Quadrangular Hockey Tournament (Hong Kong)	FIH Hockey Series Open (Singapore)	18 <sup>th</sup> Asian Games (Jakarta) Training camp (Thailand)	
<b>Performance Target 提升目標</b>	Qualification (Achieved)	Increase player base and add more experience	Participation and experience	Training Load
<b>Others 其他</b>				