

Five-Year Development Programme for Team Sports

Training and Development Plan 2020

隊際運動五年發展計劃

2020 訓練及發展計劃概要

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

Time 時間	Jan - Mar 1-3 月	Apr - Jun 4-6 月	Jul - Sept 7-9 月	Oct - Dec 10-12 月
Training Details 訓練內容	Technical skill set training Increase player fitness Increase player strength Tactical focus on zonal defensive system PC attack PC defense GK training Specialist skills training to prepare for Quadrangular Tournament	Continue zonal defense with special emphasis on our press shape Development on a new outletting structure 3-4-3 Training using a double free man Training of defensive patterns on the sideline. No infield breaks Baseline defensive patterns with the GK	Press shape with blindside press with the opposite striker Rotations in midfield and striker line Training 2 vs 3 against a back 3 Train man to man against back 3 Adopt Zonal defensive shape when defending inside of the D Technical training with regards to Aerial skills and power on passing skills and range Continue PC attack and defensive training	Striker training Scoring skills in the 9-yard 3 VS 3 in small zones Identifying space and getting behind the defender In-out passes to move the defensive line to play 2 vs 1 Channel to the sideline and double defense Set-piece training 5-yard free hits Continue training technical skills Develop a new counter-attacking strategy
Training Schedule 訓練時間表	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
Venue 訓練地點	King's Park Hockey Ground	King's Park Hockey Ground	King's Park Hockey Ground	King's Park Hockey Ground
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	Hong Kong Quadrangular Hockey Tournament	Possible 4-day training camp (Thailand/Taiwan)	AHF Cup 2020 (TBC)	AHF Cup 2020 (TBC)

Performance Target 提升目標	1 <sup>st</sup> / 4		Top 4 or 5	Top 4 or 5
Others 其他	Continue to increase the player base Increase competition amongst squad players	Continue to increase the player base Increase competition amongst squad players	Continue to increase the player base Increase competition amongst squad players	Continue to increase the player base Increase competition amongst squad players