

**Five-Year Development Programme for Team Sports
Training and Development Plan 2019**

隊際運動五年發展計劃

2019 訓練及發展計劃概要

NSA 體育總會名稱：_____Hong Kong Hockey Association_____

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 training continues Increase player fitness Increase player physical strength Tactical focus on man to man set plays PC attack PC defence GK training Key learnings to be trained taken from the Men's World Cup Specific skills prep for Quadrangular Tournament	Develop a new press system {Blindside Press} Train to play 3 vs 3 against a back 4 Train to play 2 vs 3 against a back 3 Deep defence incorporating the GK Continue – man to man against an over-lapping Right half Continue – Technical training Specific Skills prep for Interport Competition	Outletting Training with emphasis on overlapping right and left halves Outletting with 3 at the back 4-2-2 outletting shape when we get high pressed Free Man training with specifics with regards to communication and decision-making Training of no infield plays on defence. Distance is key 1 vs 1 defence. Continue – Technical training Specific Skills prep for 4 th Asian Challenge	Continue – technical training Tactical emphasis – midfield pockets and playing counter-attack Side-line pockets. Zonal defensive patterns Man – Aware Playing 2 vs 2 in small zones and tracking runners Coupled with double defence. Continue GK Training Striker training Leading in midfield Vertical Rotations between midfield and strikers.
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 Interport vs Macau March	4D3N Training Camp to Asia (during Jun – Aug)	4 th Asian Challenge 4D3N Training Camp to Asia (during Jun – Aug)	N/A
Performance Target 提升目標	Top 3	Skills Based Training Camp Win the Interport Competition	Top 4	N/A
Others 其他	Increase Player Base and Participation	Increase Player Base and Training Matches	Experience and Competition	Increase Player Base Training inter-squad matches