

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：The 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	<ul style="list-style-type: none"> - Structure, technical and tactical focus - High intensity game base training to improve physical and mental side 	<ul style="list-style-type: none"> - Foundation and game base training - Technical Skill - Reaction to turnovers and maintain structure 	<ul style="list-style-type: none"> - Structure, technical and tactical focus - High intensity game base training to improve physical and mental side 	<ul style="list-style-type: none"> - Foundation and game base training - Technical Skill - Reaction to turnovers and maintain structure
Training Schedule 訓練時間表	<ul style="list-style-type: none"> - For every Monday, Thursday and Friday: 18:30-19:30 - individual training/fitness 19:30-22:00 - squad training - Saturday League matches - Wednesday own strength and conditioning 	<ul style="list-style-type: none"> - For every Monday, Thursday and Friday: 18:30-19:30 - individual training/fitness 19:30-22:00 - squad training - Saturday League matches - Wednesday own strength and conditioning 	<ul style="list-style-type: none"> - For every Monday, Thursday and Friday: 18:30-19:30 - individual training/fitness 19:30-22:00 - squad training - Saturday League matches - Wednesday own strength and conditioning 	<ul style="list-style-type: none"> - For every Monday, Thursday and Friday: 18:30-19:30 - individual training/fitness 19:30-22:00 - squad training - Saturday League matches - Wednesday own strength and conditioning
Venue 訓練地點	King's Park Hockey Ground Own gym venue	King's Park Hockey Ground Own gym venue	King's Park Hockey Ground Own gym venue	King's Park Hockey Ground Own gym venue
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	5 th Women's Hockey Invitational Tournament (Hong Kong)		Asia Challenge Singapore (August)	
Performance Target 提升目標	Top 2		Top 2	
Others 其他				