

Five-Year Development Programme for Team Sports
 Training and Development Plan 2022
隊際運動五年發展計劃
2022 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	Increase Endurance, speed and strength Small sided games to simulate game like situations with focus on structure (defensive and attacking) PC attacking and defensive Goalkeeper training	Increase Endurance, speed and strength Technical skills improvement Zonal defense Outletting & pressing structure Counter attacking strategies Turnover transitions	Endurance, speed and strength conditioning Improve speed of thought and decision making under high pressure and intensity on game based situations.	Increase Endurance, speed and strength Technical & tactical skills refining Game based trainings to strengthen the defensive structure (zonal + M-M) and the counter attacking strategies
Training Schedule 訓練時間表	Tuesday, Friday 18:30 - 22:00 Thursday: gym session (20:30-22:00) Sunday League matches	Tuesday, Friday 18:30 - 22:00 Thursday: gym session (20:30-22:00) Sunday League matches	Tuesday, Friday 18:30 - 22:00 Thursday: gym session (20:30-22:00) Sunday League matches	Tuesday, Friday 18:30 - 22:00 Thursday: gym session (20:30-22:00) Sunday League matches
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)	Asian Games Qualifier 2022 Thailand/Singapore training camp (TBC)	Thailand test match Thailand/Singapore training camp (TBC)	Singapore test match Asian Games 2022 (Sep) Thailand/Singapore training camp (TBC)	Nantou International Hockey Tournament 2022 Thailand/Singapore training camp (TBC)
Performance Target 提升目標	Qualify for Asian Games in Sep	N/A	11 th / 12	5 th / 6
Others 其他	N/A	N/A	N/A	N/A