

Development Programme for Team Sports 2024-2027

隊際運動發展計劃 2024-2027

Training and Development Plan 2025

2025訓練及發展計劃概要

NSA 體育總會名稱 : __Hockey Hong Kong, China__ (Men男子/ women女子)

National Squad 代表隊

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	TOURNAMENT FINAL PREPARATION OUTLET ,PRESS ,TRANSITION ,AP C ,DPC ,SHOOTOUT	SKILL DEVELOPEMENT OUTLET STRUCTURE TRANSITION PRINCIPLE PENALTY CORNERS	GAME BASE TRAINING 3D SKILL PRINCIPLE SHOOUTOUT PRESS	SKILL DEVELOPEMENT OUTLET STRUCTURE TRANSITION PRINCIPLE PENALTY CORNERS
Training Schedule 訓練時間表	TUESDAY 6.30-10PM THURSDAY 6.30-10PM FRIDAY 6.30-10PM S&C TRAINING - WEDNESDAY 4.30-5.30PM SATURDAY 4.30-5.30PM	TUESDAY 6.30-10PM THURSDAY 6.30-10PM FRIDAY 6.30-10PM S&C TRAINING - WEDNESDAY 4.30-5.30PM SATURDAY 4.30-5.30PM	TUESDAY 6.30-10PM THURSDAY 6.30-10PM FRIDAY 6.30-10PM S&C TRAINING - WEDNESDAY 4.30-5.30PM SATURDAY 4.30-5.30PM	TUESDAY 6.30-10PM THURSDAY 6.30-10PM FRIDAY 6.30-10PM S&C TRAINING - WEDNESDAY 4.30-5.30PM SATURDAY 4.30-5.30PM
Venue 訓練地點	Happy Valley Recreation Ground	Happy Valley Recreation Ground	Happy Valley Recreation Ground	Happy Valley Recreation Ground

Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	MENS SENIOR AHF CUP 2025	HK QUADRANGULAR HOCKEY TOURNAMENT		
Performance Target 提升目標	TOP 5	TOP 2		
Others 其他				

Development Programme for Team Sports 2024-2027

隊際運動發展計劃 2024-2027

Training and Development Plan 2025

2025訓練及發展計劃概要

NSA 體育總會名稱：__Hockey Hong Kong, China__ (Men男子/ women女子)

Second-tier Squad 第二梯隊

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	Basic skills Basic principle of outlet and press Penalty corner attack and	Basic skills Basic principle of outlet and press Penalty corner attack and defense Transition play	Basic skills Basic principle of outlet and press Penalty corner attack and defense Transition play	Basic skills Basic principle of outlet and press Penalty corner attack and defense Transition play

	defense Transition play S&C program	S&C program	S&C program	S&C program
Training Schedule 訓練時間表	Tuesday 6-8pm Thursday 6-8pm Friday 8.30-10pm (match)	Tuesday 6-8pm Thursday 6-8pm Friday 8.30-10pm (match)	Tuesday 6-8pm Thursday 6-8pm Friday 6-8pm Saturday 2-4pm	Tuesday 6-8pm Thursday 6-8pm Friday 8.30-10pm (match)
Venue 訓練地點	Happy Valley Recreation Ground	Happy Valley Recreation Ground	Happy Valley Recreation Ground	Happy Valley Recreation Ground
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)				
Performance Target 提升目標				
Others 其他				