

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	Structure, technical and tactical focus High intensity game base training to improve physical and mental side Strength and conditioning	Structure, technical and tactical focus High intensity game base training to improve physical and mental side Strength and conditioning	Structure, technical and tactical focus High intensity game base training to improve PENALTY CORNERS PRESS AND OUTLET Physical and mental aptitude Strength and conditioning	Structure, technical and tactical focus High intensity game base training to improve: PENALTY CORNERS PRESS AND OUTLET physical and mental aptitude Strength and conditioning
Training Schedule 訓練時間表	Monday, Tuesday ,Thursday, 18:30 – 22:00 Saturday League matches Wednesday, Sunday recovery	Monday, Tuesday ,Thursday, 18:30 – 22:00 Saturday League matches Wednesday, Sunday recovery	Monday, Tuesday ,Thursday, 18:30 – 22:00 Saturday Friendly matches Wednesday, Sunday recovery	Monday, Tuesday ,Thursday, 18:30 – 22:00 Saturday League matches Wednesday, Sunday recovery
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)	8 th Women's Hockey Invitational Tournament	China training camp Women's AHF Cup	Women's Asia Cup	Overseas training camp & matches Elite athlete exchange programme
Performance Target 提升目標	8 th WHIT Champions	Women's AHF Cup Top 4	Women's Asia Cup Top 6	
Others 其他				

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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	Structure, technical and tactical focus High intensity game base training to improve physical and mental side Strength and conditioning	Structure, technical and tactical focus High intensity game base training to improve physical and mental side Strength and conditioning	Structure, technical and tactical focus High intensity game base training to improve PENALTY CORNERS PRESS AND OUTLET Physical and mental side Strength and conditioning	Structure, technical and tactical focus High intensity game base training to improve PENALTY CORNERS PRESS AND OUTLET physical and mental side Strength and conditioning
Training Schedule 訓練時間表	Monday, Tuesday ,Thursday, 18:30 – 22:00 Monday, Friday 16:30 – 18:00 Saturday League matches Wednesday, Sunday recovery	Monday, Tuesday ,Thursday, 18:30 – 22:00 Monday, Friday 16:30 – 18:00 Saturday League matches Wednesday, Sunday recovery	Monday, Tuesday ,Thursday, 18:30 – 22:00 Monday, Friday 16:30 – 18:00 Saturday Friendly matches Wednesday, Sunday recovery	Monday, Tuesday ,Thursday, 18:30 – 22:00 Monday, Friday 16:30 – 18:00 Saturday League matches Wednesday, Sunday recovery
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)	Elite athlete exchange programme	China training camp	Overseas training camp & matches Girls' Asian YOG Qualifier	Elite athlete exchange programme Women's Junior AHF Cup
Performance Target 提升目標	Game play overall improvement	High intensity game base training	Elite athlete exchange programme Qualify for the YOG	Women's Junior AHF Cup Top 4

Others 其他				
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