

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 (WOMEN'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	Technical ,tactical and High intensity game base training Penalty corner att & def Strength and conditioning	Technical ,tactical and High intensity game base training Reaction to turnover Strength and conditioning	Technical ,tactical and High intensity game base training Penalty corner att & def Strength and conditioning	Technical ,tactical and High intensity game base training Reaction to turnover Strength and conditioning
Training Schedule 訓練時間表	Monday and Friday 6.30-10pm (King's Park) Tuesday 6.30-10pm (Happy Valley) Saturday league matches	Monday and Friday 6.30-10pm Tuesday 6.30-10pm Saturday league matches (Apr to May)	Monday and Friday 6.30-10pm Tuesday 6.30-10pm Saturday's internal friendly game 12-2pm	Monday and Friday 6.30-10pm Tuesday 6.30-10pm Saturday league matches
Venue 訓練地點	King's park Happy valley	King's park Happy valley	King's park Happy valley	King's park Happy valley
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	Local training camp (depends on the development of COVID-19) Asian Games Qualifier 2022 Singapore/Thailand oversea trip (TBC)	Jeju training camp Guangzhou training camp Singapore/Thailand oversea trip (TBC)	Jeju training camp Guangzhou training camp Asian Games 2022 (Sep) Singapore/Thailand oversea trip (TBC)	Nantou International Hockey Tournament 2022 Singapore/Thailand oversea trip (TBC)
Performance Target 提升目標	Qualify to Asian Game 2022	-	Asian Games 2022 – 8 th / 12 th	Nantou International Hockey Tournament 2022 - Top 2
Others 其他				