

Five-Year Development Programme for Team-only Sports
Training and Development Plan 2018
 隊際運動五年發展計劃
 2018 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	Final preparation for Asian games qualifier preparation (January) - Post tournament training Foundation and game base training	Preparation for World Series tournament (June) - Structure, technical and tactical focus - High intensity game base training to improve physical and mental side	Preparation for Asian games (August) - Structure, technical and tactical focus - High intensity game base training to improve physical and mental side	Post tournament training - Foundation and game base training
Training Schedule 訓練時間表	Monday 18:30 – 22:00 Thursday 18:30 – 22:00 Friday 18:30 – 22:00 Wednesday own strength and conditioning	Monday 18:30 – 22:00 Thursday 18:30 – 22:00 Friday 18:30 – 22:00 Wednesday own strength and conditioning Sunday Fitness 10am-12pm	Monday 18:30 – 22:00 Thursday 18:30 – 22:00 Friday 18:30 – 22:00 Wednesday own strength and conditioning Sunday Fitness 10am-12pm	Monday 18:30 – 22:00 Thursday 18:30 – 22:00 Friday 18:30 – 22:00 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 Happy Valley	King's Park Hockey Ground Own gym venue Happy Valley	King's Park Hockey Ground Own gym venue
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	Asian games qualifier (Bangkok)	FIH Hockey Series Open (Singapore) Training camp (Guangdong)	18th Asian games (Jakarta) Training camp (Guangdong)	
Performance Target 提升目標	TOP 2 at qualifier Maintain sharpness post tournament	Top 4	Top 6	Maintain sharpness post tournament
Others 其他				