

Five-Year Development Programme for Team Sports
 Training and Development Plan 2020
隊際運動五年發展計劃
2020 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	-Strength and conditioning (Change of speed) -Structure technical and tactical. -High Intensity game base training	-Strength and conditioning (Explosive) -Structure technical and tactical. -High Intensity game base training	-Strength and Conditioning -Tactical and game base training -Final preparation for tournament	-Strength and conditioning (Change of speed) -Structure technical and tactical. -High Intensity game base training
Training Schedule 訓練時間表	Monday, Thursday and Friday (18.30-22.00) Saturday League matches Wednesday recovery session	Monday, Thursday and Friday (18.30-22.00) Saturday League matches Wednesday recovery session	Monday, Thursday and Friday (18.30-22.00) Wednesday recovery session	Monday, Thursday and Friday (18.30-22.00) Saturday League matches Wednesday recovery session
Venue 訓練地點	Kings park hockey ground Own gym	Kings park hockey ground Own gym	Kings park hockey ground Own gym	Kings park hockey ground Own gym
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	Women's Hockey Invitational Tournament	Test matches TBC	AHF Cup 2020 (TBC)	AHF Cup 2020 (TBC)
Performance Target	2 nd / 4		Top 4	Top 4

提升目標				
Others 其他				