

Five-Year Development Programme for Team Sports
Training and Development Plan 2021
隊際運動五年發展計劃
2021 訓練及發展計劃概要

NSA 體育總會名稱：THE HONG KONG HOCKEY ASSOCIATION (MEN'S TEAM)

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 skill set training Increase player fitness Increase player strength Tactical focus on zonal defensive system PC attack PC defense GK training Specialist skills training to prepare for Quadrangular Tournament Development of half-court strategies Give and go	Continue zonal defense with special emphasis on our press shape Development on a new out-letting structure 3-4-3 Training using a double free man Training of defensive patterns on the sideline. No infield breaks Baseline defensive patterns with the GK Development of half-court strategies Develop set plays for counter-attacks	Press shape with blindside press with the opposite striker Rotations in midfield and striker line Training 2 vs 3 against a back 3 Train man to man against back 3 Adopt Zonal defensive shape when defending inside of the D Technical training with regards to Aerial skills and power on passing skills and range Continue PC attack and defensive training Passing tactics past the left foot of defender	Striker training Scoring skills in the 9-yard 3 VS 3 in small zones Identifying space and getting behind the defender In-out passes to move the defensive line to play 2 vs 1 Channel to the sideline and double defense Set-piece training 5-yard free hits Continue training technical skills Develop a new counter-attacking strategy Use of post-up player
Training Schedule 訓練時間表	Tuesday, Thursday, Friday 18:30 – 22:00 Sunday League matches	Tuesday, Thursday, Friday 18:30 – 22:00 Sunday League matches	Tuesday, Thursday, Friday 18:30 – 22:00 Sunday League matches	Tuesday, Thursday, Friday 18:30 – 22:00 Sunday League matches
Venue 訓練地點	King's Park Hockey Ground	King's Park Hockey Ground	King's Park Hockey Ground	King's Park Hockey Ground
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	11th Hong Kong Quadrangular Hockey Tournament (tentative)	Thailand test match (tentative) AHF Challenge (tentative)	Singapore test match (tentative) AHF Cup (tentative)	Nantou International Hockey Tournament 2021 (tentative)
Performance Target 提升目標	11th Hong Kong Quadrangular Hockey Tournament: 1 st /4th	AHF Challenge: TOP 3	AHF Cup: TOP 4	Nantou International Hockey Tournament 2021: TOP 4
Others 其他				