

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 (WOMEN'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
<b>Training Details</b> 訓練內容	Structure, technical and tactical focus  High intensity game base training to improve physical and mental side  Strength and conditioning (change of speed)	Foundation and game base training  Technical Skill  Reaction to turnovers and maintain structure  Strength and conditioning (change of speed)	Structure, technical and tactical focus  High intensity game base training to improve physical and mental side  Strength and conditioning (change of speed)	Foundation and game base training  Technical Skill  Reaction to turnovers and maintain structure  Strength and conditioning (change of speed)
<b>Training Schedule</b> 訓練時間表	Monday, Thursday, Friday 18:30 – 22:00  Saturday League matches  Wednesday recovery	Monday, Thursday, Friday 18:30 – 22:00  Saturday League matches  Wednesday recovery	Monday, Thursday, Friday 18:30 – 22:00  Saturday League matches  Wednesday recovery	Monday, Thursday, Friday 18:30 – 22:00  Saturday League matches  Wednesday recovery
<b>Venue</b> 訓練地點	King's Park Hockey Ground  Own gym venue	King's Park Hockey Ground  Own gym venue	King's Park Hockey Ground  Own gym venue	King's Park Hockey Ground  Own gym venue
<b>Competition/ Training Camp</b> (local/ overseas) 比賽/訓練營 (本地/海外)	AHF CUP (tentative) Women's Invitational Hockey Tournament (tentative)	Test Matches - Thailand/CT/SG (tentative)	Test Matches - Thailand/CT/SG (tentative) Nantou International Hockey Tournament 2021 (tentative)	2021 Jeju Hockey Association International Hockey Tournament (tentative)
<b>Performance Target</b> 提升目標	AHF CUP: Top 4  Women's Invitational Hockey Tournament:  2 <sup>nd</sup> /4 <sup>th</sup>		Nantou International Hockey Tournament  2021: TBC	2021 Jeju Hockey Association International Hockey Tournament: 3 <sup>rd</sup> /5 <sup>th</sup>
<b>Others</b> 其他				