

Development Programme for Team Sports 2024-2027

隊際運動發展計劃 2024-2027

Training and Development Plan 2026-27

2026-27訓練及發展計劃概要

NSA 體育總會名稱： Hockey (Men男子/-women女子) National Squad 代表隊

Time 時間	2026				2027
	Jan-Mar 1-3月	Apr - Jun 4-6月	Jul – Sept 7-9月	Oct – Dec 10-12月	Jan-Mar 1-3月
Training Details 訓練內容	SKILL DEVELOPEMENT OUTLET STRUCTURE TRANSITION PRINCIPLE PENALTY CORNERS	TOURNAMENT FINAL PREPARATION OUTLET ,PRESS ,TRANSITI ON ,APC ,DPC ,SHOOTOUT	GAME BASE TRAINING 3D SKILL PRINCIPLE SHOOTOUT PRESS	TOURNAMENT FINAL PREPARATION OUTLET ,PRESS ,TRANSITION ,APC ,DPC ,SHOOTOUT	SKILL DEVELOPEMENT OUTLET STRUCTURE TRANSITION PRINCIPLE PENALTY CORNERS
Training Schedule 訓練時間表	TUESDAY 6.30-10PM THURSDAY 6.30-10PM FRIDAY 6.30-10PM S&C TRAINING - WEDNESDAY 4.30-5.30PM SATURDAY 4.30-5.30PM	TUESDAY 6.30-10PM THURSDAY 6.30-10PM FRIDAY 6.30-10PM S&C TRAINING - WEDNESDAY 4.30-5.30PM SATURDAY 4.30-5.30PM	TUESDAY 6.30-10PM THURSDAY 6.30-10PM FRIDAY 6.30-10PM S&C TRAINING - WEDNESDAY 4.30-5.30PM SATURDAY 4.30-5.30PM	TUESDAY 6.30-10PM THURSDAY 6.30-10PM FRIDAY 6.30-10PM S&C TRAINING - WEDNESDAY 4.30-5.30PM SATURDAY 4.30-5.30PM	TUESDAY 6.30-10PM THURSDAY 6.30-10PM FRIDAY 6.30-10PM S&C TRAINING - WEDNESDAY 4.30-5.30PM SATURDAY 4.30-5.30PM

Venue 訓練地點	KINGS PARK HOCKEY GROUND	KINGS PARK HOCKEY GROUND	KINGS PARK HOCKEY GROUND	KINGS PARK HOCKEY GROUND	KINGS PARK HOCKEY GROUND
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)		ASIAN GAMES QUALIFIER		ASIAN GAMES	
Performance Target 提升目標		TOP 4		TOP 9	
Others 其他					

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Training and Development Plan 2026-27
2026-27訓練及發展計劃概要

NSA 體育總會名稱： Hockey (Men男子/-women女子) Second-tier Squad 第二梯隊

Time 時間	2026				2027
	Jan-Mar 1-3月	Apr - Jun 4-6月	Jul – Sept 7-9月	Oct – Dec 10-12月	Jan-Mar 1-3月
Training Details 訓練內容	Basic skills Basic principle of outlet and press Penalty corner attack and defense Transition play S&C program	Basic skills Basic principle of outlet and press Penalty corner attack and defense Transition play S&C program	Basic skills Basic principle of outlet and press Penalty corner attack and defense Transition play S&C program	Basic skills Basic principle of outlet and press Penalty corner attack and defense Transition play S&C program	Basic skills Basic principle of outlet and press Penalty corner attack and defense Transition play S&C program
Training Schedule 訓練時間表	Tuesday 6-8pm Thursday 6-8pm Friday 8.30-10pm (match)	Tuesday 6-8pm Thursday 6-8pm Friday 8.30-10pm (match)	Tuesday 6-8pm Thursday 6-8pm Friday 8.30-10pm (match)	Tuesday 6-8pm Thursday 6-8pm Friday 8.30-10pm (match)	Tuesday 6-8pm Thursday 6-8pm Friday 8.30-10pm (match)

Venue 訓練地點	Tue and Fri at King' s Park Hockey Ground. Thur at Happy Valley Recreation Ground.	Tue and Fri at King' s Park Hockey Ground. Thur at Happy Valley Recreation Ground.	Tue and Fri at King' s Park Hockey Ground. Thur at Happy Valley Recreation Ground.	Tue and Fri at King' s Park Hockey Ground. Thur at Happy Valley Recreation Ground.	Tue and Fri at King' s Park Hockey Ground. Thur at Happy Valley Recreation Ground.
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)					
Performance Target 提升目標					
Others 其他					