

# 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
<b>Training Details</b> 訓練內容	SKILL DEVELOPEMENT OUTLET STRUCTURE TRANSITION PRINCIPLE PENALTY CORNERS	TOURNAMENT FINAL PREPARATION OUTLET ,PRESS ,TRANSITION ,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
<b>Training Schedule</b> 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

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

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### 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) 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
<b>Training Details</b> 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
<b>Training Schedule</b> 訓練時間表	Tuesday 6-8pm Thursday 6-8pm Friday 8.30-10pm (match)				

<b>Venue</b> <b>訓練地點</b>	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.
<b>Competition/ Training Camp (local/ overseas)</b> <b>比賽/訓練營 (本地/海外)</b>					
<b>Performance Target</b> <b>提升目標</b>					
<b>Others</b> <b>其他</b>					