

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 Hong Kong, China

(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	Structure, technical and tactical focus High intensity game based training to improve physical and mental side Strength and conditioning	Structure, technical and tactical focus High intensity game based training to improve physical and mental side Strength and conditioning	Structure, technical and tactical focus High intensity game based training to improve: PENALTY CORNERS PRESS AND OUTLET Physical and mental aptitude Strength and conditioning	Structure, technical and tactical focus High intensity game based training to improve: PENALTY CORNERS PRESS AND OUTLET Physical and mental aptitude Strength and conditioning	Restructure of the new squad for the next 4 year cycle. New shapes, formations and principles.
Training Schedule 訓練時間表	Monday, Tuesday ,Thursday, 18:30 – 22:00 Wednesday Gym 19:00-21:00 Saturday Gym 08:00-10:00, League matches Friday, Sunday recovery	Monday, Tuesday ,Thursday, 18:30 – 22:00 Wednesday Gym 19:00-21:00 Saturday Gym 08:00-10:00, League matches Friday, Sunday recovery	Monday, Tuesday ,Thursday, 18:30 – 22:00 Wednesday Gym 19:00-21:00 Saturday Gym 08:00-10:00, League matches Friday, Sunday recovery	Monday, Tuesday ,Thursday, 18:30 – 22:00 Wednesday Gym 19:00-21:00 Saturday Gym 08:00-10:00, League matches Friday, Sunday recovery	Monday, Tuesday ,Thursday, 18:30 – 22:00 Wednesday Gym 19:00-21:00 Saturday Gym 08:00-10:00, League matches Friday, Sunday recovery
Venue 訓練地點	Happy Valley Happy Valley Recreation Ground / King's Park	King's Park	King's Park	King's Park	King's Park
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	9th Women's Hockey Invitational Tournament	Asian Games Qualifiers	Training Camp - ASIAN GAMES	TBC	TBC
Performance Target 提升目標	9th Women's Hockey Invitational Tournament - Champions	Qualify for Asian Games	Asian Games - TOP 8		
Others 其他					

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NSA 體育總會名稱 : Hockey Hong Kong, China (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	Structure, technical and tactical focus High intensity game based training to improve physical and mental side Strength and conditioning	Structure, technical and tactical focus High intensity game based training to improve physical and mental side Strength and conditioning	Structure, technical and tactical focus High intensity game based training to improve: PENALTY CORNERS PRESS AND OUTLET Physical and mental aptitude Strength and conditioning	Structure, technical and tactical focus High intensity game based training to improve: PENALTY CORNERS PRESS AND OUTLET Physical and mental aptitude Strength and conditioning	Restructure of the new squad for the next 4 year cycle. New shapes, formations and principles.
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Venue 訓練地點	Happy Valley Recreation Ground	King's Park	King's Park	King's Park	King's Park
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	Junior AHF Cup	TBC	TBC	TBC	TBC
Performance Target 提升目標	TBC	TBC	TBC	TBC	TBC
Others 其他					