

Five-Year Development Programme for Team-only Sports
Training and Development Plan 2018

隊際運動五年發展計劃
2018 訓練及發展計劃概要

NSA 體育總會名稱： Volleyball Association of Hong Kong, China (Women's Volleyball)

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	Preparation period: - Skills training: serving, defending, attacking - Fitness training: enhance endurance and fitness	Consolidation Period: - Strengthen skills practiced in Jan - Mar - Team practice and simulation competitions - Fitness training: enhance endurance and fitness	Tournament Period: - High intensity training to prepare for the major competitions in this period - Competition tactics and final consolidation of team - Video and data analysis	Conditioning Period: - Maintain fitness - Review on performances in competitions
Training Schedule 訓練時間表	- Mondays 2000 - 2300 - Tuesdays 2100 - 2300 - Saturdays 2000 - 2200 - Sundays 1100 - 1500	- Mondays 2000 - 2300 - Tuesdays 2100 - 2300 - Wednesdays 2000 - 2300 - Thursdays 2000 - 2200	- Mondays 2000 - 2300 - Tuesdays 2100 - 2300 - Thursdays 2000 - 2200	- Mondays 2000 - 2300 - Tuesdays 2100 - 2300 - Thursdays 2000 - 2200
Venue 訓練地點	- Hung Hom Municipal Services Building Sports Centre - Yuen Chau Kok Sports Centre - Yuen Wo Road Sports Centre - Tseung Kwan O Sports Centre	- Hung Hom Municipal Services Building Sports Centre - Tseung Kwan O Sports Centre - Tsuen King Wai Sports Centre - Tsuen Wan West Sports Centre - Kowloon Bay Sports Centre	- Hung Hom Municipal Services Building Sports Centre - Tseung Kwan O Sports Centre - Tsuen Wan West Sports Centre - Shek Kip Mei Sports Centre	- Hung Hom Municipal Services Building Sports Centre - Tseung Kwan O Sports Centre - Tsuen Wan West Sports Centre
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)			- Asian Eastern Zone Women's Volleyball Championship 2018 (Zhangjiagang, China; 10-15/7/2018) - 18 th Asian Games (18/8 -	- 1 st Asian Challenge Cup for Women (Hong Kong; 12/2018)

			2/9/2018)	
Performance Target 提升目標	<ul style="list-style-type: none"> - Better defensive skills - Enhance intensity of attack - Better accuracy of serving 	<ul style="list-style-type: none"> - Enhance competition strategies and sense to prepare for competitions in Jul – Aug - Consolidate and strengthen skills practiced in Jan – Mar - Enhance rates of successful attack 	<ul style="list-style-type: none"> - Review team’s ability and performances by video and data analysis - Asian Eastern Zone Women’s Volleyball Championship 2018: Top 6 - 18th Asian Games: Top 6 	<ul style="list-style-type: none"> - Maintain level of skills and fitness - Adjust body conditions after intensive training and competitions in the Jul – Sep - Learn the team’s strengths and weaknesses during competitions - 1st Asian Challenge Cup for Women: Top 3
Others 其他				