

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 (Men'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: - Improvement on personal skills and movement - Defensive Skill: Digging & Serves reception - Offensive Skill: Range of setters' setting, spiking skills in different positions | Consolidation Period: - Tactical Training - Team defense & Counter attack formation - Blocking system and Strengthen - Serves tactics and Strengthen | Tournament Period: - July Overseas Training: Tournament preparation in higher intensity level. Games arrangement and after game adjustment with higher level teams in different environment. Statistics studies from games data. Team tactics final adjustment. - Aug-Asian Games period: Players' personal conditioning. Final team combination practice. - Sept-1 st AVC Mens' Cup period: Players' personal conditioning. Final team combination practice. | Conditioning Period: - Overall game review about the team performance. Improvement on the weakness. - Enhancement on players' endurance - Open attack with blocking and covering - Other skills development on players |
| Training Schedule 訓練時間表 | - Mondays 2000 – 2300 - Tuesdays 2100 – 2300 - Saturdays 2000 – 2200 - Sundays 1500 – 1900 | - Mondays 2000 – 2300 - Tuesdays 2100 – 2300 - Wednesdays 2000 – 2200 / 2300 - Thursdays 2000 – 2200 | - Mondays 2000 – 2300 - Tuesdays 2000 – 2200 - Wednesdays 2000 – 2200 / 2300 - Thursdays 2000 – 2200 | - Mondays 2000 – 2300 - Tuesdays 2000 – 2200 - Wednesdays 2000 – 2200 / 2300 |
| Venue 訓練地點 | - Po Wing Road Sports Centre - Yuen Chau Kok Sports Centre - Yuen Wo Road Sports | - Po Wing Road Sports Centre - Tseung Kwan O Sports Centre - Tsuen King Wai Sports Centre | - Po Wing Road Sports Centre - Shek Kip Mei Sports Centre - Tsuen King Wai Sports Centre - Tsuen Wan West Sports | - Po Wing Road Sports Centre - Shek Kip Mei Sports Centre - Tseung Kwan O Sports Centre |

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| | Centre - Tseung Kwan O Sports Centre | - Tsuen Wan West Sports Centre | Centre | |
| Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外) | Road to Asian Games 2018 Volleyball Championship (Jakarta; 8-15/2/2018) | Overseas Camp: Thailand, Taiwan, China | Local Camp: Cheung Chau, Mui Wo, Local Venues Overseas Camp: Taiwan, China, Japan Competitions: - 18 th Asian Games (18/8 – 2/9/2018) - 1 st Asian Challenge Cup for Men (Sri Lanka; 15-22/9/2018) | Local Camp: Cheung Chau, Mui Wo, Local Venues Overseas Camp: Macau, China, Singapore, Malaysia, Indonesia, Vietnam |
| Performance Target 提升目標 | - Improve agility of movement - Increase jumping height - Enhance concepts on positioning | - Enhancement on defensive and offensive combination - Serves & Performance Statistics - Personal strengthen enhancement | - More competitive with high level teams in different environment - Targeting Ranking top 8 in tournament | - Fitness test in certain areas - More attempt in different with different skills - Improvement on the rate of open spiking |
| Others 其他 | Physical fitness training equipment should be prepared in the venues. | More equipment should be prepared. Speed checking guns, statistic apps, video cam etc. | More equipment should be prepared. Spike-feeding stands/tables, Serving Machine, Statistic apps/programs, video cam, electronic devices etc. | More equipment should be prepared. Spike-feeding stands/tables, blocking boards, video cam, electronic devices etc. |