

Five-Year Development Programme for Team Sports
Training and Development Plan 2019

隊際運動五年發展計劃
2019 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: - By-selection - Tactical Training - Team defense & Counter attack formation - Defensive skills by adjusting the positions - Offensive skills by different combination of players - Joint-training with the Summer Universiade Team	Tournament Period: - Aug 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. - 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 - Thursdays 2000 - 2200	- Mondays 2000 - 2300 - Tuesdays 1900 - 2100 / 2100 - 2300 - Wednesdays 2000 - 2200 / 2300 - Thursdays 2000 - 2200 / 2300	- Mondays 2000 - 2300 - Wednesdays 2000 - 2200 / 2300 - Thursdays 2000 - 2200	- Mondays 2000 - 2300 - Wednesdays 2000 - 2200 / 2300 - Thursdays 2000 - 2200
Venue 訓練地點	- Po Wing Road Sports Centre - Tsuen Wan West Sports Centre - Yuen Wo Road Sports Centre - Tseung Kwan O Sports	- Po Wing Road Sports Centre - Yuen Chau Kok Sports Centre - Tsuen Wan West Sports Centre - Shek Kip Mei Sports Centre - To Kwa Wan Sports Centre	- Po Wing Road Sports Centre - Shek Kip Mei Sports Centre - Tsuen Wan West Sports Centre - Tsuen Wan Sports Centre - To Kwa Wan Sports Centre	- Po Wing Road Sports Centre - Shek Kip Mei Sports Centre - Tsuen Wan West Sports Centre - Tsuen Wan Sports Centre - To Kwa Wan Sports Centre

	Centre - To Kwa Wan Sports Centre	- Tsuen Wan Sports Centre		
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)			Overseas Camp: Taiwan, China, Japan Competitions: - Asian Eastern Zone Men's Volleyball Championship 2019 (16-21/7/2019) - 20 th Asian Senior Men's Volleyball Championship (13-21/9/2019)	Overseas Camp: Taiwan, China, Japan
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 strength enhancement	- More competitive with high level teams in different environment - Target ranking of Asian Eastern Zone Men's Volleyball Championship 2019: 6 th /8 - Target ranking of 20 th Asian Senior Men's Volleyball Championship: 14 th /16	- Fitness tests in certain areas - More attempts in different skills - Improvements 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.