

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 (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 |
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| 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 - 2200 - Tuesdays 2100 - 2300 - Wednesdays 2000 - 2300 - Thursdays 2000 / 2100 - 2300 | - Mondays 2000 - 2200 - Tuesdays 1900 - 2100 / 2100 - 2300 - Wednesdays 2000 - 2300 - Thursdays 2000 - 2200 / 2100 - 2300 | - Mondays 2000 - 2300 - Tuesdays 2100 - 2300 - Wednesdays 2000 - 2200 / 2300 - Thursdays 2000 - 2200 | - Mondays 2000 - 2300 - Tuesdays 2100 - 2300 - Wednesdays 2000 - 2200 / 2300 - Thursdays 2000 - 2200 |
| Venue 訓練地點 | - Hung Hom Municipal Services Building Sports Centre - Yuen Wo Road Sports Centre - Tseung Kwan O Sports Centre - Tsuen Wan West Sports Centre - To Kwa Wan Sports Centre - Boundary Street Sports Centre | - Yuen Wo Road Sports Centre - Yuen Chau Kok Sports Centre - Tseung Kwan O Sports Centre - Tsuen Wan West Sports Centre - Boundary Street Sports Centre - Tsuen Wan Sports Centre | - Hung Hom Municipal Services Building Sports Centre - Tseung Kwan O Sports Centre - Tsuen Wan West Sports Centre - Tsuen Wan Sports Centre | - Hung Hom Municipal Services Building Sports Centre - Tseung Kwan O Sports Centre - Tsuen Wan West Sports Centre - Tsuen Wan Sports Centre |
| Competition/ Training Camp | | | - 20 th Asian Senior Women's Volleyball Championship | |

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| (local/ overseas) 比賽/訓練營 (本地/海外) | | | (17-25/8/2019) | |
| 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 competition in 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 - Target ranking of 20th Asian Senior Women's Volleyball Championship: 9th/14 | <ul style="list-style-type: none"> - Maintain level of skills and fitness - Adjust body conditions after intensive training and competition in Aug - Learn the team's strengths and weaknesses during competitions |
| Others 其他 | | | | |