

Five-Year Development Programme for Team Sports
Training and Development Plan 2020

隊際運動五年發展計劃
2020 訓練及發展計劃概要

NSA 體育總會名稱： Volleyball Association of Hong Kong, China Limited (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 -Join 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 - Tsuen Wan Sports Centre	- Po Wing Road Sports Centre - Tsuen Wan West Sports Centre - Tsuen Wan Sports Centre	- Po Wing Road Sports Centre - Tsuen Wan West Sports Centre - Tsuen Wan Sports Centre	- Po Wing Road Sports Centre - Tsuen Wan West Sports Centre - Tsuen Wan Sports Centre
Competition/ Training Camp	- Chinese New Year Training Camp	- Easter Holiday Training Camp	- Summer Training Camp	- LEO Cup International Tournament

(local/ overseas) 比賽/訓練營 (本地/海外)		- 2nd AVC Men's Challenge Cup		
Performance Target 提升目標	<ul style="list-style-type: none"> - Improve agility of movement - Increase jumping height - Enhance concepts on positioning 	<ul style="list-style-type: none"> - Enhancement on defensive and offensive combination - Serves & Performance Statistics - Personal strengthen enhancement 	<ul style="list-style-type: none"> - More competitive with high level teams in different environment - Target ranking of 2nd AVC Men's Challenge Cup: 5th/8 - Target ranking of LEO Cup International Tournament: 14th/16 	<ul style="list-style-type: none"> - 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.