

## 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 (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 - Wednesdays 2000 – 2300 - Thursdays 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 - 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	- 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 (local/ overseas) 比賽/訓練營 (本地/海外)		- TJ-HK women's volleyball competition	- Training Camp in Thailand - 2020 Asian Eastern Zone Women's Championship - 2nd AVC Women's Challenge Cup	
Performance Target 提升目標	- Better defensive skills - Enhance intensity of attack - Better accuracy of serving	- Enhance competition strategies and sense to prepare for competition in	- Review team's ability and performances by video and data analysis	- Maintain level of skills and fitness - Adjust body conditions after

		<div>Aug</div> <div><div><div>- Consolidate and strengthen skills practiced in Jan – Mar</div><div>- Enhance rates of successful attack</div></div></div>	<div><div><div>- Target ranking of 2020 Asian Eastern Zone Women's Championship: 4<sup>th</sup>/8</div><div>- Target ranking of 2nd AVC Women’s Challenge: 3<sup>rd</sup>/8</div></div></div>	<div>intensive training and competition in Aug</div> <div><div><div>- Learn the team’s strengths and weaknesses during competitions</div></div></div>
<div>Others</div> <div>其他</div>				