

Development Programme for Team Sports 2024-2027

隊際運動發展計劃 2024-2027

Training and Development Plan 2025

2025 訓練及發展計劃概要

NSA 體育總會名稱 : Handball Association of Hong Kong, China (Women 女子) National Squad 代表隊

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	Refine Techniques Tactics and forms Resistance Training Speed Training Plyometrics Training Game	Refine Techniques Tactics and forms Resistance Training Speed Training Plyometrics Training Game	Refine Techniques Tactics and forms Resistance Training Speed Training Plyometrics Training Game	Refine Techniques Tactics and forms Resistance Training Speed Training Plyometrics Training Game
Training Schedule 訓練時間表	Three days team training per week,3 hours per session 1-2 times gym workout/1-2 hours	Three days team training per week,3 hours per session 1-2 times gym workout/1-2 hours	Three days team training per week,3 hours per session 1-2 times gym workout/1-2 hours	Three days team training per week,3 hours per session 1-2 times gym workout/1-2 hours
Venue 訓練地點	LSCD outdoor and indoor handball court (mainly in Choi Hung Road, Victoria Park, Lam Wah Street, Shek Kip Mei Park Sports Centre and Siu Lun Sports Centre) and a qualified gym center	LSCD outdoor and indoor handball court (mainly in Choi Hung Road, Victoria Park, Lam Wah Street, Shek Kip Mei Park Sports Centre and Siu Lun Sports Centre) and a qualified gym center	LSCD outdoor and indoor handball court (mainly in Choi Hung Road, Victoria Park, Lam Wah Street, Shek Kip Mei Park Sports Centre and Siu Lun Sports Centre) and a qualified gym center	LSCD outdoor and indoor handball court (mainly in Choi Hung Road, Victoria Park, Lam Wah Street, Shek Kip Mei Park Sports Centre and Siu Lun Sports Centre) and a qualified gym center
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	N/A	N/A	Training Camp / competitions in China or Taiwan	The 15th National Games Singapore International Open Training Camp / Friendly match in China (Beijing)
Performance Target 提升目標	Teamwork Skills Tactics Aerobic Endurance Muscular strength	Teamwork Skills Tactics Aerobic Endurance Muscular strength	Teamwork Skills Tactics Aerobic Endurance Muscular strength	Teamwork Skills Tactics Aerobic Endurance Muscular strength
Others 其他	Refine Techniques Tactics and forms Resistance Training Speed Training Plyometrics Training Game	Refine Techniques Tactics and forms Resistance Training Speed Training Plyometrics Training Game	Refine Techniques Tactics and forms Resistance Training Speed Training Plyometrics Training Game	Refine Techniques Tactics and forms Resistance Training Speed Training Plyometrics Training Game

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2025 訓練及發展計劃概要

NSA 體育總會名稱 : Handball Association of Hong Kong, China (Women 女子) Second-tier Squad 第二梯隊

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	Refine Techniques Tactics and forms Resistance Training Speed Training Plyometrics Training Game	Refine Techniques Tactics and forms Resistance Training Speed Training Plyometrics Training Game	Refine Techniques Tactics and forms Resistance Training Speed Training Plyometrics Training Game	Refine Techniques Tactics and forms Resistance Training Speed Training Plyometrics Training Game
Training Schedule 訓練時間表	Two days team training per week,3 hours per session 1-2 times gym workout/1-2 hours	Two days team training per week,3 hours per session 1-2 times gym workout/1-2 hours	Two days team training per week,3 hours per session 1-2 times gym workout/1-2 hours	Two days team training per week,3 hours per session 1-2 times gym workout/1-2 hours
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Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	N/A	N/A	Training Camp / competitions in China or Taiwan	The 15th National Games Singapore International Open Training Camp / Friendly match in China (Beijing)
Performance Target 提升目標	Teamwork Skills Tactics Aerobic Endurance Muscular strength	Teamwork Skills Tactics Aerobic Endurance Muscular strength	Teamwork Skills Tactics Aerobic Endurance Muscular strength	Teamwork Skills Tactics Aerobic Endurance Muscular strength
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