

Five-Year Development Programme for Team Sports  
Training and Development Plan 2022

隊際運動五年發展計劃  
2023 訓練及發展計劃概要(女子)

NSA 體育總會名稱：Handball Association of Hong Kong, China

Time 時間	Jan - Mar 1-3 月	Apr - Jun 4-6 月	Jul - Sept 7-9 月	Oct - Dec 10-12 月
<b>Training Details</b> 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
<b>Training Schedule</b> 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
<b>Venue</b> 訓練地點	LSCD outdoor and indoor handball court (mainly in Choi Hung Road, Victoria Park and Shek Kip Mei Park ) and a qualified gym center	LSCD outdoor and indoor handball court (mainly in Choi Hung Road, Victoria Park and Shek Kip Mei Park ) and a qualified gym center	LSCD outdoor and indoor handball court (mainly in Choi Hung Road, Victoria Park and Shek Kip Mei Park ) and a qualified gym center	LSCD outdoor and indoor handball court (mainly in Choi Hung Road, Victoria Park and Shek Kip Mei Park ) and a qualified gym center
<b>Competition/ Training Camp</b> (local/ overseas) 比賽/訓練營 (本地/海外)		Korea or Japan training camp	Training Camp / competitions in China or Taiwan Overseas handball exchange program and training (Fukuoka Japan)  19 <sup>th</sup> Asian Games (Hangzhou) [23 September 2023 to 8 October 2023]	Training Camp / Friendly match in China (Shenzhen/ Guangzhou)
<b>Performance Target</b> 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
<b>Others</b> 其他				