

Five-Year Development Programme for Team Sports

Training and Development Plan 2023

隊際運動五年發展計劃

2023 訓練及發展計劃概要

NSA 體育總會名稱：_____ Hong Kong China Swimming Association (Water Polo)_____

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	Mon: Gym (1hr) & Pool (1hr) Tue: Gym (1hr) & Pool (1hr) Wed: Gym (1hr) & Pool (1hr) Thu: Gym (1hr) & Pool (1hr) Fri: Pool (2hr) Sat: Gym (1hr) & Pool (2hr)	Mon: Gym (1hr) & Pool (1hr) Tue: Gym (1hr) & Pool (1hr) Wed: Gym (1hr) & Pool (1hr) Thu: Gym (1hr) & Pool (1hr) Fri: Pool (2hr) Sat: Gym (1hr) & Pool (2hr)	Mon: Gym (1hr) & Pool (1hr) Tue: Gym (1hr) & Pool (1hr) Wed: Gym (1hr) & Pool (1hr) Thu: Gym (1hr) & Pool (1hr) Fri: Pool (2hr) Sat: Gym (1hr) & Pool (2hr)	Mon: Gym (1hr) & Pool (1hr) Tue: Gym (1hr) & Pool (1hr) Wed: Gym (1hr) & Pool (1hr) Thu: Gym (1hr) & Pool (1hr) Fri: Pool (2hr) Sat: Gym (1hr) & Pool (2hr)
Training Schedule 訓練時間表	Mon: 1900-2100 Tue: 1800-2000 Wed: 1900-2100 Thu: 1800-2000 Fri: 1800-2000 Sat: 1830-2130	Mon: 1900-2100 Tue: 1800-2000 Wed: 1900-2100 Thu: 1800-2000 Fri: 1800-2000 Sat: 1830-2130	Mon: 1900-2100 Tue: 1800-2000 Wed: 1900-2100 Thu: 1800-2000 Fri: 1800-2000 Sat: 1830-2130	Mon: 1900-2100 Tue: 1800-2000 Wed: 1900-2100 Thu: 1800-2000 Fri: 1800-2000 Sat: 1830-2130
Venue 訓練地點	Mon: Victoria Park SP Tue: Wan Chai SP Wed: Victoria Park SP Thu: Wan Chai SP Fri: Kowloon Park SP Sat: Wan Chai SP	Mon: Victoria Park SP Tue: Wan Chai SP Wed: Victoria Park SP Thu: Wan Chai SP Fri: Kowloon Park SP Sat: Wan Chai SP	Mon: Victoria Park SP Tue: Wan Chai SP Wed: Victoria Park SP Thu: Wan Chai SP Fri: Kowloon Park SP Sat: Wan Chai SP	Mon: Victoria Park SP Tue: Wan Chai SP Wed: Victoria Park SP Thu: Wan Chai SP Fri: Kowloon Park SP Sat: Wan Chai SP
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	Winter Deep Water Polo Championship (Local; Mar 2023)	China National Water Polo Championships 2022 (May 2023)	Summer National Water Polo Champs (Local; Jul2023) Overseas Training Camp (Aug/Sep 2023-TBC) Asia Pacific Water Polo Tournament (Aug 2023) Asian Games 2022 (Sep 2023)	Princess Chulabhorn Water Polo Cup 2023 (Nov/Dec 2023)

			Hong Kong Water Polo Champs (Local; Sep 2023)	
Performance Target 提升目標	<u>體能訓練</u> 提升大力量、大肌肉為主 <u>水上訓練</u> 提升基本技術、游動能力、提升射門的準確度	<u>體能訓練</u> 提升肌肉耐力、身體協調 <u>水上訓練</u> 提升對抗強度、戰術走位加強在場中的爆發力	<u>體能訓練</u> 提升爆發力練習、有氧無氧心肺練習 <u>水上訓練</u> 提升賽前實戰、對抗走位、大場往返能力、防守戰術	<u>體能訓練</u> 提升細肌肉、身體協調、腰腹肌肉 <u>水上訓練</u> 提升游動能力、多打少的成功率
Others 其他	這個階段主要提升隊員的游泳能力和基礎技術	這個階段主要提升隊員場上對抗能力	這個階段會和外面強隊多打友誼賽, 提升實戰能力	總結比賽和改善比賽中的缺陷, 制定明年的目標