

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：Hong Kong Amateur 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)	World Waterpolo League 2020 (3/2020, India)	Overseas Training Camp (Apr 2020) Malaysia National Age Group Waterpolo Championships 2020 (5/2020, Malaysia) China National Women's Water Polo Championships 2020 (May 2020)	22 nd Asia Pacific Water Polo Tournament (Aug 2020) 63rd MILO/PRAM Malaysia Invitational Under 15 & Open Water Polo (9/2020, Malaysia)	
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	<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	<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