

Five-Year Development Programme for Team Sports

Training and Development Plan 2019

隊際運動五年發展計劃
2019 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)		Overseas Training Camp (Apr 2019) 55 th MILO/PRAM Malaysia Invitational National Age Group Water Polo Championships 2019 (May 2019) Betawi Cup 2019 (Jun 2019)	Pilipinas Beach Water Polo Tournament 2019 (Jul 2019) 21 st Asia Pacific Water Polo Tournament (16-18 Aug 2019) 10 th Asian Age Group Swimming Championships (Sep 2019) China National Women's Water Polo Championships 2019 (Oct 2019)	Princess Chulabhorn Water Polo Cup 2019 (Nov 2019)
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
Others 其他				