

Five-Year Development Programme for Team Sports

Training and Development Plan 2018

隊際運動五年發展計劃

2018 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)		54 th MILO/PRAM Malaysia Invitational National Age Group Water Polo Championships 2018 (6-8 Apr 2018)	China National Women's Water Polo Championships 2018 (16-20 May 2018) Training Camp – Kyoto, Japan (2-7 Jul 2018) Training Camp – Ersha, China (23-28 Jul 2018) 20 th Asia Pacific Water Polo Tournament (10-12 Aug 2018)	Princess Chulabhorn Water Polo Cup 2018 (22-25 Nov 2018)

			Jakarta-Palembang 2018 Asian Games (16 Aug – 1 Sep 2018)	
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				