

**Five-Year Development Programme for Team-only Sports  
Team Men Training and Development Plan 2018**

**隊際運動五年發展計劃  
2018 男子隊訓練及發展計劃概要**

NSA 體育總會名稱：Hong Kong Ice Hockey Association

<b>Time 時間</b>	<b>Jan-Mar 1-3 月</b>	<b>Apr - Jun 4-6 月</b>	<b>Jul - Sept 7-9 月</b>	<b>Oct - Dec 10-12 月</b>
<b>Training Details 訓練內容</b>	1. National League 2. On-Ice Squad Training 3. Treadmill Training 4. Fitness	1. Summer League 2. On-Ice Squad Training 3. Treadmill Training 4. Fitness	1. Summer League 2. On-Ice Squad Training 3. Treadmill Training 4. Fitness	1. National League 2. On-Ice Squad Training 3. Treadmill Training 4. Fitness
<b>Training Schedule 訓練時間表</b>	1. Monday 21:00 to 23:30 2. Saturday 22:15 to 00:30 3. By Appointment 4. Up to athletes' schedule	1. Monday 21:00 to 23:30 / Sunday 21:00 to 23:30 2. Friday 21:30 to 23:30 3. By Appointment 4. Up to athletes' schedule	1. Monday 21:00 to 23:30 / Sunday 21:00 to 23:30 2. Friday 21:30 to 23:30 3. By Appointment 4. Up to athletes' schedule	1. Monday 21:00 to 23:30 2. Saturday 22:15 to 00:30 3. By Appointment 4. Up to athletes' schedule
<b>Venue 訓練地點</b>	1. Mega Ice 2. Mega Ice 3. Hockey Centre 4. Fitness Centre	1. Mega Ice / Sky Rink 2. Mega Ice / Sky Rink 3. Hockey Centre 4. Fitness Centre	1. Mega Ice / Sky Rink 2. Mega Ice / Sky Rink 3. Hockey Centre 4. Fitness Centre	1. Mega Ice 2. Mega Ice 3. Hockey Centre 4. Fitness Centre
<b>Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)</b>	N/A	April: - 1-day Shenzhen Training Camp - 2018 IIHF Ice Hockey World Championship Div. III (Adult Men) at Cape Town, South Africa - 2018 IIHF Ice Hockey U18 World Championship Div. III Group B in Queenstown, New Zealand	N/A	N/A
<b>Performance Target 提升目標</b>	Teamwork	Better stick-handling skills and strategy Body Strengthening	Body Strengthening	Better stick-handling skills and strategy
<b>Others 其他</b>				