

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

**隊際運動五年發展計劃
2018 女子隊訓練及發展計劃概要**

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

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	1. National League 2. On-Ice Squad Training 3. Treadmill Training 4. Dryland Practice 5. Fitness	1. On-Ice Squad Training 2. Treadmill Training 3. Dryland Practice 4. Fitness	1. On-Ice Squad Training 2. Treadmill Training 3. Dryland Practice 4. Fitness	1. National League 2. On-Ice Squad Training 3. Treadmill Training 4. Dryland Practice 5. Fitness
Training Schedule 訓練時間表	1. Tuesday 21:00 to 23:30 2. Thursday 22:15 to 00:30 3. By Appointment 4. Saturday 14:30 to 18:00 5. Up to athletes' schedule	1. Thursday 22:15 to 00:30 2. By Appointment 3. Saturday 14:30 to 18:00 4. Up to athletes' schedule	1. Thursday 22:15 to 00:30 2. By Appointment 3. Saturday 14:30 to 18:00 4. Up to athletes' schedule	1. Tuesday 21:00 to 23:30 2. Thursday 22:15 to 00:30 3. By Appointment 4. Saturday 14:30 to 18:00 5. Up to athletes' schedule
Venue 訓練地點	1. Mega Ice 2. Mega Ice 3. Hockey Centre 4. Yan Oi Tong Tin Ka Ping Primary School 5. Fitness Centre	1. Mega Ice 2. Hockey Centre 3. Yan Oi Tong Tin Ka Ping Primary School 4. Fitness Centre	1. Mega Ice 2. Hockey Centre 3. Yan Oi Tong Tin Ka Ping Primary School 4. Fitness Centre	1. Mega Ice 2. Mega Ice 3. Hockey Centre 4. Yan Oi Tong Tin Ka Ping Primary School 5. Fitness Centre
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	N/A	N/A	N/A	October to December: 2-day Shenzhen Training Practice Camp December (TBC): IIHF Ice Hockey Women's World Championship Division II Group B Qualification
Performance Target 提升目標	Teamwork	Body Strengthening	Better stick-handling skills and strategy	Better stick-handling skills and strategy Body Strengthening
Others 其他				