

Development Programme for Team Sports 2024-2027

隊際運動發展計劃 2024-2027

Training and Development Plan 2024

2024 訓練及發展計劃概要

NSA 體育總會名稱： Water Polo (Men 男子/ ~~women 女子~~) National Squad 代表隊

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 (2hrs) Tue: Gym (1hr) & Pool (2hrs) Wed: Gym (1hr) & Pool (2hrs) Thu: Gym (1hr) & Pool (2hrs) Fri: Pool (2hrs) Sat: Gym (1hr) & Pool (2hrs)	Mon: Gym (1hr) & Pool (2hrs) Tue: Gym (1hr) & Pool (2hrs) Wed: Gym (1hr) & Pool (2hrs) Thu: Gym (1hr) & Pool (2hrs) Fri: Pool (2hrs) Sat: Gym (1hr) & Pool (2hrs)	Mon: Gym (1hr) & Pool (2hrs) Tue: Gym (1hr) & Pool (2hrs) Wed: Gym (1hr) & Pool (2hrs) Thu: Gym (1hr) & Pool (2hrs) Fri: Pool (2hrs) Sat: Gym (1hr) & Pool (2hrs)	Mon: Gym (1hr) & Pool (2hrs) Tue: Gym (1hr) & Pool (2hrs) Wed: Gym (1hr) & Pool (2hrs) Thu: Gym (1hr) & Pool (2hrs) Fri: Pool (2hrs) Sat: Gym (1hr) & Pool (2hrs)
Training Schedule 訓練時間表	Mon: 1900-2200 Tue: 1800-2100 Wed: 1900-2200 Thu: 1800-2100 Fri: 1800-2000 Sat: 1830-2130	Mon: 1900-2200 Tue: 1800-2100 Wed: 1900-2200 Thu: 1800-2100 Fri: 1800-2000 Sat: 1830-2130	Mon: 1900-2200 Tue: 1800-2100 Wed: 1900-2200 Thu: 1800-2100 Fri: 1800-2000 Sat: 1830-2130	Mon: 1900-2200 Tue: 1800-2100 Wed: 1900-2200 Thu: 1800-2100 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)	Winter Deep Water Polo Championship (Local; Mar 2024)	China National Water Polo Championships 2023 (April-May 2024) Overseas Training Camp (Jun 2024- TBC)	Summer National Water Polo Champs (Local; Jul2024) Asia Pacific Water Polo Tournament (Aug 2024) China National Water Polo Championships 2023 (Sep-Nov 2024)	6th Asian Indoor & Martial Arts Games (Nov 2024)

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、提升射門的準確度	<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、戰術走位加強在場中的爆發力	<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	這個階段主要提升隊員的游泳能力和基礎技術	這個階段主要提升隊員場上對抗能力	這個階段會和外面強隊多打友誼賽, 提升實戰能力	總結比賽和改善比賽中的缺陷, 制定明年的目標

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2024 訓練及發展計劃概要

NSA 體育總會名稱： _____Water Polo_____ (Men 男子/ ~~women~~女子) Second-tier Squad 第二梯隊

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