

**Five-Year Development Programme for Team Sports
Training and Development Plan 2020
隊際運動五年發展計劃
2020 訓練及發展計劃概要**

NSA 體育總會名稱：Hong Kong Basketball Association (Women's)

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	<p>Preparation for Asia Cup</p> <p>Shooting – Big Man Drills, Focus on Shots within offense</p> <p>Defensive Drills – All focusing on foot quickness, aggressiveness and blocking out rebounding</p> <p>Fitness training</p>	<p>Preparation for Asia Cup</p> <p>Pressure Drills – Practice pressure defense and attacking a pressure defense.</p> <p>Offensive Drills - Practice your offensive sets vs zone and man to man</p> <p>Game preparation – Simulate opponent's play.</p> <p>Fitness training</p>	<p>Preparation for Asia Cup</p> <p>Special Situations – Out of Bounds plays, Tip-off plays, Free throw plays, buzzer beater plays.</p> <p>Game preparation – Simulate opponent's play.</p> <p>Free throw shooting</p> <p>Fitness training</p>	<p>Preparation for Asian Games 2022</p> <p>Fast Break – 2 on 1, 3 on 2, 5 on 4, 5 on 0. Transition into Quick Hitter Offense.</p> <p>Exercise – Footfire (which involve rapidly tapping both feet on the ground while in a defensive stance)</p> <p>Fitness training</p>
Training Schedule 訓練時間表	<p>Squad Training every week with minimum 8 hours per month (19:00 – 21:00) Club Practice: Not less than 32 hours</p>	<p>Squad Training every week with minimum 8 hours per month (19:00 – 21:00) Club Practice: Not less than 32 hours</p>	<p>Squad Training every week with minimum 8 hours per month (19:00 – 21:00) Club Practice: Not less than 32 hours</p>	<p>Squad Training every week with minimum 8 hours per month (19:00 – 21:00) Club Practice: Not less than 32 hours</p>
Venue 訓練地點	<p>Sports centres are provided by the Leisure and Cultural Services Department</p>	<p>Sports centres are provided by the Leisure and Cultural Services Department</p>	<p>Sports centres are provided by the Leisure and Cultural Services Department</p>	<p>Sports centres are provided by the Leisure and Cultural Services Department</p>
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	N/A	<p>One overseas training camp</p>	<p>One overseas training camp and Asia Cup</p>	<p>One overseas competition</p>
Performance Target 提升目標	N/A	N/A	N/A	<p>Getting victory in HK-Macau</p>

				Interport
Others 其他	N/A	N/A	N/A	N/A