

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 (Men'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	Preparation for Asia Cup Qualifier Shooting – Big Man Drills, Focus on Shots within offense Defensive Drills – All focusing on foot quickness, aggressiveness and blocking out rebounding Fitness training	Preparation for Asia Cup Qualifier Pressure Drills – Practice pressure defense and attacking a pressure defense. Offensive Drills - Practice your offensive sets vs zone and man to man Game preparation – Simulate opponent's play. Fitness training	Preparation for Asia Cup Qualifier Special Situations – Out of Bounds plays, Tip-off plays, Free throw plays, buzzer beater plays. Game preparation – Simulate opponent's play. Free throw shooting Fitness training	Preparation for Asia Cup Qualifier Fast Break – 2 on 1, 3 on 2, 5 on 4, 5 on 0. Transition into Quick Hitter Offense. Exercise – Footfire (which involve rapidly tapping both feet on the ground while in a defensive stance) Fitness training
Training Schedule 訓練時間表	Squad Training every week with minimum 8 hours per month (21:00 – 23:00) Club Practice: Not less than 32 hours	Squad Training every week with minimum 8 hours per month (21:00 – 23:00) Club Practice: Not less than 32 hours	Squad Training every week with minimum 8 hours per month (21:00 – 23:00) Club Practice: Not less than 32 hours	Squad Training every week with minimum 8 hours per month (21:00 – 23:00) Club Practice: Not less than 32 hours
Venue 訓練地點	Sports centres are provided by the Leisure and Cultural Services Department	Sports centres are provided by the Leisure and Cultural Services Department	Sports centres are provided by the Leisure and Cultural Services Department	Sports centres are provided by the Leisure and Cultural Services Department
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	Asia Cup Qualifier	One overseas training camp	One overseas training camp	One overseas training competition

Performance Target 提升目標	N/A	N/A	N/A	Getting victory in HK-Macau Interport and Guangdong-Hong Kong Cup
Others 其他	N/A	N/A	N/A	N/A