

**Five-Year Development Programme for Team Sports  
Training and Development Plan 2022**

**隊際運動五年發展計劃  
2022 訓練及發展計劃概要**

NSA 體育總會名稱：香港籃球總會(男子隊)

<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>	備戰港澳埠際賽, 亞運會 運球技巧和速度 投籃訓練, 有壓力下投籃訓練 (有對抗性後投籃) Fitness training	備戰港澳埠際賽, 亞運會 對抗性運球訓練 小組配合投籃訓練 快攻訓練 1,2,3號位三分訓練 4,5號位低位配合訓練 Fitness training	備戰港澳埠際賽, 亞運會 全場緊迫防守訓練 2-2-1全場緊迫防守訓練 高低位球員小組配合 1,2,3號位三分訓練 (再提高15%成命中率) Fitness training	備戰港澳埠際賽 提高由防守轉進攻速度和戰術 進攻2-3戰術配合 進攻3-2戰術配合 拆解全場緊迫防守 Fitness training
<b>Training Schedule 訓練時間表</b>	Squad Training every week with minimum 8 hours per month (19:00 – 21:00) Club Practice: Not less than 32 hours	Squad Training every week with minimum 8 hours per month (19:00 – 21:00) Club Practice: Not less than 32 hours	Squad Training every week with minimum 8 hours per month (19:00 – 21:00) Club Practice: Not less than 32 hours	Squad Training every week with minimum 8 hours per month (19:00 – 21:00) Club Practice: Not less than 32 hours
<b>Venue 訓練地點</b>	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
<b>Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)</b>	-	One local training camp	One overseas training camp and Asian Games	HK-Macau Interport
<b>Performance Target 提升目標</b>	提高射球命中率	提高射球命中率	提高射球命中率 12 <sup>th</sup> place in Asian Games	Getting victory in HK-Macau Interport
<b>Others 其他</b>	N/A	N/A	N/A	N/A