

**Five-Year Development Programme for Team-only Sports
Training and Development Plan 2018
隊際運動五年發展計劃
2018 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 Qualifier and Asian Games 2022</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 Asian Games 2018</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 Asian Games 2018</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 Asia Cup Qualifier and 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 with minimum 8 hours per month (19:00 – 21:00)</p> <p>Club Practice: Not less than 32 hours</p>	<p>Squad Training with minimum 8 hours per month (19:00 – 21:00)</p> <p>Club Practice: Not less than 32 hours</p>	<p>Squad Training with minimum 8 hours per month (19:00 – 21:00)</p> <p>Club Practice: Not less than 32 hours</p>	<p>Squad Training with minimum 8 hours per month (19:00 – 21:00)</p> <p>Club Practice: Not less than 32 hours</p>
Venue 訓練地點	<p>Mainly, 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)	Pre Asia Cup Qualifier Training Camp (Dongguan, China)	N/A	N/A	N/A
Performance Target 提升目標	Getting one victory in Asian Games 2022	Getting one victory in Asian Games 2018	Getting one victory in Asian Games 2018	Getting one victory in Asian Games 2022
Others 其他	N/A	N/A	N/A	N/A