

Five-Year Development Programme for Team Sports
Training and Development Plan 2023

隊際運動五年發展計劃

2024 訓練及發展計劃概要

NSA 體育總會名稱：中國香港籃球總會(男子隊)

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	備戰十一月國際賽 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	備戰十一月國際賽 全場緊迫防守訓練 個人技術訓練 (加強對手用人盯人時的發揮) 2-2-1全場緊迫防守訓練 高低位球員小組配合 提高內線擋拆能力 1,2,3號位三分訓練 (再提高15%成命中率) Fitness training	備戰十一月國際賽 全場緊迫防守訓練 個人技術訓練 (加強對手用人盯人時的發揮) 2-2-1全場緊迫防守訓練 拆解全場緊迫防守 提升內線球員個人技術 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
Training Schedule 訓練時間表	Squad Training every week with minimum 10 hours per month (21:00 – 23:00) Club Practice: Not less than 30 hours	Squad Training every week with minimum 10 hours per month (21:00 – 23:00) Club Practice: Not less than 30 hours	Squad Training every week with minimum 10 hours per month (21:00 – 23:00) Club Practice: Not less than 30 hours	Squad Training every week with minimum 10 hours per month (21:00 – 23:00) Club Practice: Not less than 30 hours
Venue 訓練地點	Sports centres are provided by the Leisure and Cultural Services Department or Southorn Stadium	Sports centres are provided by the Leisure and Cultural Services Department or Southorn Stadium	Sports centres are provided by the Leisure and Cultural Services Department or Southorn Stadium	Sports centres are provided by the Leisure and Cultural Services Department or Southorn Stadium
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	-		One overseas training camp	HK-Macau Interport 粵港盃 亞洲盃外圍賽
Performance Target 提升目標	提高射球命中率 <u>Using KPI to measure the athletes ability</u>	提高射球命中率 <u>Using KPI to measure the athletes ability</u>	提高射球命中率 <u>Using KPI to measure the athletes ability</u>	Getting victory in HK-Macau Interpor Getting victory in Guangdong
Others 其他	N/A	N/A	N/A	N/A

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2024 訓練及發展計劃概要

NSA 體育總會名稱：中國香港籃球總會(男子隊) 第二梯隊

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	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	全場緊迫防守訓練 小組配合投籃訓練 快攻訓練 高低位球員小組配合 提高內線擋拆能力 1,2,3號位三分訓練 (再提高15%成命中率) Fitness training	全場緊迫防守訓練 小組配合投籃訓練 快攻訓練 提升內線球員個人技術 1,2,3號位三分訓練 (再提高15%成命中率) Fitness training	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
Training Schedule 訓練時間表	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
Venue 訓練地點	Sports centres are provided by the Leisure and Cultural Services Department or Southorn Stadium	Sports centres are provided by the Leisure and Cultural Services Department or Southorn Stadium	Sports centres are provided by the Leisure and Cultural Services Department or Southorn Stadium	Sports centres are provided by the Leisure and Cultural Services Department or Southorn Stadium
Competition/ Training Camp (local/ overseas) 比賽/訓練營 (本地/海外)	-		One overseas training camp	HK-Macau Interport
Performance Target 提升目標	提高射球命中率 <u>Using KPI to measure the athletes ability</u>	提高射球命中率 <u>Using KPI to measure the athletes ability</u>	提高射球命中率 <u>Using KPI to measure the athletes ability</u>	Getting victory in HK-Macau Interpor <u>Using KPI to measure the athletes ability</u>
Others 其他	N/A	N/A	N/A	N/A