



陳朗恩
Chan Long-yan
老師 Teacher

香港道教聯合會純陽小學 H.K.T.A. Shun Yeung Primary School

不論在教學理念、訓練安排和球員發展各方面，計劃均啟發了我，並提供了多元化的實踐機會，可以與其他夥伴學校的老師和教練合作。計劃過程中更得到校長及家長們的支持，令我能夠與學生一同感受「快樂足球」。

In all aspects of coaching philosophy, training arrangements, and player development, the Scheme has inspired me and provided various practical opportunities to collaborate with teachers and coaches from other partner schools. With the strong support of our principal and parents, I was able to experience "happy football" together with my students.



廖峻逸
Liao Jun-yi
同學 Student

計劃的訓練及友誼賽不僅提升了我的足球技術，同時加深了我對足球的熱愛。期待能將計劃所學應用到未來的比賽中，讓我在足球路上不斷進步。

The Scheme's training and friendly matches not only enhanced my football skills but also deepened my passion for football. I look forward to applying what I have learnt in future matches, allowing me to continuously improve on my football journey.

樂善堂梁鈺琚書院 Lok Sin Tong Leung Kau Kui College

計劃提供專業的教練培訓課程，我學會了如何有效地發掘學生的足球潛能，並為校園的足球文化增添活力。能夠見證學生透過足球活動提升各方面的能力，那種滿足感是無可取代的。

The Scheme offers specialised training with professional football training model, teaching me how to effectively discover students' football potential and invigorate the school's football culture. Witnessing students enhance their abilities through football activities brings me an irreplaceable sense of fulfillment.



陳浩賢
Chan Ho-yin
老師 Teacher



黎樂豪
Lai Lok-ho
同學 Student

計劃讓我明白到做事只要全心投入，就能發現自己的無限可能。這份投入不限於足球場上，也延伸到我的日常生活中，使我變得更有紀律、毅力去接受挑戰！

Through the Scheme, I realised that wholehearted dedication reveals limitless possibilities. This commitment extends beyond the pitch, influencing my daily life and making me more disciplined and resilient when facing challenges!

計劃 「足」跡遍及 小學及中學

Footprints of the Scheme
across Primary and
Secondary Schools

180+ 間
學校
Schools



390+ 名
老師及教練
Teachers and
Coaches



4100+ 名
學生
Students



290+ 名
家長
Parents



22 名
老師及教練曾參與
英國曼徹斯特交流
Teachers and Coaches
Participated in
Manchester Exchange Tour



▼ 立即報名 Apply Now



查詢 Enquiry: marcomm@hkjc.org.hk

2025/26
第十二屆 The 12th Phase

賽馬會 學界足球 發展計劃

JC School Football
Development Scheme

小學及中學 Primary and
Secondary Schools



截止報名日期
Application Deadline
22.9.2025

主辦機構 Organiser



合作夥伴 Partner



協辦機構 Co-organiser



想突破足球教學框架？

參加為期七個月的足球訓練計劃，將「快樂足球」理念帶入校園，讓學校建立獨特的足球文化，助老師與學生一起成長。

Seeking a coaching breakthrough?

Join our 7-month tailored football training programme, which cultivates the "happy football" culture in your schools, fostering growth for both teachers and students.

香港賽馬會與曼聯自2013年起合作推出「賽馬會學界足球發展計劃」（計劃），現更透過其慈善信託基金捐款予東華三院協助籌辦計劃活動。

計劃將一套以「啟發」和「鼓勵」為本的訓練模式引入本地幼稚園、小學、中學及大專院校，激發夥伴學校老師及校隊教練的潛能，提升年輕一代的體能、心智及社交能力，一同「足」動潛能。

Since 2013, The Hong Kong Jockey Club has partnered with Manchester United (Man Utd) to introduce the JC School Football Development Scheme (the Scheme). It is now supported by donation from The Hong Kong Jockey Club Charities Trust to Tung Wah Group of Hospitals for programme operation.

The Scheme introduces a training model based on inspiration and encouragement to local kindergartens, primary, secondary and tertiary schools. It develops the potential of teachers and coaches, helping young players build their physical, mental, and social skills, and to put their Best Foot Forward.

曼聯足球學校香港總教練
Hong Kong Head Coach,
Manchester United Soccer Schools

克里斯托弗·奧拜恩
Christopher O'Brien (OB)

奧拜恩於曼聯足球學校工作19年，由計劃之始一直擔任課程導師，熟悉本地學界足球文化。
OB has worked with Man Utd Soccer Schools for 19 years. He has been an instructor since the beginning of the Scheme, and is familiar with the local school football culture.



快樂足球 連繫社區

Happy Football to Connect Community

計劃更提供多樣化的校內及校外活動，以足球連繫彼此，與老師、教練、學生和家長攜手將「快樂足球」理念帶入社區。

Our Scheme encompasses a variety of on-campus and off-campus activities, to connect teachers, coaches, students and parents and bring our community together through planting the seed of "happy football" culture.



親子「足」動學堂 (小學適用)
Family Football Clinic (for Primary Schools)



聯校訓練及友誼賽
Inter-school Training and Friendly Matches



曼聯名宿探訪機會
Opportunity for Visits by Man Utd Legends

持續進步 突破自我

Continuous Development to Break Limits

系統化的訓練計劃有助老師及教練探索足球教學新視野，建立學校獨有的足球文化。表現優異者更有機會到英國交流，親身了解曼聯的訓練模式。

Our structured football training programme helps teachers and coaches explore new horizons in football coaching, and establish a unique football culture specific to your schools. Outstanding participants will have the opportunity to experience Manchester United training model during the exchange tour in the UK.



理論及實踐課堂
Theory and Practical Workshops



學校足球訓練探訪
School Visits



曼徹斯特交流機會
Manchester Exchange Opportunity