



彭雅俊
Pang Nga-chun
老師 Teacher



鄒綽廉
Chow Cheuk-lim
同學 Student

迦密愛禮信中學 Carmel Alison Lam Foundation Secondary School

計劃讓師生一同體驗足球樂趣，並讓我學習以正面讚賞激發學生的學習動力，因應他們的能力調整訓練內容，為校園營造濃厚的足球文化。此外，老師亦能透過策劃不同活動累積經驗，拓展教學技巧，為學生提供寓學於樂的學習體驗。

The Scheme allows teachers and students to experience “happy football” together. It has taught me how to motivate students through positive encouragement and adapt training to suit different abilities, helping to build a strong football culture in our school. Through planning different activities, I have gained valuable experience and enhanced my teaching skills to provide enjoyable and enriching learning experiences for students.

透過計劃，我學會了團隊合作的重要性，和隊友互相溝通和配合是在球場上致勝的關鍵。這段經歷亦讓我明白，面對挑戰時要全力以赴。I have learnt the importance of teamwork through the Scheme. Communicating and working closely with teammates are key to success on the pitch. It has also shown me the importance of giving my best and taking on challenges with determination.



陳煒健
Chan Wai-kin
老師 Teacher



朱力謙
Chu Lik-him
同學 Student

佛教榮茵學校 Buddhist Wing Yan School

透過專業培訓及與夥伴學校交流，我掌握了發掘學生潛能的技巧。而最深刻的是能與學生並肩作戰，見證他們在「快樂足球」的文化中建立團隊精神、突破自我。任教不同科目的老師都能將足球教學技巧融入日常教學，實踐師生共同成長。

Through professional training and exchanges with partner schools, I gained new perspectives on helping students reach their potential. The most rewarding part has been growing alongside my students and watching them build teamwork and push their limits within the “happy football” culture. Teachers of any subject can apply the football coaching skills in their daily teaching and grow together with their students.

足球對我而言不單是一項運動，我和隊友能夠在球場上一起成長、磨練意志，激發無限可能。參加這個計劃讓我更有信心裝備自己，勇敢地「足」動未來。

Football is more than just a sport to me. Together with my teammates, I have grown, strengthened my mindset and discovered new possibilities. The Scheme has given me the confidence and skills to equip myself for the future and take on new challenges.



計劃「足」跡遍及 小學及中學

Footprints of the Scheme
across Primary and
Secondary Schools

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查詢 Enquiry: marcomm@hkjc.org.hk

2026/27
第十三屆 The 13th 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
20.10.2026



主辦機構 Organiser

合作夥伴 Partner

協辦機構 Co-organiser

同心同步同進
馳騁精彩馬年
Riding High Together
in the Year of the Horse



香港賽馬會
The Hong Kong
Jockey Club



東華三院
Tung Wah Group of Hospitals

將「快樂足球」帶入校園

參加為期七個月，為學校老師而設的足球教學訓練計劃，不論是否具備足球教學經驗，都能透過計劃建立學校的獨有足球文化，幫助老師與學生共同成長。

一起透過足球探索多元化、具趣味的學習模式，歡迎任教不同科目的老師參與！

Bring “Happy Football” to Your Schools

Join our seven-month football coaching training programme tailored for school teachers of all experience levels, fostering a unique football culture specific to your schools while inspiring growth in both teachers and students.

Explore diverse and engaging approaches to learning through football with us. Teachers from all subject disciplines are welcome to join!

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 launch 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 and secondary schools, as well as tertiary institutions. 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20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 20 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.

聯校友誼賽
Inter-school
Friendly Matches

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

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