

# 九龍城區體育會學校足球發展計劃2023 KCDSA School-Soccer Development Plan 2023

## 一、前言 Preface:

建立足球運動特色學校工作勢在必行,且已成為目前本會與本區學校的重要工作.為了能踏踏實實地做好這一工作,現制訂出嚴謹有效的學校足球工作三年發展規劃,展望我們全體教練認真學習,加強實踐,團結協作,嚴格按照規劃之內容要求開展工作,積極創造良好的足球運動條件,力爭使我們通過努力完成工作總體目標,成為社會公認的足球團體機構,努力實現學校足運的目標。



It is imperative to establish a school with football sports characteristics, and it has become an important task for this association and schools in the district. In order to do this work steadily, a rigorous and effective three-year development plan for school football work has been formulated. Looking forward, all our coaches will study earnestly, strengthen practice, unite and cooperate, work in strict accordance with the content requirements of the plan, actively create good football sports conditions, and strive to enable us to achieve the overall goal of our work through hard work, and become a socially recognized football organization and strive to achieve it. The goal of school football.



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# 九龍城區體育會學校足球發展計劃2023

## KCD\$A School-Soccer Development Plan 2023

### 二、立項背景 Project Background:

- 1、時代需要: 教育局對體育尤其是中小學體育工作非常重視,提出了“每天鍛鍊一小時,健康工作五十年,幸福生活一輩子”導語,體育素質已不可或缺地成為本會培養的主要素質之一。目前,校園足球的春天已經來到,各地區高度重視校園足球工作,加快了學校特色和學校文化的快速結合。

The needs of the times: The Education Bureau attaches great importance to sports, especially the sports work of primary and secondary schools, and put forward the introduction of "exercise one hour a day, work healthily for 50 years, and live a happy life for a lifetime". Physical quality has become indispensable for the training of the Association one of the qualities. At present, the spring of campus football has come, and various regions attach great importance to campus football work, which has accelerated the rapid integration of school characteristics and school culture.

- 2、學校需要: 九龍城區學校在發展的道路上迎來了關鍵點,學校知名度在不斷提高,如果想實現可持續發展,必須認真選擇一個符合校情的特色專案作為努力方向。

School needs: Kowloon City School has reached a critical point on the road of development, and the school's reputation is constantly improving. If we want to achieve sustainable development, we must carefully select a special project that suits the school's conditions as the direction of our efforts.

- 3、地區需要: 足球總會成立於1914,第一所本地足球協會;並統一了香港足球運動發展及地區足球隊規劃規則。也為18區足球隊參予各級別聯賽提供支持支援,以便提升球隊表現和管治水平;在香港足球與足球運動會中,被稱為甲級足球賽事組織機構。而九龍城區體育會更是足總授權的合法代表性地區體育會,我們在九龍城區扎根及對香港足球的發展發揮正面的作用。

Regional needs: The HKFA was established in 1914, the first local football association; and unified the development of Hong Kong football and the planning rules for regional football teams. It also provides support and support for the 18 district football teams to participate in various leagues in order to improve the team's performance and governance level; in the Hong Kong Football and Football Games, it is known as a high-level football organization. The KCD\$A is a legal representative regional sports association authorized by the Football Association. We have taken root in the Kowloon City District and played a positive role in the development of football in Hong Kong.



# 九龍城區體育會學校足球發展計劃2023

## KCDSA School-Soccer Development Plan 2023

**4、立項條件:** 九龍城區體育會是足總授權的合法代表性地區體育會,我們與學校有良好的基礎設施及場地一流,設施齊全及已有標準足球場可設辦七至十一人制足球體育活動,本會足球隊成績突出: 從2005年至今,比賽獲得佳績,也向其他球隊輸送人才,其中本會教練亦是香港足球代表隊成員,本會多位球員也曾入選香港代表隊/青年代表隊/女子代表隊; 我們還向職業足球俱樂部一線球隊輸送球員。足總聯賽甲乙組連續多年保持前列位置,我們是九龍城區足球傳統專案機構團體及足球單項發展基地之唯一,我們正式推動學校青少年體育足球發展計劃; 本會在學校足球項目師資力量雄厚: 目前,本會共有50名或以上具備足球等專業的體育教練,個人素質高和敬業創新精神強。其中劉棟平先生更是全港優秀守門員及教練之一,資深教練: 曾廷輝, 鄧錦添, 甄力健更是前港隊主力隊員,而本會會長: 王紹基先生,主席: 廖永通先生,副主席: 何迪夫先生,何震東先生及麥融斌先生是香港足總委員成員; 總監: 尹揚明先生,總教練: 劉棟平先生及足球發展委員會他們對體育尤其是足球的理解和認識頗深; 本會各級委員對此專案亦表示支持。且是一群激情澎湃、熱愛教育、充滿朝氣、敢於創新、勤於實踐的委員,是康樂體育管理創新之模範及九龍城區優秀專家,校園足球工作優秀之團隊。Project conditions: KCDSA is a legal representative regional sports association authorized by the HKFA. We and the school have good infrastructure and first-class venues, complete facilities and existing standard football fields. Seven to eleven football sports can be set up. Activities, the club football team has outstanding achievements: since 2005, the game has achieved good results, and it has also sent talents to other teams. Among them, the coach of the club is also a member of the Hong Kong football team, and many players of the club have also been selected for the Hong Kong national team/ Youth Varsity/women's Varsity; we also send players to the first team of professional football clubs. The HKFA League 1st and 2nd division have maintained the top position for many years in a row. We are the only football traditional project organization and football individual development base in Kowloon City. We officially promote the school youth sports football development plan; the club has strong teachers in the school football project: At present, There are 50 or more professional sports coaches in the club, with high personal quality and strong dedication and innovation spirit. Mr. Lau Dong-ping is one of the outstanding GK and coaches in Hong Kong. Senior coaches: Tsang Ting Fai, Tang Kam Tim, Yan Lik Kin are former main players of the Hong Kong team, and President: Mr. SK Wong, Chairman: Mr. WT Lio, Vice-Chairmen: Mr. DF Ho, Mr. CT Ho and Mr. YP Mak is a member of the HKFA; Director: Mr. YM Wan, Head Coach: Mr. TP Lau and the Football Development Committee They have a deep understanding and knowledge of sports, especially football; members of the Association at all levels also expressed their support for this project. They are a group of members who are passionate, love education, full of vigor, dare to innovate, and are diligent in practice. They are a model of recreation and sports management innovation, an outstanding expert in Kowloon City, and an excellent team in Campus football work.



# 九龍城區體育會學校足球發展計劃2023

## KCCDSA School-Soccer Development Plan 2023

### 三、實施步驟及階段目標 Implementation steps and phase goals

#### (1)第一階段 The first stage:

此階段是規劃實施的開始階段，也是至關重要的階段。所以，本會把該階段定位為建制、宣傳、奠基階段，要求全體教練穩紮穩打，按計劃與分工做好份內工作。 This stage is the beginning of the planning and implementation, and it is also a crucial stage. Therefore, this stage will be positioned as the stage of establishment, publicity, and foundation-laying, and requires all coaches to work steadily and do their jobs according to the plan and division of labor.

具體步驟是 The specific steps are:

- a、成立工作管理小組，明確分工，責任到人 Set up a work management team;
- b、制定出切合實際的方案 Work out a realistic plan;
- c、組織好體育達標工作 Organize the sports compliance work;
- d、積極參加有關部門組織的所有足球比賽 Actively participate in all football games organized;
- e、本會教練須備有足總資歷 The coaches of the qualifications of the FA;
- f、組織各校老師學習足球知識及培訓/成立學校足球隊 Organizing teachers to learn and training/establishing teams;
- g、設置學校足球文化，並利用地區資源做好通訊宣傳報道 Setting up culture, and using resources to do a good job

本階段的目標是 The goal of this stage is to:

- 40%的學校能夠得到本會計劃內容及支持推動發展 Can get the program and support;
- 25%的學校能夠參加此項目計劃並能實踐到位 Can participate in this project plan;
- 20%的學校足球隊能夠參加本會舉辦聯校比賽及交流活動 Can participate in the competitions and exchange activities;
- 15%的學生能夠參加此項目發展計劃並獲獎邀請加入地區隊 students are invitation to join the regional team.



# 九龍城區體育會學校足球發展計劃2023

## KCCDSA School-Soccer Development Plan 2023

### (2)第二階段 The second stage:

此階段本會定為深入、鞏固、激勵階段。作為規劃實施的第二個階段，應該認真總結不足，虛心求教，堅定信念，更加深入細緻地工作持久地開展下去。This stage will be set as the stage of deepening, consolidating and motivating. As the second stage of the implementation of the plan, we should conscientiously summarize the shortcomings, ask for advice with an open mind, strengthen our beliefs, and carry out the work in a more in-depth and meticulous manner.

具體步驟是 The specific steps are:

- a、召開專題總結會議，認真總結第一階段工作中的不足之處，積極改進工作方法，表彰先進典型；  
Convening a special summary meeting, conscientiously summarizing the deficiencies in the first stage of work, actively improving working methods, and commending advanced models;
- b、組織“會長杯/校長杯”學校中小學生班級足球對抗賽、組織教師足球比賽以及學生、家長、教師明星友誼賽；  
Organizing "President's / Principal's Cup" school football competitions for primary and secondary school students, organizing teachers' football games and Students, parents and teachers star friendly matches;
- c、組織地區學生參觀區隊體育場地及訓練課；  
Organizing students to visit our training sessions of the district team
- d、組織學校參加本區各個級別的足球比賽；  
Organizing schools to participate in football matches at all levels in the district;
- e、教授老師及各級別學生作目標管理及達標情況。  
Teaching teachers and students for goal management and compliance.

本階段的培養目標是The training objectives of this stage are:

- 60%的學校能夠得到本會計劃內容及支持推動發展 Can get the program and support;
- 35%的學校能夠參加此項目計劃並能實踐到位 Can participate in this project plan;
- 40%的學校足球隊能夠參加本會舉辦聯校比賽及交流活動 Can participate in the competitions and exchange activities;
- 25%的學生能夠參加此項目發展計劃並獲獎邀請加入地區隊 students are invitation to join the regional team.



# 九龍城區體育會學校足球發展計劃2023

## KCDSA School-Soccer Development Plan 2023

### (3)第三階段The third stage:

本階段為總結、自查、持久階段。按照總體規劃的目標要求,此階段實為檢驗三階段活動效果、工作成績,以及確定工作第二個規劃階段。This stage is the summary, self-examination, and persistence stage. According to the target requirements of the overall planning, this stage is actually the second planning stage to test the effect of the three-stage activities, work achievements, and determine the work.

具體步驟是 The specific steps are:

- a、進行各校師生足球技能比賽; To conduct football skills competitions between teachers and students in each school;
- b、組織第二屆“會長杯/校長杯”學校中小學生班級足球對抗賽、組織教師足球比賽以及學生、家長、教師明星友誼賽;  
To organize the second "President's Cup/Principal's Cup" school football competition for primary and secondary school students, organize teachers' football competitions and friendly matches for students, parents and teachers;
- c、召開總結大會,全面總結工作; To hold a summary meeting, A comprehensive summary of the work;
- d、確立每年12月為本區學校足球節to establish every December as the district school football festival.

該階段的目標是 The goal of this stage is to:

- 80%的學校能夠得到本會計劃內容及支持推動發展 Can get the program and support;
- 50%的學校能夠參加此項目計劃並能實踐到位 Can participate in this project plan;
- 60%的學校足球隊能夠參加本會舉辦聯校比賽及交流活動 Can participate in the competitions and exchange activities;
- 40%的學生能夠參加此項目發展計劃並獲獎邀請加入地區隊 students are invitation to join the regional team.



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## 計劃內容 Content

本會要廣泛開展學校足球活動, 加強體育宣傳, 營造良好的體育氛圍, 制定出適合足校學生的評價體系, 為每一個學生的健康和諧發展搭建平臺, 提高球隊競技水平, 培養一批足球人才, 以下是我們整理的, 希望對大家有所幫助!  
The association should extensively carry out school football activities, strengthen sports publicity, create a good sports atmosphere, formulate an evaluation system suitable for football school students, build a platform for the healthy and harmonious development of each student, improve the level of team competition, and cultivate a group of football players. Talents, the following is what we have sorted out, I hope it will be helpful to everyone!

### 一、宗旨 Purpose:

透過體育會和各學校的合作, 加深地區學生對地區的情意結, 提升學校體育會和地區的形象, 並透過體育會專業訓練加強學生們的紀律和群體精神。  
Through the cooperation between the sports association and various schools, we can deepen the regional students' attachment to the region, enhance the image of the school sports association and the region, and strengthen the discipline and group spirit of the students through the professional training of the sports association.

### 二、目標 Target:

九龍城區體育會(非牟利機構), 目的透過挑選合適學校合作及提供免費體驗課或以成本收費之工作坊教學及提供學校足球隊的專業訓練課程。形成學生體質增強、競技水平不斷提升、足球技能日益彰顯、裝備設施日趨完善的學校發展新格局。  
KCD\$A aims to cooperate with selected suitable schools and provide free experience classes or cost-based workshop teaching and professional training courses for school football teams. A new pattern of school development will be formed in which students' physical fitness is enhanced, their competitive level is continuously improved, their football skills are increasingly displayed, and their equipment and facilities are increasingly improved.



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# 九龍城區體育會學校足球發展計劃2023

## KCDSA School-Soccer Development Plan 2023

### 三、具體目標 Specific Target:

1. 體質健康水平明顯提高。通過三年左右的時間,在學生體質健康整體合格率保持在90%的基礎上,優秀率達到15%。  
The physical health level has been significantly improved. After three years or so, on the basis that the overall pass rate of students' physical health remains at 90%, the excellent rate reaches 15%.
2. 鍛鍊習慣足球技能逐漸養成。培養學生良好的體育鍛煉習慣和健康的生活方式。  
積極開展“足球體育2+1”專案認定評價活動,使50%的學生在小學階段至中學,掌握一定的足球技能。  
Exercise habits to gradually develop football skills. To cultivate students' good physical exercise habits and healthy lifestyles. Actively carry out the "Football Sports 2+1" project identification and evaluation activities, so that 50% of the students can master certain football skills from primary school to middle school.
3. 師資水平和數量顯著提高。建設一支以專職教師為主、結構合理、數量和質量都能夠滿足體育教學、課外體育活動和體育課餘訓練需要的體育教師隊伍。  
The level and number of teachers have been significantly improved. Build a team of physical education teachers with full-time teachers as the mainstay, with reasonable structure, quantity and quality that can meet the needs of physical education, extracurricular physical activities and physical education after-school training.
4. 足球特色魅力日益彰顯。在全面普及的基礎上不斷彰顯我校足球特色,做到人人有足球、班班有球隊。  
定期開展校園體育節、班級足球聯賽;積極開展各級各類的學生體育競賽活動。  
The charm of football characteristics is increasingly manifested. On the basis of comprehensive popularization, the characteristics of our school's football will be continuously demonstrated, so that everyone has football and every class has a team. Regularly carry out campus sports festivals and class football leagues; actively carry out various types of student sports competitions at all levels.
5. 體育裝備設施日趨完善。嚴格按地區標準配齊體育教學器材,保持和提高學校體育常規器材保障水平,特別是活動所必須的裝備器材。  
Sports equipment and facilities are improving day by day. Equipped with physical education equipment in strict accordance with regional standards, maintain and improve the level of school sports equipment support, especially the equipment necessary for activities.



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# 九龍城區體育會學校足球發展計劃2023

## KCCDSA School-Soccer Development Plan 2023

### 四、措施與保障 Measures and Guarantees:

1. 深化本區學校課程改革,建立有地區特色、符合學生身心發展的足球教學體系  
Deepen the school curriculum reform in the district, and establish a football teaching system with regional characteristics and the physical mental of students.
2. 廣泛開展學校足球活動,為每一個學生的健康和諧發展搭建平臺。Widely carry out school football activities to build a platform for the healthy and harmonious development of every student.
3. 建立足球隊訓練及課程教學評價管理制度,構建訓練,教學,考核,反饋一體化的體系;  
以《青少年足球技術訓練與測評標準》為藍本,制定合適學生評價體系。Establish a management system for football team training and course teaching evaluation, and build a system integrating training, teaching, assessment and feedback. Based on "Youth Football Technical Training and Evaluation Standards", an evaluation system suitable for students is formulated.
4. 提高球隊競技水平,培養足球體育人才;積極參加各級競賽,完善好人才培養新體系,規範和加強學校足球隊,強化教練員培訓,輸送優秀足球苗子[improve the level of team competition, cultivate football sports talents; actively participate in competitions at all levels, improve the new talent training system, standardize and strengthen school football teams, strengthen coach training, and deliver outstanding football seedlings]
5. 加強宣傳,營造良好的體育氛圍;大力宣傳開展校園足球所取得的成效,形成正確的輿論導向和良好的社會氛圍,為開展校園足球活動創造有利的社會環境。Strengthen sports publicity and create a good sports atmosphere; vigorously publicize the achievements of campus football, form a correct public opinion orientation and a good social atmosphere, and create a favorable social environment for campus football.
6. 參加者如因參加此活動期間受傷或發生意外,本會機構將不需要承擔任何責任(建議校方申辦團體保險及其他活動安全方案)。  
If a participant is injured or has an accident during this activity, our organization will not be responsible for it (it is recommended that the school apply for group insurance and other activity safety plans).



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## 五、總監和團隊 Director and Team:

我們的總監：劉棟平



九龍城區體育會總監劉棟平(沙皮Sir)前香港足球代表隊守門員。紅褲子出身，16歲開始第一次接觸足球運動，以玩票性質與同班同學投考當年被譽為全港最優秀的青年隊伍：愉園青年軍。在無心插柳的情況下，獲得一紙三年職業學徒合約。經過球隊半年有系統訓練後，在青年軍及預備組賽事中表現優異，更獲得香港青年代表隊垂青，連續兩年代表香港出戰U18亞洲青年錦標賽。中學畢業後，19歲正式開始其職業足球生涯，並轉會東方擔任甲組後備門將（現稱港超聯），八三年轉投班霸精工。在精工期間亦曾以正選身份出戰亞洲冠軍球會盃作客對北韓。八五年，代表花花出戰全港室內五人足球賽，在紅磡室內體育館一萬二千名觀眾吶喊下，奪得首個個人最佳球星獎項，同年亦代表足球項目競選第一屆香港傑出運動員。退休前，更獲頒香港足球明星選舉最佳11人獎。曾出席國際賽事：包括：省港盃、滬港盃、賀歲盃、亞冠盃、亞洲盃、漢城奧運會及世界盃外圍賽。



# 九龍城區體育會學校足球發展計劃2023 KCD\$A School-Soccer Development Plan 2023

Mr. Lau Tung Ping the Team Director of the KCD\$A, is a former goalkeeper of the HKFA Team. At the age of 16, he first came into contact with football, and he voted with his classmates for the exam that year, which was known as the best youth team in Hong Kong: the HVAA youth team. In the case of unintentional intervention, get a three-year professional apprenticeship contract. After half a year of systematic training, the team performed well in the youth army and reserve group competitions, and was favored by the Hong Kong youth team, representing Hong Kong in the U18 Asian Youth Championship for two consecutive years. After graduating from middle school, he officially started his professional football career at the age of 19, and transferred to the Eastern FC to serve as the backup goalkeeper of the first division (now known as the Hong Kong Super League). During his time at SEIKO FC, he also played in the Asian Champions Cup as a guest against North Korea. In 1985, he represented DOUBLE FLOWER FC in the Hong Kong Futsal match, and won the first personal best player award under the cheers of 12,000 spectators at the Hung Hom Indoor Stadium. In the same year, he also represented the football project in the first Hong Kong Outstanding Athlete. Before retiring, he was awarded the Best 11 Player Award in the Hong Kong Football Star Election. Participated in international competitions: including: Province-Hong Kong Cup, Shanghai-Hong Kong Cup, Lunar New Year Cup, AFC Champions League, Asian Cup, Seoul Olympics and World Cup qualifying.



89世界盃外圍賽(港隊作客對日本正選陣容)



# 九龍城區體育會學校足球發展計劃2023 KCD\$A School-Soccer Development Plan 2023

我們的核心團隊 Core Team:

戴思聰 Tai Zse Chung

亞洲足協級別教練  
AFC License Coach



許嘉樂 Hui Ka Lok

亞洲足協級別教練  
AFC License Coach



戴志偉 Tai Chi Wai

行政主任  
足總註冊教練  
HKFA License Coach

唐咖名 Tong Ka Ming

亞洲足協級別教練  
AFC License Coach





# 九龍城區體育會學校足球發展計劃2023 KCDSA School-Soccer Development Plan 2023

我們的核心團隊 Core Team:

姚俊傑 Iu Chun Kit

亞洲足協級別教練

亞洲足協五人足球體能教練(級別一) +  
亞洲足協五人足球教練(級別二)

AFC License Coach + AFC Futsal Fitness Coach(Level 1) +  
AFC Futsal Coach(Level 2)

黃國風 Wong Kwok Fung

亞洲足協級別教練 + 亞洲足協五人足球教練(級別一)

AFC License Coach + AFC Futsal Coach(Level 1)

古文義 Ku Man Yee

亞洲足協級別教練  
AFC License Coach



曾廷輝

Tsang Ting Fai  
亞洲足協級別教練  
AFC License Coach

鄧錦添

Tang Kam Tim  
亞洲足協級別教練  
AFC License Coach



陳梓峰

Chan Tsz Fung  
足總註冊教練

戴志偉

Tai Chi Wai  
足總註冊教練





# 九龍城區體育會學校足球發展計劃2023 KCD\$A School-Soccer Development Plan 2023

## 六、總結寄語 Summary and Message:

培養學生足球特長，奮實體育校園文化，發展足球特色，以體寓德，健康成長，以體育智，全面發展，是樹立學校品牌，建立地區名校，推進素質教育的必由之路。路漫漫其修遠夕，吾將上下而求索.....在教育教學工作中，我們將不辱使命，不負眾望，用微笑、真誠、責任擁抱更加燦爛的明天!

Cultivating students' football specialties, consolidating sports campus culture, developing football characteristics, integrating morality with physicality, growing healthily, and developing comprehensively with sports intelligence are the only way to establish a school brand, establish a regional famous school, and promote quality education. There is a long way to go, and I will seek it up and down... In education and teaching, we will live up to our mission, live up to expectations, and embrace a brighter tomorrow with smiles, sincerity, and responsibility!

聯絡我們 Contact Us:

教練 Coach: 戴sir 852-56133637 / ted.tai@hkkcdsa.org.hk

九龍城區體育會(足球部) KCD\$A (Soccer Department)  
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