

JOCKEY CLUB ELITE YOUTH FOOTBALL CAMP FACT SHEET

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| Organizer | : | The Hong Kong Jockey Club (HKJC) |
| Partner | : | Manchester United |
| Supporting Organization | : | Hong Kong Football Association (HKFA) |
| Background | : | HKJC has been a long standing supporter to local youth football development and programme organised by HKFA. To further facilitate local talent achieving their potential, HKJC has partnered with MU to provide local talented youth players with international football expertise and training experience. |
| Date | : | 14 - 25 July 2014 |
| Venue | : | Happy Valley Racecourse Infield (Football Pitch #6) |
| Programme | : | 68 elite players (U13 boys and girls 13-19) from the Hong Kong Football Association Academy will take part in the 2-week training camp which will be coached by four Manchester United Soccer School (MUSS) coaches. Two outstanding players will be selected and awarded a one-week trip (16-24 August) to Manchester where they will enjoy training at the Soccer School base, visit the training centre of Manchester United at Carrington and watch the season opening game of the Club. All drills from MUSS are designed based on the first team practices. All programs are managed by Manchester United Football Club (MUFC) and have been joined by over 10,000 youth players annually from around the world. |

Training Schedule :

| 2014 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 |
|-------------|--|------------------------------|-------------------|--------------|--|----------------|---------------|-----------------------------|------------------------------|-------------------------|
| | 14/7 (Mon) | 15/7 (Tue) | 16/7 (Wed) | 17/7 (Thu) | 18/7 (Fri) | 21/7 (Mon) | 22/7 (Tue) | 23/7 (Wed) | 24/7 (Thu) | 25/7 (Fri) |
| 09:30-10:00 | | | COMBINE TO ATTACK | DOMINATE 1v1 | MUSS SKILLS CHALLENGES & UNITED VISION | EXPLOSIVE PLAY | MAKE IT COUNT | MUSS WORKSHOPS | MUSS Fitness Tests (re-test) | Football Festival Boys |
| 10:00-10:30 | | | | | | | | | | Football Festival Girls |
| 10:30-11:00 | | | | | | | | | | |
| 11:00-11:30 | | | | | | | | | | |
| 11:30-12:00 | | | | | | | | | | |
| 12:00-12:30 | | | | | | | | | | |
| 12:30-13:00 | All Players Registration | WIN THE BATTLE & GK Training | | DOMINATE 1v1 | MUSS SKILLS CHALLENGES & UNITED VISION | EXPLOSIVE PLAY | MAKE IT COUNT | MUSS WORKSHOPS | MUSS Fitness Tests (re-test) | |
| 13:00-13:30 | | | | | | | | | | Graduation Ceremony |
| 13:30-14:00 | | | | | | | | | | |
| 14:00-14:30 | | | | | | | | | | |
| 14:30-15:00 | | | | | | | | | | |
| 15:00-15:30 | | | | | | | | | | |
| 15:30-16:00 | MUSS Fitness Tests & SSGs, Cool down and Debrief | | COMBINE TO ATTACK | | | | | Observation / Participation | | |
| 16:00-16:30 | | | | | | | | | | |
| 16:30-19:00 | | | | | | | | | | |

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| Boys U13 | Girls U16 & U19 | All |
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