



香港賽馬會
The Hong Kong Jockey Club

Jockey Club Youth Football Fitness Assessment

Organiser: The Hong Kong Jockey Club

Partner: Manchester United Football Club

Co-Organiser: Hong Kong Football Association

Technical Advisor: Hong Kong Sports Institute

Supported by: The Hong Kong Jockey Club Sports Medicine and Health Sciences Center

Description: For the first time in Hong Kong, a football specific fitness assessment for local youth players is being introduced to establish effective youth data for performance analysis and training optimization. A total of 360 players between the ages of 13 to 15 from the “Jockey Club Youth Football Development Programme – Training Scheme” and club youth teams were recruited to go through sets of football capability assessments. The programme is developed from an ongoing collaboration between the Manchester United coaching staff, the Hong Kong Sports Institute, Hong Kong Football Association and The Hong Kong Jockey Club Sports Medicine and Health Sciences Center. The assessment is composed for following,

- Measurement of height and weight
- Counter-movement jumps
- 30-meter sprint
- Arrowhead agility test
- Yo-Yo Intermittent Recovery Test (Level 2)

Upon completion of all the field tests in November 2013, the results will be publicised at the “Jockey Club Youth Football Fitness Seminar”, with local and international football experts sharing their best practices based on the local youth physical profile in comparison to UK.

