



**Report of FAM-HKFA Football For Friendship (December 2020)**

**Introduction**

Under the COVID9 pandemic environment, HKFA has run the first local online soccer program at June to July 2020, which was quite successful and attracts the attention of both Asian Football Confederation (AFC) & Malaysia Football Association (FAM). So, we were invited by Mr. Samuel SIEW, FAM Grassroots Manager to start our first FAM-HKFA collaboration online program between 2 countries. At the following, the program was reported in several aspects : Aim and Objectives, Planning and Schedule, Recruitment & Training Periods (Training Content), Attendance and Performance, Evaluation and Suggestion for further development.

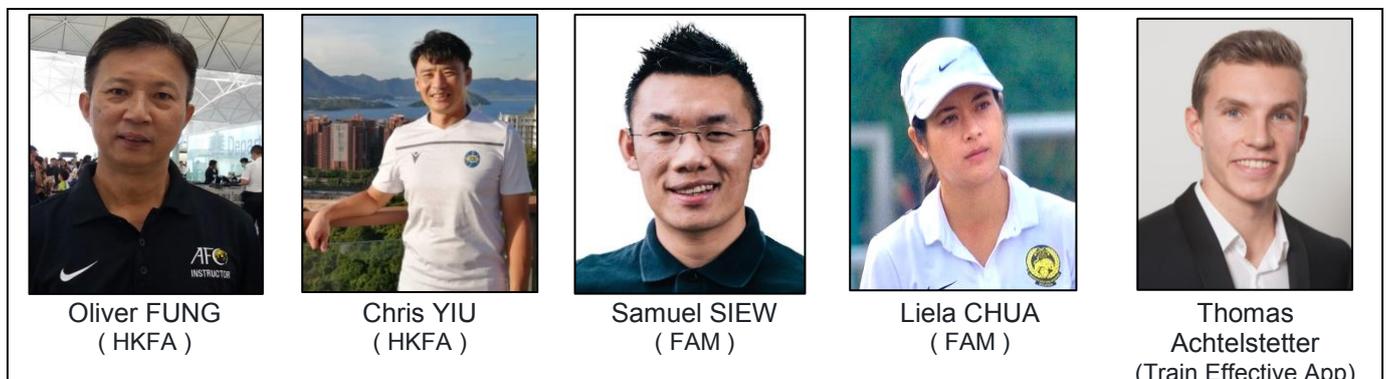
**(A) Aim and Objectives :**

This program is the first joint activity between FAM & HKFA, for aged 9-12 boys and aged 9-13 girls players, which aims at 2 main ideas :

- A1. Technically, under the virus situation, let players keep on enjoying soccer activity at home environment.
- A2. Psychosocially, at the innovative “Livelihood Sharing” part, both coaches & players in 2 countries can build up their forever friendship.

**(B) Planning and Schedule**

Starting from August 2020, we had a committee for organizing this meaning activity, the committee organizers included Mr. Samuel SIEW (FAM Grassroots Manager), Ms Liela CHUA (FAM Technical Executive), Mr. Chris YIU (HKFA Grassroots Manager), Mr. Oliver FUNG (AFC Fitness Coach Instructor & HKFA District Mentor), Mr. Thomas Achtelstetter (Train Effective App, CEO). (Re : Figure 1)



**Figure 1 : FAM-HKFA Organizers**

**(C) Recruitment & Training Periods :**

**C1. Recruitment Period**

Simultaneously, at November 2020, in Malaysia and in Hong Kong, we were recruiting both coaches and the players to join this innovative and meaningful program. In Hong Kong, our targeted groups were coaches and players joining our “District Football Development Scheme (2020-21)”. While Malaysia players were mainly come from their own Clubs, mainly in Kuala Lumpur.

In Hong Kong, on 27-11-2020, we invited all U12-U10 coaches in our 18-District Scheme to join our first online introduction workshop, i.e. training to use the Train Effective App & selection for online coaches, who must show their passion in the course & ability in using English as medium of instruction. Totally, we had 45 coaches joined the training workshop, and only 9 coaches were recruited to participate in the formal voluntary program, who received a further collaborative training workshop with FAM coaches on 1-12-2020. This workshop was mainly emphasized on the practical procedures and aimed to build up mutual cooperation (Figure 2 : Overall Schedule of the Program).



**Figure 2 :**  
**Overall Schedule of the Program**

Finally, 10 FAM coaches and 11 HK coaches (including 2 nominated HKFA girls team coaches) were allocated to coach 6 boys teams and 2 girls teams. For the players, we adopted all interested players (aged 9-13) to join four U10, three U12 and one U13 classes (Figure 3 : Allocation of Coaches in Classes).

Football For Friendship - Effective Online Football Training (Malaysia & Hong Kong)					
4 Online Classes in December 2020					
Date	Time	Activities	No. of Persons	Malaysia Coaches	Hong Kong Coaches
1-12-2020 (Tue)	8pm - 9.30pm	Coaches Briefing Session	6 FAM + 6 HKFA coaches	FAM + HKFA	
Class #1 4-12-2020 (Fri)	7pm - 8pm	U10-boy (A) (30' App + 30' livelihood)	24 boys + 2 coaches	Gargine Wong (Teenwolf)	Ip Kwok Lun
	7pm - 8pm	U10-boy (B) (30' App + 30' livelihood)	24 boys + 2 coaches	Anuar & Akhmal (Bentong Kids)	Wong Yu Hin Chow Bark Chung
Class #2 11-12-2020 (Fri)	7pm - 8pm	U10-boy (C) (30' App + 30' livelihood)	24 boys + 2 coaches	Aznor Dzulkarnian (KLRA)	Cheung Kwun Ho
	8pm - 9pm	U12-boy (A) (30' App + 30' livelihood)	24 boys + 2 coaches	Lee Jun Ling (Teenwolf)	Lee Pui Yi Dorcas
Class #3 16-12-2020 (Wed)	8pm - 9pm	U12-boy (B) (30' App + 30' livelihood)	24 boys + 2 coaches	Gadri + Megat + Ian Gillian (Kedah Kenari Kid)	Yung Chi Kit Dominic Lum
	8pm - 9pm	U12-boy (C) (30' App + 30' livelihood)	24 boys + 2 coaches	Aznor Dzulkarnian (KLRA)	Lau Yu Wai Sun Chin Wai
Class #4 18-12-2020 (Fri)	7pm - 8pm	U10-girls (30' App + 30' livelihood)	24 girls + 2 (F) coaches	Leila + Geena + Patrick	Ng Yuen Kei
	8pm - 9pm	U13-girls (30' App + 30' livelihood)	24 girls + 2 (F) coaches	Leila + Geena + Patrick	Poon Hiu Man

**Figure 3 :**  
**Allocation of Coaches in Classes**

From both countries, we totally had eighty-four (U10) boys, seventy-six (U12) boys, forty-two (U10) girls and thirty-three (U13) girls to participate in the program.

## C2. Training Period and Content

For the players, we have four 1-hour training sessions (4<sup>th</sup>, 11<sup>th</sup>, 16<sup>th</sup> & 18<sup>th</sup> December 2020), which was separated into 2 equal halves. First half was "Individual Training" on soccer technique, which was based on a soccer training resource (Figure 4 : Train Effective App). Coaches could use the App in 2 different approaches for players, i.e. as demonstrator in class or as home practice tool. In class, if players found it difficult to follow actions in App, coaches could demonstrate directly and even cut the actions in small steps and let players to follow easily.

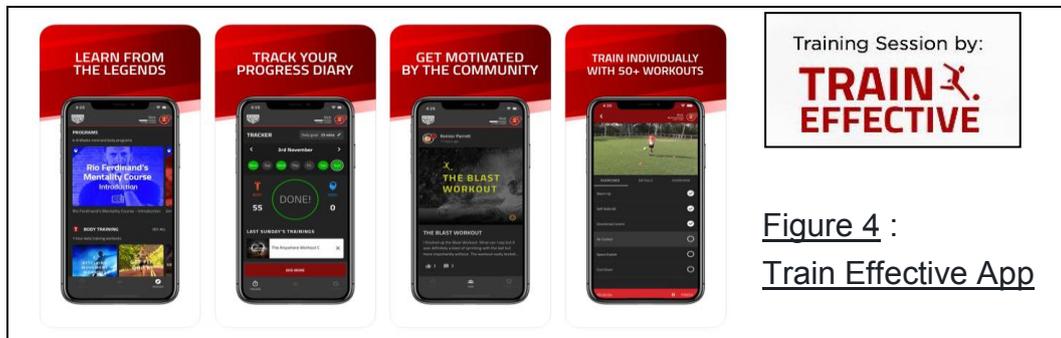


Figure 4 :  
Train Effective App

While the second half was an innovative "Livelihood Sharing" period, i.e. improving player's friendship by exchanging their daily life of 2 different countries (Figure 5 : Training Content of Each Session). In the latter part, players were usually divided into a few groups, so that they could share their daily life among themselves, while coaches acted as the facilitators.

### Part A (30min) : Practise with Train Effective App

**Training Session Topics (Pick 4)**  
**Download the free** **Train Effective App** on your iPhone or Android:  
 iOS - App Store: <http://bit.ly/teapacios> | Android - Play Store: <http://bit.ly/teapacandroid>

Duration: 30 minutes      Focus: Coaching Point      Note: Guided Discovery

<p><b>Recommended Workouts:</b></p> <ul style="list-style-type: none"> <li>General Dribbling Workout A</li> <li>General Dribbling Workout B</li> <li>Attacking Movement Workout</li> <li>Maestro Workout</li> <li>The Anywhere Workout A</li> </ul>	<p><b>Drills (Individual Exercises):</b></p> <ul style="list-style-type: none"> <li>Touch &amp; Roll</li> <li>Stop &amp; Go</li> <li>2 Touch Cone Passes</li> <li>Zig Zags with ball</li> <li>Roll Stops</li> <li>Outside Inside</li> </ul>
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### Part B (30min): Livelihood Sharing

**Livelihood Topics (Pick 4)**

L1. Foods after training?	L4. Which kind of playgrounds?
L2. Drinks after straining?	L5. How often/when to attend football training?
L3. Player's training schedule?	L6. How you arrange football training & studying time

Duration: 30 minutes      Focus: Players Sharing      Note: Probe Feedback

**Note during the coaches break-out discussion in pairs (1 Malaysia + 1 Hong Kong):**

<p><b>To discuss:</b></p> <ol style="list-style-type: none"> <li>1. Training Session Topic (4 classes)</li> <li>2. Livelihood Topics (4 classes)</li> <li>3. Who will lead and monitor/evaluate</li> </ol>	<p><b>To coordinate:</b></p> <ol style="list-style-type: none"> <li>1. Ask all players to turn on their camera</li> <li>2. Make sure each player has a ball</li> <li>3. Short in-between break time (1-minute)</li> </ol>
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Figure 5 :  
Training Content  
of Each Session

We appreciated that FAM-HKFA coaches of each class could even organize their pre-session planning meeting before each training session, with a simple session plan. These ah-hoc activities were self-initiated, and their passion in football impressed us a lot.

## **(D) Attendance and performance**

### **D1. Attendance of Coaches and Players**

#### **For coaches**

We appreciated that all FAM and HKFA coaches could join all training workshops and attend all player's training sessions, i.e. 100%. They even initiated to organize a pre-session meeting before each session. A simple session plan was provided before each training session for players. Their passion and enthusiasm was highly appreciated. Since most of the coaches had online experience before, so they could manipulate the software, share the screen of the Soccer App and even demonstrate the football actions satisfactory. In using medium of instruction, coaches could express fluently in English, and they sometimes acted as the translator for local players.

#### **For players**

In comparison, Girls' attendance (87%) was slightly higher than the boys (81%), while HK players had a higher percentage of daily and total attendance than the Malaysia players. (Figure 6 : Feedback from Players)The main reason might be the temporary closed of public pitches / playgrounds in Hong Kong, but Malaysia players could attend training on their pitches.

Classes		No. of players			No. of Daily Attendance								Total	
		MY	HK	Total	4 Dec		11 Dec		16 Dec		18 Dec		No	%
					MY	HK	MY	HK	MY	HK	MY	HK		
Boys	U10-A	12	16	28	9	15	9	11	8	11	9	12	84	75%
	U10-B	12	16	28	9	16	6	16	7	15	6	16	91	81%
	U10-C	12	16	28	12	16	9	13	10	15	11	16	101	91%
	U12-A	12	14	26	8	12	10	11	8	11	10	12	82	79%
	U12-B	12	13	25	10	11	8	10	6	9	7	10	71	71%
	U12-C	12	13	25	12	13	9	13	6	13	8	13	87	87%
Girls	U10	19	23	42	17	23	10	23	13	23	12	23	144	86%
	U13	11	22	33	11	22	5	22	5	22	8	22	117	87%

PS : MY = Malaysia ; HK = Hong Kong

**Figure 6 : Feedback from Players**

### **D2. Performance of Coaches and Players**

#### **For coaches**

All recruited coaches could render their heart and voluntary services to the program. They attended all scheduled training workshops (2 times), pre-session meetings (3 times) and regular player's trainings (4 times). Still, they initiated to have preparation meeting with Malaysia coaches respectively for their own class (3 times). So, all the organizers appreciated their enthusiasm and efforts. Even the players and their parents were impressed. Coaches of both countries would make

a simple session plan for each session, which was useful for coaches from 2 countries to follow in class. (Figure 7 : Sample of Session Plan)

Group U12(A) 11/12/2020 8-9pm 26 players (12 Malaysia players, 14 Hong Kong players)		
	Content	Coach
Preparation 7:45-8:00pm	Attendance taking Casual talk with players Safety reminders	Coach JY(Malaysia) Coach Dorcas (HK)
Training 8:00-8:30pm	The anywhere workout dribbling B (TE app)	Coach Dorcas (HK)
Water break		
Livelihood 8:30-9:00pm	Sharing by coaches (around 5 mins) - Popular food in HK / MY Topic: School life, PE lesson, Football training, etc Breakout 4 rooms to share Coaches entry the rooms randomly	Coach JT (Malaysia) Coach Dorcas (HK) Coach Wong (Malaysia)

Figure 7 :  
Sample of Session Plan

In “Livelihood Sharing” part, coaches designed a lot of activities for players to exchange their creative ideas in daily life, such as drinking / eating habits after playing football, design of training jersey, etc. (Figure 8 : Design of Training Jersey)

**For players**

In spite of the attendance, players of both countries enjoyed a lot during the process (Figure 9 : Players enjoy the Program). They reported that they enjoyed practicing football techniques even under the pandemic situation, and can share their livelihoods with Malaysia players.



Figure 9 : Players enjoy the Program



Figure 8 : Design of Training Jersey

They reflected and returned their positive opinions in a Google questionnaire (Figure 6 – Players’ Feedback), and some players even wrote down their deep feelings to coaches.

Overall Result (Hong Kong + Malaysia) Sample Size: 135 Hong Kong + 37 Malaysia = 172				
Score / Aspects	1	2	3	4
Coach Performance				
Demonstration	0.00%	0.00%	5.81%	30.23%
Encouragement from coaches	0.00%	1.74%	8.14%	29.07%
Ability to initiate discussions	0.58%	1.74%	6.40%	31.40%
Clarity and fluidity of applying the Football App	0.00%	3.49%	14.53%	25.00%
Session-oriented indicators + Participants' feedback				
Fun and excitement	0.00%	1.16%	5.23%	26.16%
Difficulties of the lesson content	0.00%	1.74%	6.98%	30.81%
Football Knowledge	0.00%	1.16%	9.88%	29.07%
Session Planning	0.00%	1.16%	5.81%	23.84%
Cultural Exchange	0.00%	2.91%	12.21%	33.14%
Able to make friends	1.16%	3.49%	17.44%	27.91%
Overall performance	0.00%	0.00%	7.56%	26.74%

Figure 6 : Player’s Feedback



Figure 7 : Certificate of Attendance

For rewarding the sincere support of both coaches and players, and their passion to join and in running the program, organizers had designed a nice digital certificate to them and for their great memory (Figure 7 : Certificate of Attendance).

## **(E) Evaluation and Suggestion for further development**

### **E1. Evaluation**

1. The program was appreciated by AFC, and had been broadcasted to their Website (Appendix 1 – AFC News\_FAM-HKFA Online Program, dated 18-12-2020).
2. Coaches reviewed their view points in the feedback meeting, while players had filled in the Google questionnaire just after last session. (Figure 6 : Summary of players' feedback).
3. Some coaches (Appendix 2 – Feedback of Coaches) and players (Appendix 3 – Feedback of Players) have written their feelings in messages.
4. Both Coaches & players appreciated the course & showed their interest to attend in future, if there is any similar cross countries activity.
5. In using the “Train Effective App”, coaches and players enjoy both the learning process and outcome from the App.
6. In "Livelihood Sharing" session, coaches and players can enjoy and achieve the designed aim and objectives, i.e. let players shared their daily life experience and build up friendship.

### **E2. Suggestion for further development :**

1. Organizers appreciated the first collaboration, and wish we could have a further cooperation with other countries.
2. Let coaches have much practices in using the Football App and share the screen before use.
3. Coaches can increase environmental experience to players within livelihood sharing part.
4. Wish the program could be supported by sponsors, so coaches can have some allowances.

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