



# ***ELITE FOOTBALL COACHING***

## **COACHES HANDBOOK**

u7-u10



**ACCREDITED  
CLUB ★★ ★**  
PART OF ENGLAND FOOTBALL



## **Elite FC Coaching Philosophy (U7-U10)**

At Elite FC, we believe that the foundation phase (U7-U10) is crucial for developing players who are confident, creative, and decisive.

Our philosophy emphasizes individual player development while integrating team play elements to prepare players for competitive football.

We aim to create an enjoyable, dynamic environment that develops technically skilled, quick-thinking, and athletic players.

# Key Principles of Elite FC's U7-U10 Coaching Philosophy

## Individual Development Focused Environment

- Prioritize individual technical and decision-making development, ensuring players are comfortable and confident on the ball.
- Incorporate regular ball mastery into sessions, ensuring that players become comfortable on the ball & have maximum touches of the ball during each session.

## Quick Decision-Making and Play

- Encourage players to make quick decisions in both possession and out-of-possession scenarios.
- Promote dribbling when space is available and quick passing & receiving when appropriate, especially in quick transitions.

## Athletic and Aggressive Defensive Play

- Develop players who are quick, strong, and athletic, emphasizing the importance of regaining possession quickly and positively.

## Attacking Focus

- Prioritize attacking skills, including 1v1s, 2v1s, and 3v2 scenarios, to enhance players' ability to exploit space and attacking overloads.
- Incorporate passing into sessions as a complementary skill, but not as the primary focus at this stage.

## Match-Specific Practices

- Implement practices such as short corners and quick sideline plays to instill habits that align with modern game rules and emphasize player decision-making.

# Elite FC U7-U10 Coaching Session Structure

## Session Timings (U7-U10)

MINUTES 0-10	MINUTES 11-25	MINUTES 26-45	MINUTES 46-55
3v3 / BALL WORK	PRACTICE	PROGRESSION	3v3

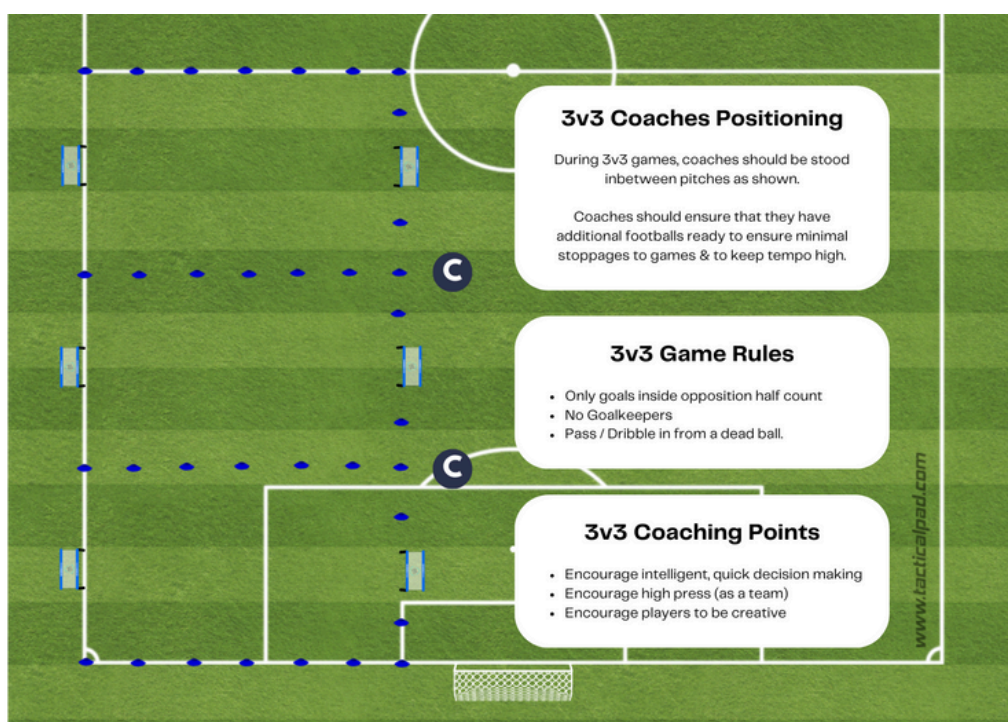
## Session Structure (U7-U10)

A typical Elite FC training session for u7-u10 age groups should consist of either 3v3 matches or ball mastery as arrival activities.

Scenarios & skills learnt in the previous weeks should be reaffirmed & incorporated into future sessions where possible, ensuring a consistent message week to week.

3v3's matches to finish sessions should always be played in ability based teams.

## 3v3 Setup & Structure



# Elite FC's U7-U10 Matchday Playing Philosophy

## IN POSSESSION

- Receive to play forward
- Attack with pace & creativity
- Can we play forwards first?
- Want the ball from teammates

## OUT OF POSSESSION

- Press to win the ball aggressively
- Push opposition play out wide
- Stay centrally & compact
- Communicate with teammates

## IN POSSESSION TRANSITIONS

- Secure possession
- Can we play forwards?
- Is there space to exploit?

## OUT OF POSSESSION TRANSITIONS

- React quickly
- Make recovery runs / challenges
- Regain shape / position

## FORMATIONS

5v5

6v6

7v7

