



FOUNDATION



WWF X THE HENLEY COLLEGE ELITE FOOTBALL DEVELOPMENT PROGRAMME

*Strategy
Guide*

Training 4 Times a Week

Education:
49 A-Levels
16 Vocational (L3)
6 Vocational (L2)

WHAT IS THE

Course?

Higher Education or Careers in Football Competing in FA Youth Cup & NYFL

OUR EDUCATION

Hub

THE HENLEY COLLEGE



OUR TRAINING *Venue*

CRESSEX FOOTBALL CENTRE

4G Training Pitch

Training 3-4 Times
a Week

Training & Home
Games

OUR *Coaches*



OUR

Competition



MK
DONS





OUR *Identity*



CORE *Values*

- *Attitude*
- *Respect*
- *Integrity*



EFDP

Mantra

OUT

-

Work

OUT

-

Smart

OUT

-

Play



OUR TRAINING

Syllabus

Training Schedule

Mon - Training

Tues - Match Prep

Wed - Game Day

Thurs - Gym/Futsal

Fri - Training

Training Focus

Periodised Training Blocks

WEEK	TRAINING FOCUS	GAME FOCUS
1	SMALL SIDED GAMES - EDA CULTURE	EDA CULTURE
2	PLAYING OUT FROM THE BACK	PLAYING OUT FROM THE BACK
3	MOVEMENT TO RECEIVE THE BALL	
4	SCANNING THE PITCH FOR QUICKER DECISIONS	
5	MOVEMENT TO CREATE SPACE	
6	PLAYING FORWARDS AT PACE	
7	RECYCLING THE BALL TO CREATE SPACE	PRESSING FROM THE FRONT
8	SETTING THE TRAP	
9	MAKING PLAY PREDICTABLE	
10	DEFENDING AGAINST AN OVERLOAD	
11	GAME CRAFT (OUT OF POSSESSION)	PLAYING THROUGH, ROUND OR OVER IN THE MIDDLE THIRD
12	WHEN AND WHERE TO RUN WITH THE BALL	
13	POSSESSION WITH A VIEW TO PLAY FORWARD	
14	WHEN AND WHERE TO SWITCH PLAY	
15	MIDFIELD ROTATION (6 / 8 / 10)	
16	PLAYING WITHIN TIGHT AREAS	
17	GAME CRAFT (CONTROLLING THE TEMPO)	

WHAT IS *Success?*

OVERALL: Developing as a player and more importantly as a person.

TRAINING: Complete individual and group challenges/tasks and take at least one learning point from each training session.

MATCH DAY: Winning in the right way; Best footballing team, most sporting team and last/least on the scoreboard.

Final



Manipulate Opposition

Maintain Width & Depth

Box 4

HOW WE

Play

Be Creative In The First Thought Forwards!
Final 1/3

Playing Out



Move As The Ball Moves

Defend Your Side (7/11)

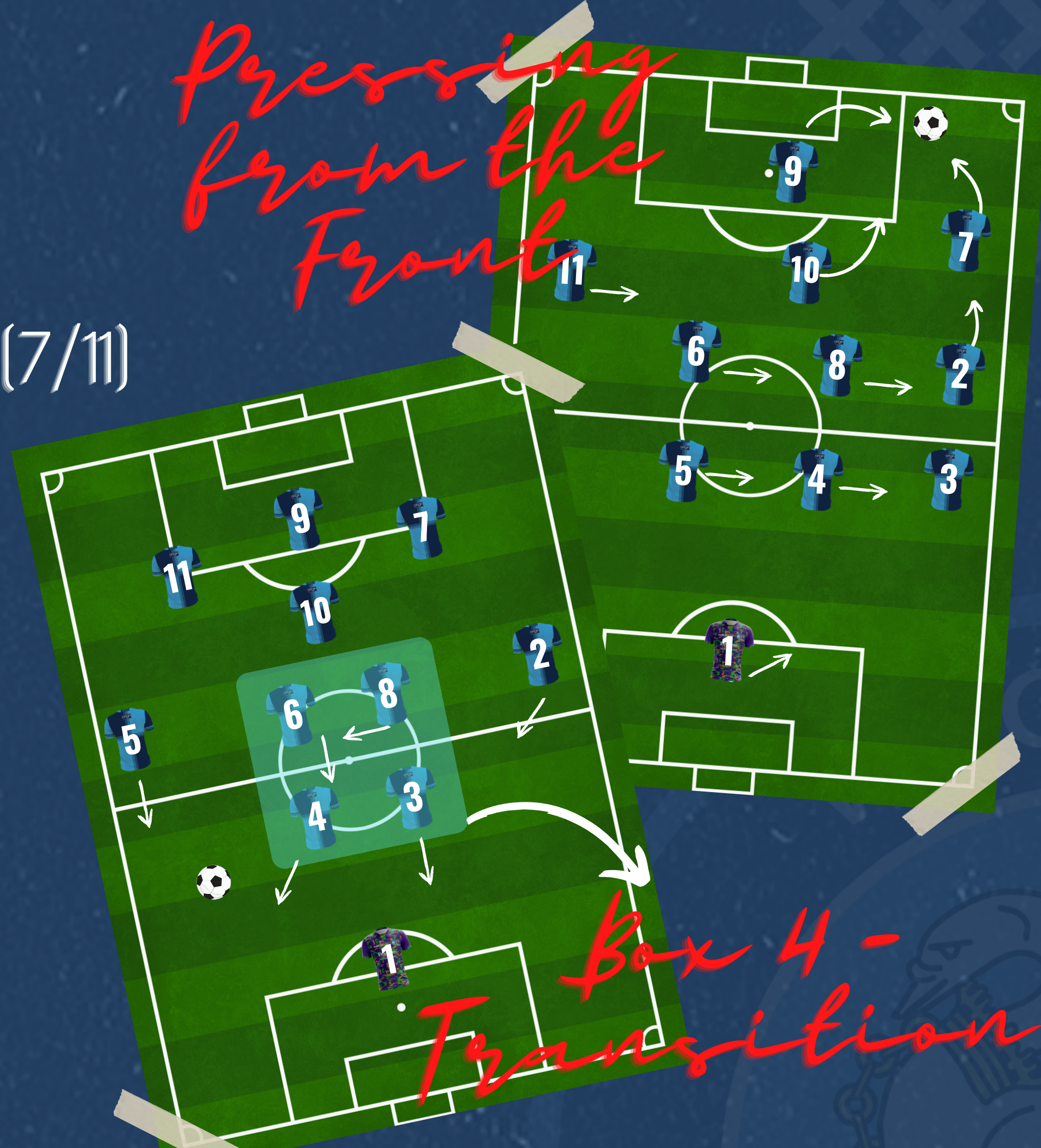
HOW WE

Defend

Making Play Predictable

Low Press - Encourage to Play

Pressing from the Front



Box 4 - Transition

Best Footballing
Team

HOW WE

Win

Win On The
Scoreboard

The Most
Sporting Team



PLAYERS

Thoughts

"THE SUPPORT FROM ALL THE COACHES IS 1ST CLASS. I ENJOY MY COURSES AND MY TIMETABLE FITS AROUND EVERYTHING HELPING ME TO ORGANISE MY TIME EFFECTIVELY, I CHOSE HENLEY DUE TO THE DIFFERENT COURSES I COULD STUDY AND THE LINK WITH A PROFESSIONAL FOOTBALL CLUB WHO OFFER US EXCELLENT OPPORTUNITIES OUTSIDE OF COLLEGE"

"I HAVE REALLY ENJOYED MY TIME ON THE ELITE FOOTBALL PROGRAMME SO FAR, THE COACHING IS OF A HIGH LEVEL AND SO IS THE TEACHING AT THE HENLEY COLLEGE. I HAVE LEARNT TO BE MORE INDEPENDENT AND ORGANISE MY TIME EFFECTIVELY TO EXCEL IN BOTH MY ACADEMICS AND MY FOOTBALL"

