

STRATEGY GUIDE 2025-26

ELITE/GIRLS DEVELOPMENT ACADEMY



FOUNDATION





OUR VENUES

TRAINING/FIXTURE VENUES:

- AMERSHAM AND WYCOMBE COLLEGE, SPRING LANE, FLACKWELL HEATH, HP10 9HE.
- THE 1878 STADIUM, BURNHAM FOOTBALL CLUB, WYMERS WOOD RD, BURNHAM, SL1 8JG.



OUR PLAYING/TRAINING KIT



WYCOMBE WANDERERS PLAYING/TRAINING KIT COLOURS:

- ALL EDA/GDA WYCOMBE SQUADS TRAIN/PLAY IN THE HOME STRIP AS PICTURED BELOW.
- OUTFIELD - SKY BLUE/NAVY QUARTERS - NAVY SHORTS & SKY BLUE SOCKS
- GOALKEEPERS - PINK/BLACK - PINK SHORTS & SOCKS





PLAYING PHILOSOPHY

DECISION MAKERS

FIRST THOUGHT FORWARD

CHAMPION MENTALITY

HARDEST WORKING TEAM

BRAVERY - PLAY WITHOUT FEAR

BE CREATIVE FREEDOM & FUN

MASTER THE BALL



CONTROL
THE BALL
TO CONTROL
THE GAME

OUR COACHING SESSIONS

ARRIVAL ACTIVITIES:

- 1V1/2V2/3V3, TECHNICAL GROOVING, RONDOS

SMALL SIDED GAMES:

- DECISION MAKING, CONTEXTUAL INTERFERENCE, COLLABORATIVE PRACTICES

TOPIC/GAME SPECIFIC:

- A MOMENT IN THE GAME, IN/OUT OF POSSESSION, TRANSITION, GAME CRAFT



PLAYER PROFILES

STOPPER

- GRAVITATES TOWARDS THE BACK OF THE PITCH (ENJOYS DEFENDING)
- SHOWS QUALITY WHEN DEFENDING AS AN INDIVIDUAL
- SHOWS DESIRE AND INTENSITY TO REGAIN POSSESSION IN ANY 1/3 OF THE PITCH

CONNECTOR

- GOOD SCANNING AND AWARENESS
- EFFECTIVE BALL-SHARER
- MAKES EFFECTIVE DECISIONS OF WHEN AND WHERE TO SHARE OR STAY ON THE BALL
- BREAKS LINES BY SHARING THE BALL

CARRIER

- HAS A POSITIVE IMPACT WHEN STAYING ON THE BALL (CARRIES THE TEAM UP THE PITCH)
- EFFECTIVE MOVER BOTH WITH AND WITHOUT THE BALL
- ELIMINATING PLAYERS/BREAKING LINES THROUGH CARRYING THE BALL

FINISHER

- GRAVITATES TOWARDS THE TOP END OF THE PITCH
- POSITIVE IMPACT WHEN IN THE FINAL 1/3 (FINISHING THE ATTACK)
- EFFECTIVE FINISHER/BALL STRIKER - HAS "AN EYE FOR GOAL"



TRAINING SYLLABUS

UNDER 6'S - UNDER 10'S

WEEK	TRAINING FOCUS	GAME FOCUS
1	EDA CULTURE	EDA CULTURE
2	1v1 - Pressure From Front	BUILDING THE ATTACK
3	2v2 - Attacking	
4	Attacking With An Overload	
5	Finishing The Attack	
6	Defending 1v1	
7	Defending In Transition	
8	Game Craft	
9	1v1 - Pressure From Behind	TRANSITION
10	2v2 - Attacking	
11	Attacking With An Overload	
12	Finishing The Attack	
13	Defending 1v1	
14	Defending In Transition	
15	Game Craft	
16	1v1 - Pressure From Side	FINISHING THE ATTACK
17	2v2 - Attacking	
18	Finishing The Attack	
19	Defending 1v1	
20	Defending In Transition	
21	Game Craft	
22	REVIEW EVENING	

WEEK	TRAINING FOCUS	GAME FOCUS
23	1v1 - Pressure From Front	BUILDING THE ATTACK
24	2v2 - Attacking	
25	Defending 1v1	
26	Defending In Transition	
27	Game Craft	
28	1v1 - Pressure From Behind	
29	Attacking With An Overload	
30	Defending 1v1	TRANSITION
31	Defending In Transition	
32	Game Craft	
33	1v1 - Pressure From Side	
34	2v2 - Attacking	
35	Attacking With An Overload	
36	Finishing The Attack	
37	Defending 1v1	FINISHING THE ATTACK
38	Defending In Transition	
39	Game Craft	
40	REVIEW EVENING	

TRAINING SYLLABUS

UNDER 11'S - UNDER 13'S

WEEK	TRAINING FOCUS	GAME FOCUS
1	EDA CULTURE	EDA CULTURE
2	Movement To Create Space	BUILDING THE ATTACK
3	Receiving Techniques	
4	Playing Out From The Back	
5	Finishing The Attack	
6	Defending 1v1	
7	Pressing From The Front	HIGH PRESS
8	Game Craft	
9	1v1 - Pressure From The Front	PLAYING THROUGH THE 3RDS
10	Playing Forwards At Pace	
11	Playing Away From Pressure	
12	Attacking With An Overload	TRANSITION
13	Defending Against Overload	
14	Dropping & Delaying	
15	Game Craft	FINISHING THE ATTACK
16	1v1 - Pressure From The Side	
17	Combination Play In Final 3rd	
18	Finishing The Attack	DEFENDING IN & AROUND THE BOX
19	Making Play Predictable	
20	Cover & Balance	
21	Game Craft	
22	REVIEW EVENING	

WEEK	TRAINING FOCUS	GAME FOCUS
23	Playing Out From The Back	BUILDING THE ATTACK
24	Playing Forwards At Pace	
25	Defending 1v1	HIGH PRESS
26	Pressing From The Front	
27	Game Craft	
28	Playing Away From Pressure	PLAYING THROUGH THE 3RDS
29	Attacking With An Overload	
30	Defending Against Overload	
31	Dropping & Delaying	TRANSITION
32	Game Craft	
33	Attacking 1v1 - GK	
34	Attacking With An Overload	FINISHING THE ATTACK
35	1v1 - Pressure From Behind	
36	Finishing Under Pressure	DEFENDING IN & AROUND THE BOX
37	Defending 1v1	
38	Cover & Balance	
39	Game Craft	
40	REVIEW EVENING	

TRAINING SYLLABUS

UNDER 14'S - UNDER 16'S

WEEK	TRAINING FOCUS	GAME FOCUS
1	EDA CULTURE	EDA CULTURE
2	Movement To Create Space/Receive	BUILDING THE ATTACK
3	Playing Out From The Back (2,3,4,5)	
4	Receiving Techniques	
5	Playing Out From The Back (6,8,10)	
6	Pressing Techniques - TADS	
7	Pressing From The Front	HIGH PRESS
8	Game Craft	
9	Exploiting Space In Midfield	PLAYING THROUGH MIDFIELD 3RD
10	Midfield Rotation	
11	Possession To Play Forward	
12	Playing Away From Pressure	MID-BLOCK
13	Defending Compactness (Midfield 3rd)	
14	Triggers To Press - Mid Block	ATTACKING IN FINAL 3RD
15	Game Craft	
16	Over/Underlapping Runs (2, 5, 7, 11)	
17	Attacking With An Overload	
18	Breaking The Block	
19	Dropping & Delaying The Attack	
20	Defending The Box	LOW BLOCK
21	Game Craft	
22	REVIEW EVENING	

WEEK	TRAINING FOCUS	GAME FOCUS
23	Combination Play (9, 10, 7, 11)	QUICK PLAY IN & AROUND THE BOX MAKING PLAY PREDICTABLE
24	Forward Runs (9, 10, 7, 11)	
25	Pressing From The Front (9, 10, 7, 11)	
26	Deflecting The Play Wide	
27	Game Craft	ATTACKING IN WIDE AREAS COVER & BALANCE
28	Attacking When Isolated 1v1	
29	Crossing Techniques	
30	Cover & Balance (3, 4, 2, 5)	
31	Defending Against An Overload	FINISHING THE ATTACK EMERGENCY DEFENDING
32	Game Craft	
33	Attacking 1v1 - GK	
34	Shooting From Range	
35	Finishing From Crosses	REVIEW EVENING
36	Finishing Under Pressure	
37	Defending 1v1	
38	Block/Poke Tackles	
39	Game Craft	
40	REVIEW EVENING	

TRAINING SYLLABUS

GOALKEEPERS

WEEK	TRAINING FOCUS	DISTRIBUTION	WEEK	TRAINING FOCUS	DISTRIBUTION
1	EDA CULTURE	BUILDING THE ATTACK	23	Playing Out From The Back	BUILDING THE ATTACK
2	Dealing with 1v1's		24	Dealing With Through Balls	
3	Shot Stopping (Central)		25	Dealing with 1v1's	
4	Playing Out From The Back		26	Shot Stopping (Central)	
5	Dealing With Rebounds		27	Game Craft	
6	Dealing with 1v1's		28	Distribution (Recycle)	PLAYING THROUGH
7	Shot Stopping (Wide)		29	Shot Stopping (Overloads)	
8	Game Craft	PLAYING THROUGH	30	Dealing Crosses/Shots From Wide	
9	Dealing with 1v1's		31	Shot Stopping From Range	
10	Dealing With Through Balls		32	Game Craft	
11	Distribution (Recycle)		33	Dealing with 1v1's	PLAYING INTO/ONTO
12	Shot Stopping (Overloads)		34	Shot Stopping (Overloads)	
13	Dealing Crosses/Shots From Wide		35	Dealing with 1v1's	
14	Distribution (Playing Into Midfield)		36	Shot Stopping & Rebounds	
15	Game Craft		37	Distribution (Playing Beyond)	
16	Dealing with 1v1's	PLAYING INTO/ONTO	38	Defending 1v1	
17	Shot Stopping From Range		39	Game Craft	
18	Shot Stopping From Close		40	REVIEW EVENING	
19	Distribution (Playing Beyond)				
20	Dealing With Rebounds				
21	Game Craft				
22	REVIEW EVENING				

PLAYING SYSTEMS

U6'S-U10'S



5V5

1-1-2-1



6V6

1-1-3-1 / 1-3-1-1



7V7

1-3-2-1 / 1-2-3-1



PLAYING SYSTEMS

U11-U16'S



8V8

1-4-2-1



9V9

1-4-1-2-1 / 1-4-3-1



11V11

1-4-3-3 / 1-4-2-3-1



WINNING THE EDA WAY



BEING THE BEST FOOTBALLING
TEAM, PLAYING OUR EDA/GDA
WAY

BEING THE MOST SPORTING
TEAM, ON AND OFF THE PITCH

LAST AND LEAST, WINNING ON
THE SCOREBOARD