



YOUNGERS FC – PLAYER DEVELOPMENT

YOUNGERS FC

PLAYER DEVELOPMENT PATHWAY

2026-2027 SEASON

Find your spark.

01 SPARKS PROGRAMME

DEV STAGE

02 LEAGUE REPRESENTATIVE TEAMS

COMPETITIVE STAGE

03 VOLTS SHOWCASE TEAMS

ADVANCED STAGE

YOUNGERS F.C.

HAVAS Play



SECTION 01

DEVELOPMENT STAGE

SPARKS PROGRAMME

A structured 8-week player development pathway designed to build confidence, develop skills, and prepare players for competitive football.

U8

U9

U10

U11

U12

SUNDAYS · LOW HALL SPORTS GROUND · WALTHAMSTOW

03 – WHAT IS THE SPARKS PROGRAMME?

A STRUCTURED PATHWAY FOR EVERY PLAYER

The Sparks Programme is Youngers FC's own player development pathway. We give players the coaching, the matches and the environment they need to improve, build confidence, and prepare for competitive football. Everything we do is built around the player.

| | | | |
|------------------------|--------------------------|--------------------------|-----------------------------|
| 8 WEEK CYCLE | 2h PER SESSION | SUN EVERY WEEK | U8-U12 AGE GROUPS |
|------------------------|--------------------------|--------------------------|-----------------------------|

THE MISSION

The Sparks Programme provides a structured, positive environment where players develop technically, tactically, physically and mentally. We build confident footballers who enjoy the game – from day one.

- Player-centred development
- Building confidence and enjoyment
- Learning the game in a structured way
- Professional matchday experience from day one

EACH SESSION

| | |
|--------------------------------------------------------------------------------------------------------------------|---------------|
| 01 TRAINING BLOCK 1 hour – technical & tactical coaching with full squad focus and individual attention. | 1 HOUR |
| 02 MATCH PLAY 1 hour – structured match experience. Refereed, real match environment. | 1 HOUR |

LOCATION
Low Hall Sports Ground, Walthamstow

8-WEEK PROGRAMME CYCLE

| | | | | | | | |
|-----|-----|-----|-----|-----|-----|-----|-----|
| WK1 | WK2 | WK3 | WK4 | WK5 | WK6 | WK7 | WK8 |
|-----|-----|-----|-----|-----|-----|-----|-----|

Induction & fundamentals Review & progression assessment

WHAT EACH PHASE COVERS

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|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>WK 1 - 3</p> <h4>FOUNDATIONS</h4> <p>Induction into the programme. Players learn the structure, meet coaches and teammates, and establish fundamental technical habits.</p> | <p>WK 4 - 6</p> <h4>BUILDING PATTERNS</h4> <p>Technical sessions develop into game-based scenarios. Players apply skills under pressure in structured match environments.</p> | <p>WK 7 - 8</p> <h4>ASSESSMENT</h4> <p>End-of-cycle review. Progress tracked individually. Coaching staff assess each player and confirm their next step.</p> |
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04 – MATCH EXPERIENCE & NEXT STEPS

FROM FIRST SESSION TO COMPETITIVE FOOTBALL

PHASE 1

INTERNAL MATCHES

Weekly in-house matches within the Sparks group. Players experience real match situations with referees, structure and a proper matchday environment.

PHASE 2

EXTERNAL FRIENDLIES

Behind-closed-door matches vs players from other clubs at the same development stage. Low pressure, high learning – real competitive experience.

PHASE 3

PATHWAY ASSESSMENT

End-of-cycle review. Coaching staff confirm each player's next development step – based on progress, attitude and readiness.

THE SPARKS PROGRAMME IS NOT A STEP BACK

The Sparks Programme is not a step back – it is a structured development pathway designed to support progression at the right stage.

Players develop at different speeds and stages. Not every player progresses at the same time. The programme ensures each player develops in the right environment for them.

PROGRESSION DESTINATIONS

→ SPARKS LEAGUE TEAMS

Where appropriate, Sparks teams progress into structured league environments with consistent weekly competition.

→ VOLTS LEAGUE TEAMS

Players ready for full squad league football join Youngers FC Volts League Teams for competitive weekly fixtures.

SPARKS KIT PACKAGE



MATCH TOP

Official Youngers FC match jersey – purple & lime colourway



TRAINING SHORTS

Youngers FC branded shorts – lime colourway



TRAINING SOCKS

Youngers FC branded socks – purple colourway

Full kit package included in your first 8-week cycle. Kit creates identity, pride and belonging from day one.

| WHAT PARENTS SHOULD KNOW

- Sessions run every Sunday at Low Hall Sports Ground
- Players should arrive 10 minutes before start time
- Full kit provided – no need to source your own
- Parents are welcome to watch from the sideline
- All coaches are FA-qualified and DBS-checked

| DEVELOPMENT UPDATES

- Feedback provided at the end of each 8-week cycle
- Progress assessed across technical, tactical and personal areas
- Next-step recommendation given at end of each cycle
- Parents kept informed of pathway decisions throughout
- Open communication with coaching staff at all times

SECTION 02

COMPETITIVE STAGE

YOUNGERS LEAGUE

REPRESENTATIVE TEAMS

Weekly competitive league football for players ready to train, compete and develop as part of a structured squad.

VOLTS LEAGUE TEAMS

SPARKS LEAGUE TEAMS

SATURDAY MATCHES · WEEKLY TRAINING · EXTERNAL OPPOSITION EVERY WEEK

06 – COMPETITIVE FOOTBALL ENVIRONMENT

TRAIN. COMPETE. DEVELOP.

Our League Representative Teams provide structured competitive football every week. Players train consistently and compete in organised league fixtures – building the habits, mentality and skills needed to win.

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| <p>FORMAT</p> <h2>7V7</h2> <p>UNDER-9S & UNDER-10S</p> <p>Smaller pitch, more touches, maximum involvement. Every player in the action, every session and every game.</p> | <p>FORMAT</p> <h2>9V9</h2> <p>UNDER-11S & UNDER-12S</p> <p>Development format building tactical understanding. Wider pitch, more space to read the game and develop positional awareness.</p> | <p>FORMAT</p> <h2>11V11</h2> <p>UNDER-13S</p> <p>Full team football with positional structure and tactical depth. The full game – every week.</p> |
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| SATURDAY MATCHES

- League fixtures every Saturday throughout the season
- Home and away fixtures across the season
- External opposition every week without exception
- Refereed matches with full match structure
- Performance tracked across the full season

| WEEKDAY TRAINING

- Regular weekday training sessions throughout the week
- Technical and tactical sessions with coaching focus
- Game-based training with clear coaching direction
- Individual development alongside team work
- Sessions reviewed and adjusted based on match performance

VOLTS LEAGUE TEAMS & SPARKS LEAGUE TEAMS

Both our Volts League Teams and Sparks League Teams operate at this competitive stage. Players in both environments train consistently and compete in structured league football every week. The standards are the same. The environment is the same. The development focus is the same.

AGE GROUP STRUCTURE

| | | | | |
|--------------------------|---------------------------|---------------------------|---------------------------|-----------------------------|
| <p>U9 7V7</p> | <p>U10 7V7</p> | <p>U11 9V9</p> | <p>U12 9V9</p> | <p>U13 11V11</p> |
|--------------------------|---------------------------|---------------------------|---------------------------|-----------------------------|

| PLAYER COMMITMENT

- Train every week – not just match days
- Arrive on time and prepared for every session
- Respect teammates, coaches and opposition
- Maintain effort and attitude regardless of results

| COACHING STANDARDS

- FA-qualified coaching staff at every session
- Individual development focus for every player
- Consistent coaching standards across all age groups
- Parent communication at key points in the season

07 – THE WEEKLY DEVELOPMENT CYCLE

A CONSISTENT STRUCTURE FOR PLAYER GROWTH

01 TRAIN

Focused weekday training sessions. Technical and tactical development with coaching direction each week.

02 PLAY

Saturday league matches. Real competitive football against external opposition every week.

03 REVIEW

Post-match and session analysis. Coaches identify what worked and what needs to be developed next.

04 IMPROVE

Individual and team improvements fed back into the next training cycle. Continuous, consistent progress.

LEAGUE KIT



MATCH TOP

Official league jersey – purple & lime colourway



TRAINING SHORTS

Youngers FC branded – lime colourway



TRAINING SOCKS

Youngers FC branded – purple colourway

Official Youngers FC match kit provided for all League Representative Team players.

SEASON STRUCTURE

- Consistent fixtures throughout the season
- Both Volts and Sparks teams in league competition
- Coaches present at every match and training session
- Players tracked individually throughout the season
- End-of-season progression review for every player
- Pathway forward available for every player who earns it

Both Volts League Teams and Sparks League Teams operate within this structure – the same standards, the same environment, the same development focus. Whether a player is in a Volts or Sparks team, the commitment to their development is identical.

END-OF-SEASON PLAYER REVIEW

TECHNICAL

SKILL ASSESSMENT

Individual technical ability reviewed across key areas. Progress mapped against the start-of-season baseline for each player.

TACTICAL

GAME UNDERSTANDING

Positional awareness, decision-making and team play evaluated. How the player reads and responds to the game.

PERSONAL

ATTITUDE & GROWTH

Effort, coachability, teamwork and leadership reviewed. The full player – not just their technical output on the pitch.

SECTION 03

ADVANCED STAGE

VOLTS SHOWCASE TEAMS

The highest competitive stage within the Youngers FC pathway. Showcase Teams face strong grassroots, pre-academy and academy-level opposition.

HIGH-LEVEL OPPOSITION · PERFORMANCE ENVIRONMENT · ADVANCED DEVELOPMENT

09 – HIGH-LEVEL COMPETITION & FULL PATHWAY

BUILT FOR THE TOP LEVEL

Volts Showcase Teams represent the advanced stage of the Youngers FC development pathway. Players compete against the strongest opposition available – building the mentality, skill and experience needed to perform at the highest grassroots level.

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| <p>OPPOSITION TYPE STRONG GRASSROOTS</p> <p>High-quality local clubs. Consistently competitive Saturday league opposition at the top end of grassroots football.</p> | <p>OPPOSITION TYPE PRE-ACADEMY TEAMS</p> <p>Development teams from academy environments. High technical standard, structured play and organised coaching at every level.</p> | <p>OPPOSITION TYPE ACADEMY OPPOSITION</p> <p>Where possible, matches vs academy-affiliated teams and development squads at high technical and physical levels.</p> |
| <p> TRAINING</p> <ul style="list-style-type: none"> Regular training sessions held throughout the month Ongoing individual development sessions High standards expected in training and on matchday Performance analysis and review after key fixtures | <p> MATCH STRUCTURE</p> <ul style="list-style-type: none"> Matches played regularly against high-level opposition Balanced cycle of training and match exposure Performance notes kept for every player Development-focused environment at all times | |

THE FULL YOUNGERS FC PATHWAY

- 1 SPARKS PROGRAMME**
8-week development cycles. Build foundations. Gain confidence. Get match experience from day one.
- 2 SPARKS LEAGUE TEAMS OR VOLTS LEAGUE TEAMS**
Weekly competitive league football. Train and compete every week. Both routes available based on development stage and readiness.
- 3 VOLTS SHOWCASE TEAMS**
Advanced competition. High-level opposition. Performance environment. The top of the Youngers FC pathway.
- BEYOND**
Exceptional players identified for higher-level opportunities. The pathway is built to open doors.

FIND YOUR SPARK. BUILD YOUR GAME. STEP ONTO THE PITCH.

YOUNGERS F.C.

HAVAS Play



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