



Kingsmead United FC

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Our Coaching Philosophy

At Kingsmead United FC the development and the enjoyment of our players is paramount and is integral to our approach to coaching.

We promote the concept of inspiring and providing challenges to our players. We will help them strive to improve by following a structured training session designed for the long-term development of each player using all 'four corners' of the player development.

More information of the FA four Corners model can be found here:

[The FA 4 Corner Model](#)

From as early as under 7's, players will be coached and asked to play in a variety of positions so they will gain experience in all positions to develop and we aim to give all players the minimum game time as recommended by the FA. Further details on Youth Football can be found [here](#).

They will be encouraged to experience a variety of playing experiences often in mixed ability groups. Where we have more than one team in an age group, we will often move players between teams to ensure we support the child's development and to meet the players 'four corners' needs. The emphasis is on developing the players for the long term and avoiding the 'win at all costs mentality' even as players start to compete in leagues as they progress and get older. Ultimately, we want to help young people to develop life as well as football skills.

From the 2026/27 season, the FA will launch their FutureFit strategy, where we will see the introduction of a new progressive framework for grassroots football, aimed at ensuring more time on the ball for each player as part of the development journey. Meadows Club DNA will be updated in line with the FA guidelines provided.

More information on this can be found here – [FA FutureFit](#)

[A Guide to Coaches and Parents](#)

All our teams and age groups differ in term of numbers, dynamics and ability. For this reason, we allow our coaches to assess and agree the best approach for their team in order to meet our outlined coaching philosophy. However, in order to assist our coaches and parents we have developed some high-level guidelines which explain how children could progress and develop through the age groups at the club.

Streaming v Mixed Ability

We encourage mixed ability groups in our younger age groups . The primary focus is to introduce children to football, develop basic skills and, above all, allow them to have fun. However, an important part of development is streaming, and this can be a contentious issue in any form of education or sport/leisure activity. However, it is necessary (from U11's onwards) because it is important that children can develop at a pace commensurate with their own ability and those they play with and against.

It is the club, it's coaches and the committee's role to ensure that streaming of players is carried out fairly and openly. The interests of the child's footballing development and enjoyment are paramount and should be the basis of all our decisions. The four corners model should be used to assess a player's ability.

As a general guide we adopt the following approach in our foundation age groups:

Skills Development

Our 'Mini Meadows' session is open to Reception & Year 1 children aged 4-6. They will train together as one group up to Christmas, unless numbers dictate breaking into multiple smaller manageable groups running the same activities. After Xmas the Year One & Reception children will start to train separately (if numbers and volunteer coaches allow) although all still at the same session. Reception children will stay in skill development for another year and it is expected that Y1 children should be on a faster development track to get them ready for U7s football.

U7's (5 a side)

Training within this age group should continue to be conducted as one group to start with, with a gradual move to individual training sessions per squad. All games at this age group will be played on a friendly / non-competitive basis. The squads will be created to start with, based on mixed ability levels, to ensure we keep a balanced set up for each team. We wish to provide the potential for each child to grow and develop within their football journey. Every child should be actively encouraged to try each position on the team. Results of the games at this level are irrelevant – it is the children's development that is the sole consideration. We will likely move players between teams throughout the season to support the growth of each individual player, and ensure the balance of the teams is upheld.

We participate in multiple leagues across Surrey depending on the age group, which vary in ability and competitiveness. We aim to give the children a chance to progress through the leagues supporting their development journey.

SSYL – South Surrey Youth League (Saturday matchdays)
NEHYL – North East Hampshire Football League (Saturday matchdays)
SCWGL – Surrey County Women & Girls League (Sunday matchdays)
SPL – Surrey Primary League (Sunday matchdays)
SYL – Surrey Youth League (Sunday matchdays)

Under 8 's (5 a side)

Training sessions will likely be split per squad depending on training slot availability. The Surrey Primary league, Surrey Youth League and South Surrey Youth League will now have streamed their leagues; teams will be placed in various divisions across the leagues based on their performances at U7. These performances and outcomes will have been based on the U7's squads in place. It is our belief that this year should enable an initial preparation for a streaming set up which will take place from U11s and the move to 9 a side. With that in mind team structure should be implemented based on the U7 squads of the previous season, and then reviewed every 6-8 weeks (school terms) with player movements being minimal each time to not radically alter the dynamics of a team. Coaches should bear in mind the level/ability of the division they will play in. Players will develop at different speeds and regular dialogue should take place between coaches and parents. While results are still unimportant at this level, by now the children understand the difference between winning and losing and why it has happened.

Under 9 / 10 (7 a side)

These age groups play on a non-competitive basis and no results are shown. A transition has taken place from 5 a side to 7 in preparation to a move to 9 a side at U11's. Teams will be streamed from U11s onwards. It is understood that players will develop at different rates and the team structures should be reviewed and adjusted accordingly at agreed periods throughout the season(s) at U9's and U10's.

Training will be conducted at times defined by the training schedule per season. We encourage some activities to be carried out together (e.g. warm-up session, some friendly matches) however, each team likely trains separately in order to tailor some of the sessions accordingly.

Under 11's (9 a side) in to U12's

Teams are now streamed based on ability. Players will have played and trained with several different players over the previous two seasons so should be able to fit in and mix well with whichever team they are placed in. Streaming is understandably a contentious issue and parents may not be happy about their child playing in a different (higher or lower team). However, the fundamental factor involved with this is that the children should be playing at a level that is appropriate for them. If placed in too high a team then they are unlikely to develop and ultimately may cease playing football. If placed in too low a team then their development will not continue, and they may become bored

and move to another club / stop playing football. Depending on the mix in ability throughout the teams some players may be asked to rotate between 2 teams.

From U12's, teams compete for the first time in official league divisions at a fully competitive level. Therefore, streaming fully from U11's ensures the players and teams have fully bonded as a unit and are clear on their role and position within the squad.

All new players in the close season should be assessed over several weeks by coaches from all teams in the age group to ascertain where the player should fit – this is to ensure that the player is playing at the correct level. The Age Group Co-Ordinator(s) (AGC) will lead this alignment between coaches.

Under 13's and onwards

This is the first year of 11 a side and the 2nd year of competitive league football. The priority will remain to make sure that all children are playing at an appropriate level for their abilities.

Communication is key to players and parents as new a structure, full laws of the game applied, all positions utilised, and increased squads are implemented. All teams should be used to streaming and getting players into the right positions in the right teams should now become easier.

All new players in the close season should be assessed over several weeks by coaches from all teams in the age group to ascertain where the player should fit – this is to ensure that the player is playing at the correct level.

In Conclusion

The fundamental ethos of Kingsmeadow United FC is for young children to start their football journey in a safe and friendly environment, where the focus from the club, the coaches and the parents is about the development of their skills and having fun. The result of a match in non-competitive (small-sided) football is irrelevant compared to the performance and development of the players on the pitch. Therefore, it is so important that players are placed in the team that is appropriate to their skill level such that all the players across the age group are playing at a level where they can develop and grow.

As they move up through the ages they will develop at different rates and it is vital that we are reviewing player development regularly to make sure they are playing at an appropriate standard.

Playing with friends is enjoyable and very helpful at the youngest ages. This will be considered and discussed with parents but basing a team at older age groups on friendships alone or what parents want will not allow a child to develop their football and can affect those around them.

All our coaches are volunteers. The club, training sessions and matches cannot run without them. For the most part our coaches will be a parent or guardian to one of our players and will have to consider their own personal logistics as well as friendships within the groups, ability and availability of players when selecting teams. Our coaches will adopt a fair and open approach and will be happy to listen to any concerns or constructive feedback from parents.

Kingsmeadow United Football Club

About Us

As we move into an exciting new era as Kingsmeadow United, two clubs with long and proud histories — Meadow Sports and Old Wokingians — have come together to create a complete football pathway for players of all ages and abilities. From a child's very first kick of a ball through to adult football, Kingsmeadow United is committed to providing a safe, welcoming and ambitious environment where every player can develop, enjoy the game and be part of a thriving football community.

Originally established in 1965, Meadow Sports has provided youth football for generations of players and families as an England Accredited Club, offering high-quality coaching and development opportunities in a safe and friendly setting. Old Wokingians, established in 1928, have a proud tradition of providing adult football in the local area within a competitive but welcoming environment. Having worked closely together as separate clubs for many decades, the decision has now been made to unite under one identity and create a complete football pathway for the local community.

This season, Kingsmeadow United proudly fields 46 youth teams from U7s through to U18s, providing opportunities for players of all abilities to develop and enjoy the game.

Our recent partnership with Sheerwater FC has also enabled us to launch an U18s midweek floodlit team, creating an exciting new opportunity for Kingsmeadow players and other local young footballers to continue their development in a competitive environment.

Within our adult section, we are proud to have our Men's First Team and Reserves competing in the Surrey Intermediate League, alongside additional Saturday sides playing in the Guildford & Woking Alliance Leagues. Our Women's Team continues to thrive in the South East Counties League, while we also offer opportunities through Sunday Veterans football and participation in the Aldershot & Camberley Sunday Football League.

Our popular Kingsmeadow Cubs programme, delivered in partnership with the Ian Selley Pro Performance Academy, continues to introduce 4–6 year olds to football

in a fun and engaging environment, helping young players begin their football journey with confidence and enjoyment.

We are also extremely proud of our growing girls' section, currently featuring nine girls' teams and continuing to expand. Our weekly Wildcats sessions, held every Tuesday from 5–6pm, provide girls aged 5–11 with a fantastic introduction to football through the England Football programme. The sessions have proved hugely successful in helping girls take their first steps into organised football and progress into teams across the club.

Kingsmeadow United remains a true family club, supported by excellent facilities including our recently extended 3G training area, floodlit grass training pitches, and welcoming clubhouse complete with café and fully licensed bar.

We are incredibly excited about the future of Kingsmeadow United and the opportunities this merger creates for players, families and the wider community. Together, we are building a club for the future — united by history, driven by development, and passionate about football at every level.

Craig Kurn
Chairman, Kingsmeadow United FC

