

GS Coaching Academy Enhancing Youth Football Skills in Southampton



Southampton, Hampshire Apr 6, 2025 ([Issuewire.com](https://www.issuewire.com)) - GS Coaching Academy is dedicated to nurturing young footballers between the ages of 4 and 13, providing them with high-quality coaching in a structured and engaging environment. Our mission is to help children develop essential football skills, build confidence, and foster a lifelong passion for the game. Whether a player is taking their first steps onto the pitch or looking to refine their technique, our academy offers tailored programs to suit different age groups and experience levels.

Our Philosophy

At GS Coaching Academy, we believe that football is more than just a game—it is a tool for personal growth, discipline, teamwork, and self-expression. Our coaching approach focuses on three core principles: **Learn, Develop, and Achieve.**

- **Learn** – We introduce young players to the fundamental skills of football in a fun and engaging manner. Our sessions are designed to create a positive learning environment where players feel encouraged to experiment and grow.

- **Develop** – As players progress, we focus on refining their technical abilities, tactical understanding, and decision-making skills. Our structured coaching programs ensure that players continue to build on their strengths and work on their weaknesses.
- **Achieve** – Whether it's improving ball control, increasing game awareness, or gaining confidence on the field, we aim to help every player reach their personal goals. Our academy provides a supportive environment where young footballers can challenge themselves and celebrate their progress.

Training Options

GS Coaching Academy offers a variety of training programs to cater to different needs and learning styles. Whether a player thrives in a group setting or benefits from more individualized attention, we have options to support their development.

Small Group Coaching (U7-U13)

For players aged 7 to 13, we offer small group coaching sessions on weekdays. These focused training sessions are designed to enhance individual skills while maintaining the benefits of working within a group setting. Players will receive personalized attention from our qualified coaches, allowing them to develop key technical abilities such as dribbling, passing, shooting, and defending.

In addition to technical skills, our small group sessions emphasize game awareness, movement off the ball, and decision-making under pressure. By training in small groups, players can build confidence in their abilities while also learning to work collaboratively with teammates.

- **Cost:** £15 per session
- **Who can join?** Players aged 7 to 13

Larger Development Centres (U4-U6 & U7+)

For our youngest players, we offer Development Centre sessions designed to introduce them to football in a fun and engaging way. These sessions are structured to be enjoyable and age-appropriate, ensuring that young children develop a love for the game while learning basic football skills.

Our U4-U6 Development Centre focuses on fundamental movement, ball control, and coordination. These sessions are a great way for young players to build confidence and get comfortable with the ball at their feet. The emphasis is on enjoyment, ensuring that children stay motivated and excited about playing football.

For older players (U7+), our Development Centre provides more structured training that introduces tactical awareness alongside technical skill development. These sessions allow players to practice their skills in game-like scenarios, helping them transition smoothly into competitive football if they choose to do so.

- **Cost:** £5-£7.50 per session

- **Who can join?** Players aged 4 to 6 (U4-U6) and 7+ (U7+)

1-to-1 & 2-to-1 Coaching

For players looking for a more personalized approach to their football development, we offer **1-to-1 and 2-to-1 coaching sessions**. These sessions are ideal for those who want to refine specific aspects of their game, whether it's improving first touch, increasing speed and agility, mastering finishing techniques, or developing positional awareness.

Working directly with one of our experienced coaches, players receive tailored feedback and focused training that helps them unlock their full potential. The benefit of these sessions is that they can be customized to address individual strengths and weaknesses, allowing for rapid improvement.

- **Cost:** Pricing varies – please contact us for details
- **Who can join?** Players of all ages looking for personalized training

Why Choose GS Coaching Academy?

Choosing the right football academy for your child is an important decision. At GS Coaching Academy, we take pride in offering a high-quality training experience in a positive and supportive environment. Here's what sets us apart:

Experienced and Qualified Coaches

Our coaching team consists of **qualified coaches** with experience in working with young footballers at various skill levels. Each coach is passionate about developing players and is committed to helping them grow both on and off the pitch. We ensure that all our coaches continue their professional development, staying up to date with the latest coaching methodologies and techniques.

Age-Appropriate Training Methods

We recognize that players at different ages have different needs when it comes to training. That's why we tailor our coaching methods to match the developmental stage of each age group. Whether a player is just starting out or preparing for competitive matches, our structured programs ensure that they receive the right level of challenge and support.

Focus on Confidence and Enjoyment

While skill development is important, we believe that fostering a love for the game is just as crucial. Our sessions are designed to be engaging and enjoyable, ensuring that players look forward to training each week. Building confidence is a key aspect of our coaching philosophy, as we want every player to feel empowered to take risks, learn from mistakes, and celebrate successes.

A Supportive Learning Environment

At GS Coaching Academy, we foster a positive and inclusive atmosphere where every child is encouraged to do their best. We believe that a **supportive environment** plays a crucial role in player

development. Whether a child dreams of playing at a high level or simply wants to enjoy the game, we are here to support their journey.

Our Training Venue

We are based at **Oasis Academy Mayfield**, providing young footballers with a safe and accessible training location. The facilities at Oasis Academy Mayfield allow us to deliver high-quality sessions in an environment that supports player development.

How to Join GS Coaching Academy

If you're interested in enrolling your child in one of our programs, we'd love to hear from you! Whether they are new to football or looking to take their skills to the next level, our academy provides opportunities for players of all levels to **Learn, Develop, and Achieve**.

For more details, session schedules, and bookings, please visit our website or contact us directly. We look forward to welcoming new players and helping them embark on an exciting football journey with [GS Coaching Academy!](#)



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