



HOW TO USE ELEV8

Elev8 is an online football coaching resource for Coaches, Players and Parents. UEFA and FA qualified coaches bring their experience and knowledge together to share with the football community, and help you, raise your game.

THE DRILL ELEV8R: COACHES/PARENTS

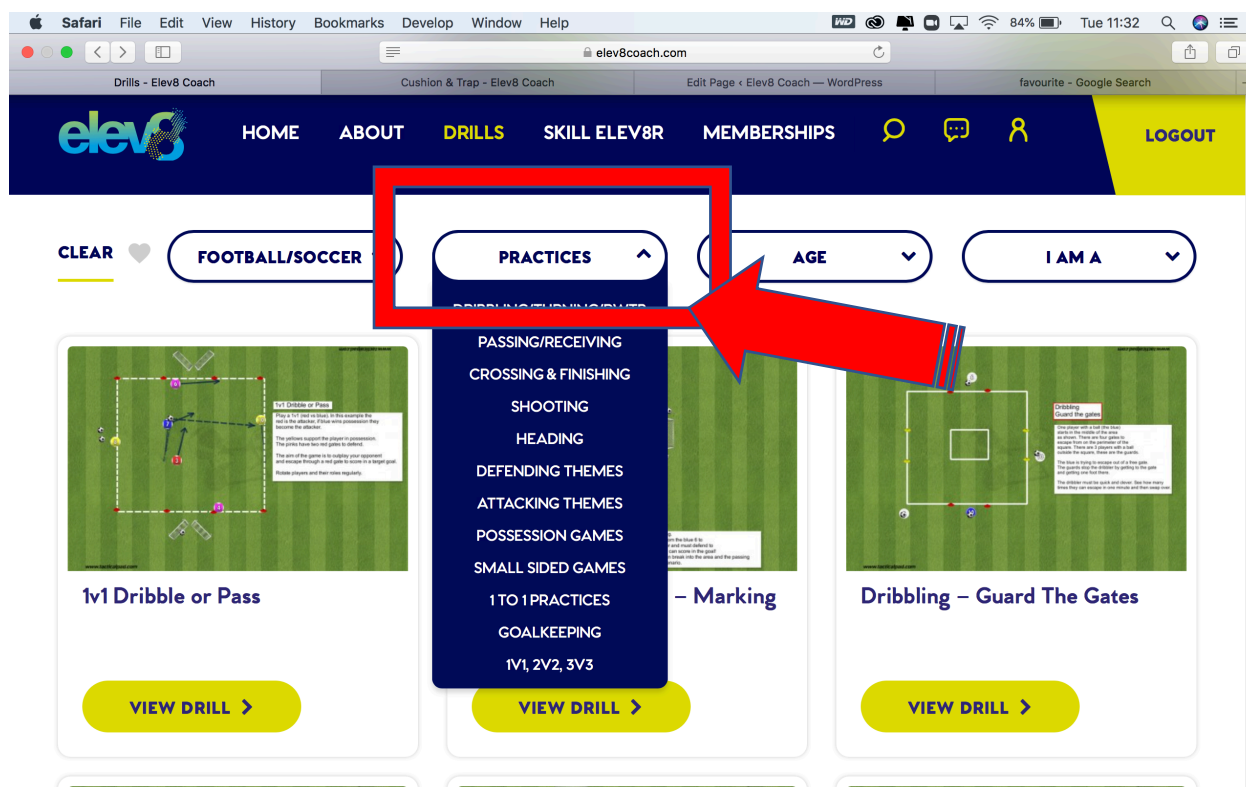
Browse hundreds of high-quality animated sessions, covering the categories you need to build your knowledge and save planning time. Look through the library to find drills you like, you can choose your favourite practices and save them to your 'favourite' filter by clicking the small heart.

Mark your favourite practices with ease....

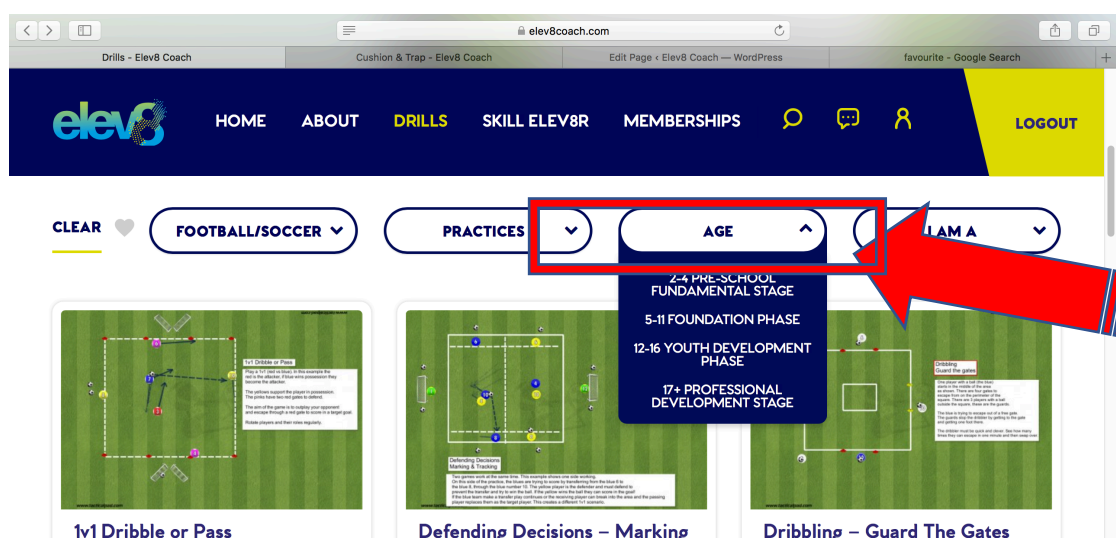
The screenshot shows the Elev8 Coach website interface. At the top is a navigation bar with the Elev8 logo and links for HOME, ABOUT, DRILLS, SKILL ELEV8R, MEMBERSHIPS, and a LOGOUT button. Below the navigation bar is a large green banner for a drill titled 'DRIBBLING - GUARD THE GATES'. On the left side of the banner, there is a small heart icon inside a red square, with a red arrow pointing to it. To the right of the heart is a play button icon. The main content area shows a football pitch diagram with a square in the center. A text box on the right explains the drill: 'Dribbling Guard the gates. One player with a ball (the blue) starts in the middle of the area as shown. There are four gates to escape from on the perimeter of the square. There are 3 players with a ball outside the square, these are the guards. The blue is trying to escape out of a free gate. The guards stop the dribbler by getting to the gate and getting one foot there. The dribbler must be quick and clever. See how many times they can escape in one minute and then swap over.' At the bottom of the page, there is a small text link: 'Open "https://elev8coach.com/subscription-plan/" in a new tab gate.'

USE OUR SEARCH FILTERS TO QUICKLY FOCUS ON RELEVANT SESSIONS

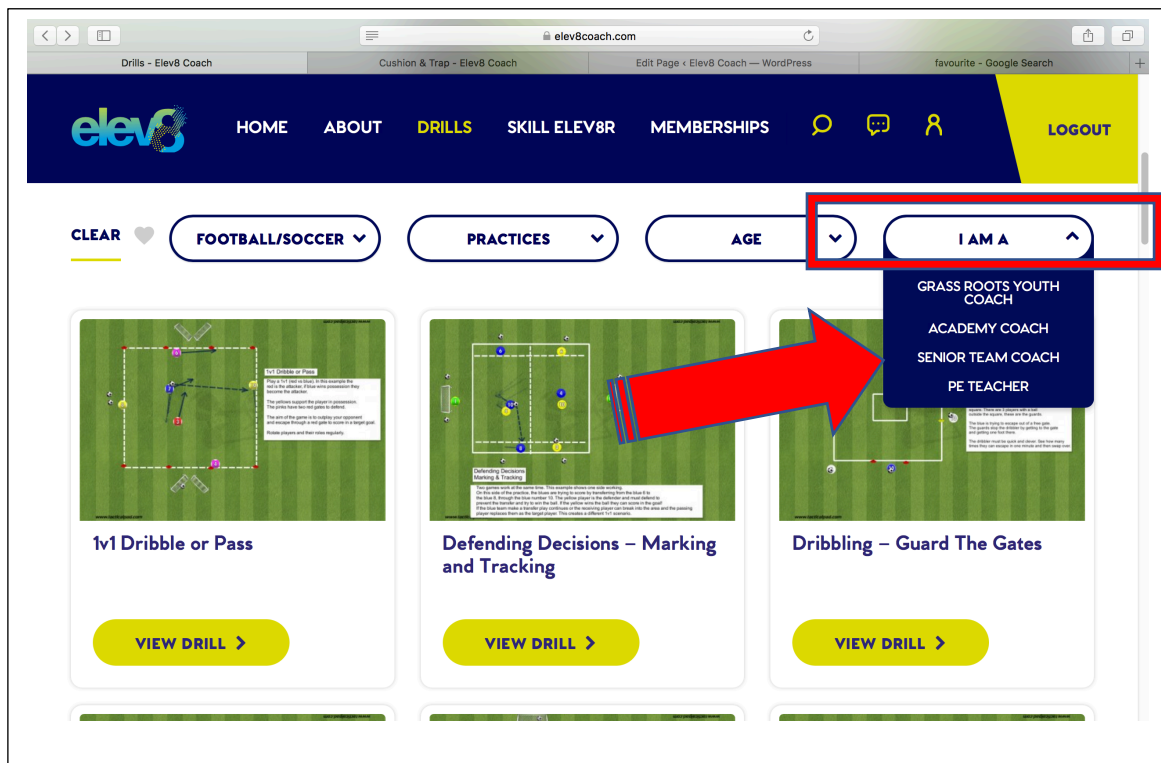
Use the 'Practice' filter to select a category that matches your session objectives.



Use the 'age' filter to find drills relevant to your players age group.



Use the 'I am a' filter to find sessions that match your current state of coaching.



View the drill, add it to your coaching session and enjoy!

PDF BONUS! – Download your session as a pdf and print it to take it to your session!

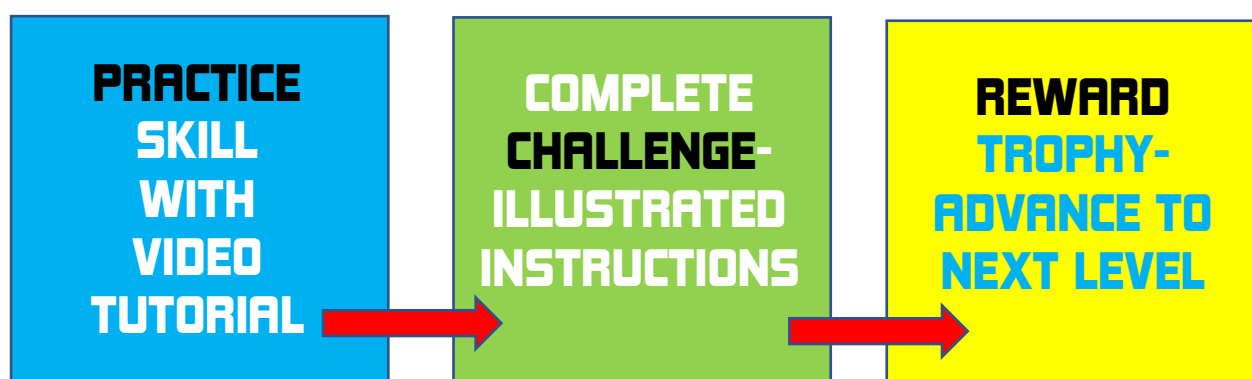
THE SKILL ELEV8R: PLAYERS COACHES/PARENTS

Accelerate your development & unlock your potential – faster!

The Skill Elev8R is the new revolutionary player development system produced by Elev8 Coaching. Not only can football coaches now plan their sessions through Elev8's Training Animations, they can also set personalised programmes for their players too. **This new innovation takes what Elev8 offers aspiring Footballers and Coaches to the next level.**

The new concept is centred around online video-based content embedded into the Elev8 website under the **PlayR Zone**. The Skill Elev8R system is a step by step compendium, to elevating young players footballing ability, and allowing players to reach their full potential faster. The Skill Elev8r is designed to accelerate the development of footballers aged 5-14 and also to assist coaches in supporting their players development.

SKILL ELEV8R



As a member your player will need a parent to have an online subscription.

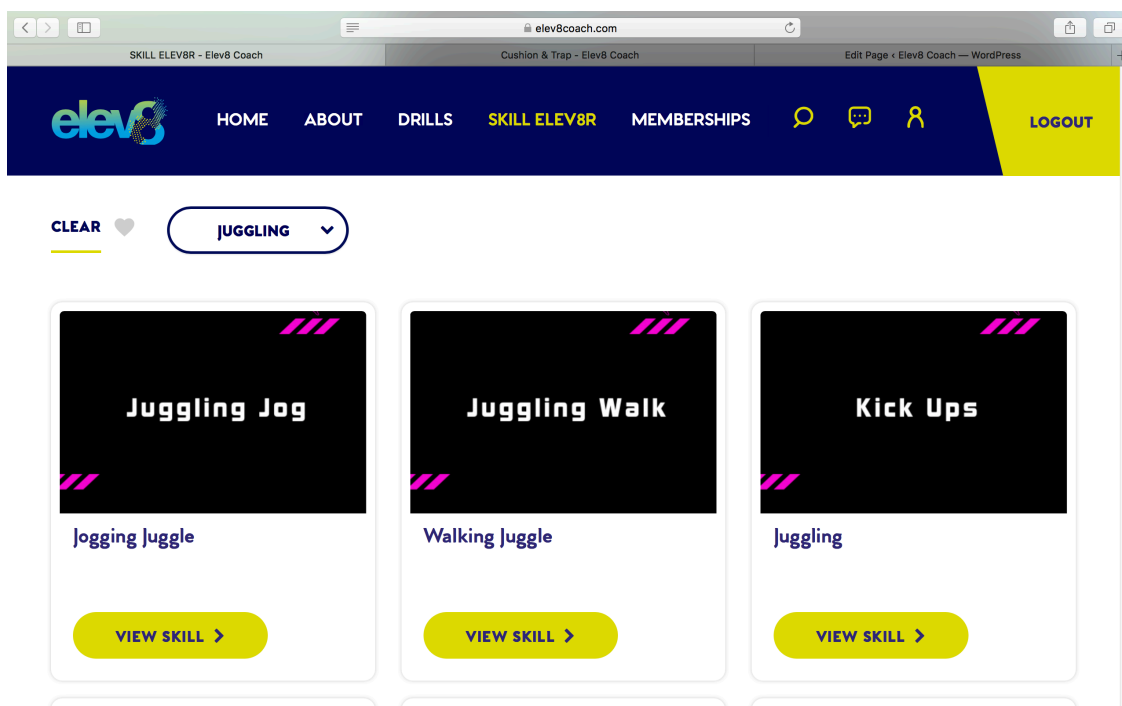
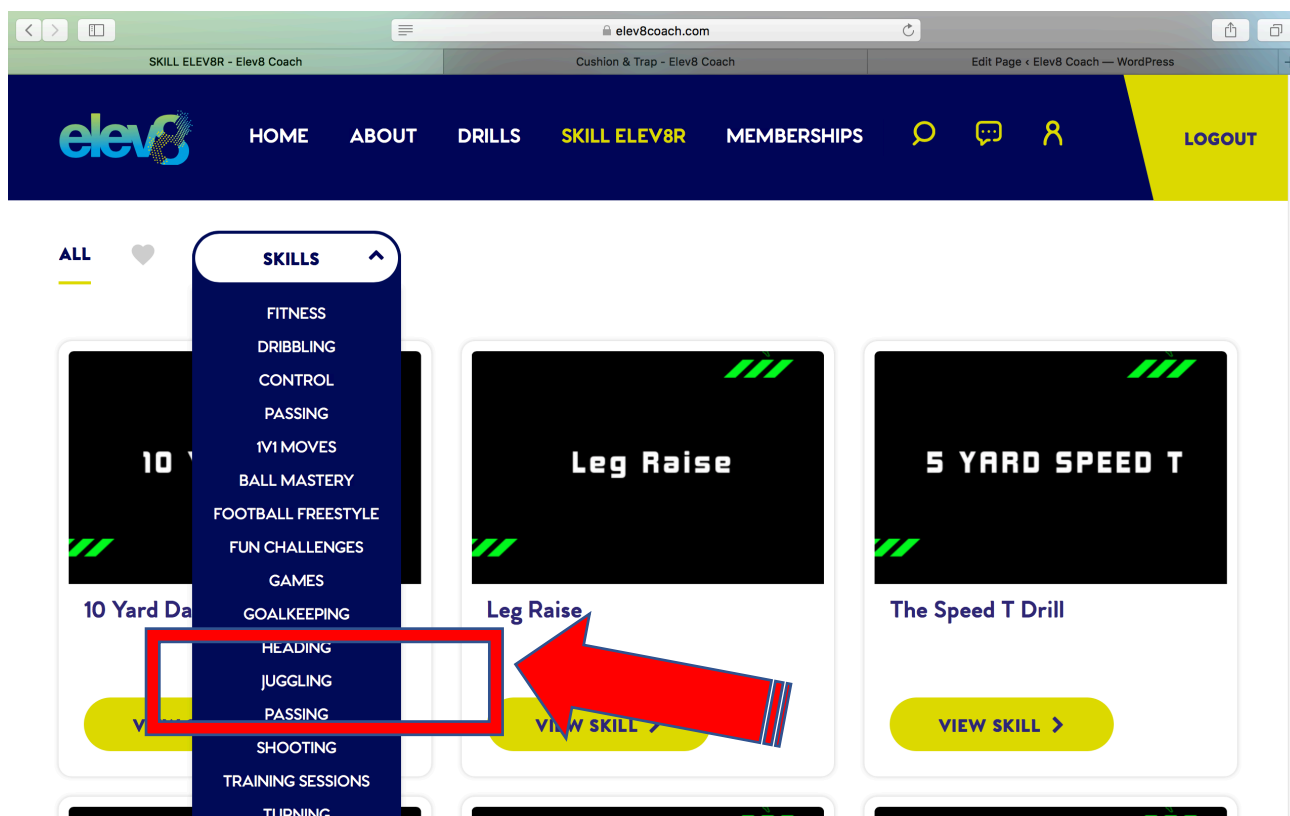
The Skill Elevator looks at 15 Categories of Football Development. Within those 15 categories are Skill Practice Video Tutorials for Players to practice. Once the player believes they are ready, they move on to complete the Football Challenges and record their score for each skill and category. The players can simply compete against themselves or they can compete against team mates, or they can compete against **ALL** our other users!

So, who is the Skill Elev8R for?

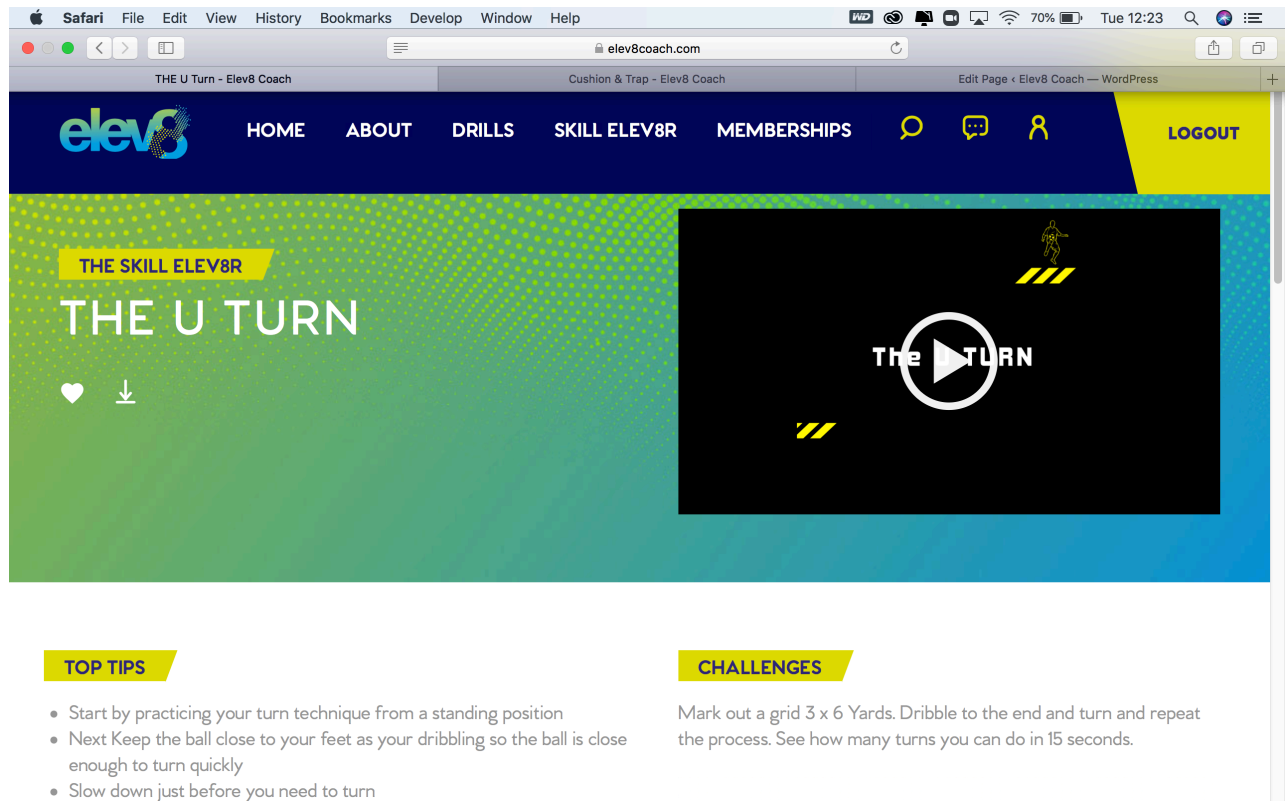
- 1. Players**
 - 2. Coaches**
 - 3. Parents**
- **Players who want to improve at Football quickly, and have fun while doing it!**
 - **Coaches who want to support their players more by giving them a Structured programmed developed by experienced and UEFA qualified coaches.**
 - **Parents who want to support their child/Footballer's passion for football by giving them the edge they need to develop faster. It's also a really great way to play football with your child, having fun with a structured programme to follow!**

USING THE SKILL ELEV8R

1. Log in to your account and select the Skills section from the menu.
2. Search through our skills using the filter!



3. Find the skill you would like to practice! E.G: The U-Turn



THE SKILL ELEV8R

THE U TURN

♥ ↓

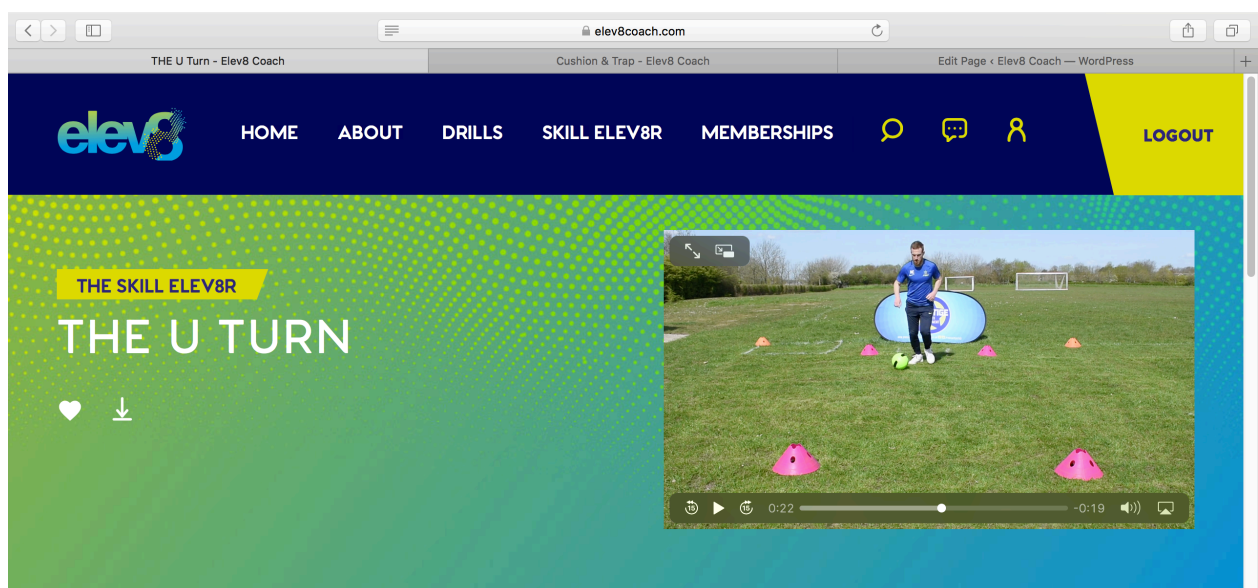
TOP TIPS

- Start by practicing your turn technique from a standing position
- Next Keep the ball close to your feet as your dribbling so the ball is close enough to turn quickly
- Slow down just before you need to turn

CHALLENGES

Mark out a grid 3 x 6 Yards. Dribble to the end and turn and repeat the process. See how many turns you can do in 15 seconds.

4. Watch the video...



THE SKILL ELEV8R

THE U TURN

♥ ↓

TOP TIPS

- Start by practicing your turn technique from a standing position
- Next Keep the ball close to your feet as your dribbling so the ball is close enough to turn quickly

CHALLENGES

Mark out a grid 3 x 6 Yards. Dribble to the end and turn and repeat the process. See how many turns you can do in 15 seconds.

5. Get your ball and practice!

6. Look at the top Tips and Role Model Guidance.

The screenshot shows the elev8coach.com website. The navigation bar includes links for HOME, ABOUT, DRILLS, SKILL ELEV8R, MEMBERSHIPS, and a LOGOUT button. The 'TOP TIPS' section lists five points for practicing turn technique. The 'CHALLENGES' section describes a 3x6 yard grid drill with a diagram showing a trapezoidal field with a central vertical line and side lines, with a player icon at the top center. The diagram is labeled with '3' for the width and '6' for the height. The website is powered by asccloud.com and has a copyright notice for Academy Sports Coach 2020.

TOP TIPS

- Start by practicing your turn technique from a standing position
- Next Keep the ball close to your feet as your dribbling so the ball is close enough to turn quickly
- Slow down just before you need to turn
- Perform your turn technique, make sure your feet and body position always protect the ball from an opponent
- After the turn accelerate away from the opponent quickly

CHALLENGES

Mark out a grid 3 x 6 Yards. Dribble to the end and turn and repeat the process. See how many turns you can do in 15 seconds.

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7. Try the Elev8 challenge and see what trophy you can achieve!

The screenshot shows the elev8coach.com website with the trophy levels for the Elev8 challenge. The navigation bar is the same as in the previous screenshot. Below the navigation bar, there is a diagram of a trapezoidal field with a central vertical line and side lines, with a player icon at the top center. The diagram is labeled with '3' for the width. Below the diagram, there are three trophies: a Gold Trophy (8 stars) labeled 'Gold Trophy World Cup Level', a Silver Trophy (6 stars) labeled 'Silver Trophy Champions League Level', and a Bronze Trophy (4 stars) labeled 'Bronze Trophy Premier League Level'. The website is powered by asccloud.com and has a copyright notice for Academy Sports Coach 2020.

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8 Gold Trophy World Cup Level

6 Silver Trophy Champions League Level

4 Bronze Trophy Premier League Level

MODE VIDEOS

8. Move on and master your next skill!