



EDHOPE ACADEMY

powered by Mulenga Method

FREE 7-DAY ATHLETE + PARENT GUIDE

FIND YOUR FOUNDATION.

Understand your game.
Own your next step.

Seven simple practices to explore body awareness, technique, decision-making and confidence - with space for the athlete to lead and the parent to learn.

WITH COACH MULENGA KAPUNGULYA

Trust. Accountability. Ownership. Confidence.

ONE FOCUS. ONE ACTION. ONE NEXT STEP.



START HERE

Development starts with clarity.

This guide brings together Coach Mulenga's approach to the whole athlete: learn how you move, understand what you see, practise with purpose and take ownership of your response.

EdHope carries the names Eddie and Hope. Its purpose is to educate and give hope. Here, that means making learning understandable and helping athletes see that their next step is within reach.

You cannot build a skyscraper on a weak foundation.

Your seven-day rhythm

Take 10-15 minutes for one page. Read the idea, try the action and write what you notice. Spread the days out around your existing training; this is not an extra conditioning programme.

For athletes

Use a ball, two markers and a safe open space when a task calls for them. Start slowly. Choose comfortable movement and stop if it hurts. Reflection days need only a pen.

For parents

Ask before offering feedback. Use one short cue, then leave room for an answer. Younger athletes can talk while you write. Your job is to help them understand, not answer for them.

By the end: choose one useful habit, name one strength and leave with a simple development plan. Seven days is a starting point, not a promise of mastery.



DAY 1 / 7

See the person.

Your ability is part of you. It is not all of you.

A team selection, mistake or difficult session can tell you something about a moment. It does not describe your whole identity. Begin with the person who is learning.

TRY IT TODAY

Write three qualities you bring to a team or family, such as patience, courage or kindness. Choose one moment from the last week that shows a quality in action. Then name one part of soccer you enjoy.

Ask yourself: Which quality helped you when something was difficult?

Three qualities I bring, and one real example:

One part of the game I want to enjoy more:

PARENT / TRUSTED ADULT

Notice effort and character in a specific moment: "You kept trying after that mistake."



DAY 2 / 7

Feel before you force.

Stabilize before mobilize.

Body awareness begins with noticing. Before chasing speed, explore whether you can start, stop and change direction with control.

TRY IT TODAY

In a clear space, stand comfortably and notice the pressure under your feet. Walk five steps, stop gently, then turn and return. Repeat slowly three times. If comfortable, repeat while gently dribbling a ball. Notice when you rush or tense up.

Ask yourself: What changed when you slowed down?

I felt most controlled when:

One movement I will explore slowly again:

PARENT / TRUSTED ADULT

Ask what the athlete felt. Let their answer come before your correction.



DAY 3 / 7

Give every touch a job.

Technique wins.

A useful touch helps you do something next. Instead of counting touches alone, notice where the ball goes and whether you can follow it with control.

TRY IT TODAY

Place two markers about one metre apart. From a short distance, gently roll or pass a ball through the gate and follow it. Try five times with each foot. Choose a pace you can control. After each try, notice the contact and direction.

Ask yourself: Which small adjustment made the ball easier to guide?

One detail that helped my touch:

A game moment where I could use this:

PARENT / TRUSTED ADULT

Choose one simple cue, such as "guide it through the gate." Give the athlete time to try it.



DAY 4 / 7

See. Choose. Then act.

Decision first, then touch.

Skill becomes useful when you connect it to information. Look for space and options, then choose what the next touch should do.

TRY IT TODAY

Set up two gates, one to your left and one to your right. A partner points to one gate before gently rolling you the ball. Look up, name the gate, then guide your first touch toward it. Take six slow turns. Alone? Look up and choose a gate before gently rolling the ball to yourself.

Ask yourself: What did you notice before the ball arrived?

The information that helped me choose:

One situation in a game where looking earlier could help:

PARENT / TRUSTED ADULT

Ask "What did you see?" before telling the athlete what they should have done.



DAY 5 / 7

Reset and rejoin.

Confidence grows through the next action.

You can be disappointed and still make a useful choice. Practise a short reset so one mistake does not take your attention away from the next moment.

TRY IT TODAY

Choose a familiar ball task. If a mistake happens, pause, take an easy breath and say "next action." Pick one adjustment and try again. Do not create mistakes on purpose or rush to finish. Write down one useful response you noticed.

Ask yourself: What was within your control after the mistake?

My reset words:

A response I am proud of, and why:

PARENT / TRUSTED ADULT

Recognize the recovery: "You noticed it, adjusted and stayed involved."



DAY 6 / 7

Support. Then guide.

Connection comes before correction.

Support offers care and encouragement. Guidance helps an athlete understand a choice and take responsibility. Ask what they need; the same moment may call for either.

TRY IT TODAY

Athlete: name one recent challenge and say whether you want listening, a question or an idea. Parent or trusted adult: respond in that way. Together, choose one short practice to explore. Let the athlete explain what they learned in their own words.

Ask yourself: Would you like me to listen, ask a question or share an idea?

The kind of support that helps me:

One question we can use after training:

PARENT / TRUSTED ADULT

Try "What did you discover?" Give space to think. Avoid turning every ride home into a review.



DAY 7 / 7

Own your next step.

Trust the process. Take part in it.

Ownership means choosing an action you can repeat and reviewing it honestly. Progress may look like an earlier scan, a calmer reset or clearer communication.

TRY IT TODAY

Read your notes. Circle one strength and one area you want to explore. Pick one small habit to use in your next two training opportunities. Tell a parent, coach or teammate what you are practising and when you will review it.

Ask yourself: What will you do, and how will you know you tried it?

My strength, and the example that shows it:

My next habit and the two opportunities when I will practise:

PARENT / TRUSTED ADULT

Let the athlete choose the focus. Ask how you can support the plan without taking it over.



KEEP THE FOUNDATION GROWING

Your next two weeks.

Keep this page somewhere you will see it. Choose one habit you can use within your current training and give yourself room to learn.

My one focus:

I will practise it during these two training opportunities:

I will know I tried it when I notice:

My review date, and the person who will support me:

At your review, ask: What became clearer? What still feels difficult? What is the next small adjustment?

WANT HELP FINDING YOUR FOCUS?

Message Coach Mulenga with FOUNDATION and the one thing you want help with. Start a conversation about your next step or ask about a Find Your Fit assessment.

MESSAGE @EDHOPE_ACADEMY

The guide is free. Training or assessments may have a fee.