

Sporting Columbia U6 Rec Coaches Guide

Our Core Values

- **Respect** – For teammates, coaches, opponents, referees, and the game.
- **Community** – We are stronger together.
- **Growth Mindset** – We learn through effort and persistence.
- **Teamwork** – We support and work hard for one another.
- **Passion** – We love the game and play with joy.

Our Recreational Philosophy

Our U6 program continues to develop ball familiarity through fun, imaginative, and game-based learning. We want every player to feel safe trying new things, learning from mistakes, and developing a love for the game.

What to Expect from U6 Players

- Growing comfort with the ball
- They still enjoy imaginative games and silly challenges
- Beginning to understand basic rules (in/out, goals, throw-ins)
- Learning to follow simple sequences of instructions
- Prefer short, active segments with minimal waiting

What to Work On

- Dribbling with both feet
- Changing direction while dribbling
- Basic turning (inside/outside foot turns)
- Beginning to pass and receive

- 1v1 attacking and defending situations

Player Expectations

- Be kind and include others
- Try hard even if something is new or hard
- Respect the coach and teammates
- Have fun, play hard, and smile!

Parent Expectations

- Cheer for effort, not just goals
- Let the game be the teacher — avoid sideline coaching
- Encourage your child to have fun and try new things
- Support all players with positive energy
- Help your child arrive on time and ready

Practice 1 – Preseason (30 Minutes)

Free Play (5 min)

Players explore with the ball. No coaching — just movement and confidence.

Red Light, Green Light (7 min)

Add new commands like “Yellow Light” (slow motion) and “U-Turn” (turn around).

Dribble Gates (8 min)

Cone gates spread around. Players dribble through as many as they can. Add time limits and challenges.

1v1 to Goal (5 min)

Two players try to score on a small goal while coach encourages effort.

Mini Scrimmage (5 min)

Free play 3v3 or 4v4. No coaching — let the game flow.

Practice 2 – Preseason (30 Minutes)

Follow the Leader (5 min)

Use silly movements — spins, toe taps, turns — all with a ball.

Treasure Hunt (7 min)

Players dribble to pick up cones and return them to base. Work on changing direction.

Sharks and Minnows (8 min)

Coach is the shark. Players must dribble from one side to the other. Add multiple sharks if needed.

Passing Pairs (5 min)

Players partner up and pass through small gates. Encourage gentle touches.

Mini Scrimmage (5 min)

Play 3v3 or 4v4. Emphasize fun and effort.

Gameday Warm-Up (Every Week – 25 Minutes)

Free Play (5 min)

Let kids enjoy the ball and get excited.

Dribble & Turn Game (5 min)


Use commands like “turn,” “stop,” “go,” and “switch feet.”

Dribble and Shoot (7 min)

Dribble to a cone, turn, and shoot into a small goal. Celebrate each goal!

Mini Scrimmage (8 min)

Let them play 3v3 or 4v4 with smiles. Sub players often.

 **Coach Tip:** *Keep things moving. If they're standing still, they're not learning. Get creative, have fun, and celebrate the little wins!*