

Sporting Columbia U7 Coaches Guide

Our Core Values

- **Respect – For all players, officials, and the game itself**
- **Community – We grow together through shared experiences**
- **Growth Mindset – Mistakes are part of the journey**
- **Teamwork – Support teammates and communicate positively**
- **Passion – Play with energy, love, and curiosity**

Our Recreational Philosophy

At U7, players begin to understand more about team dynamics, roles, and basic game rules. Sessions remain fun and active, but we introduce more purposeful movement, small-group activities, and ball-sharing concepts.

What to Expect from U7 Players

- Starting to grasp positions and field shape
- Can follow short sequences of instruction (2–3 steps)
- Developing stronger balance and coordination
- Still drawn to the ball, but beginning to spread out
- Respond well to simple goals and clear praise

What to Work On

- Dribbling with both feet and heads up
- Turning and shielding the ball
- Passing and moving into space
- 1v1 attacking and defending
- Shooting with proper form (toe down, ankle locked)

Player Expectations

- Listen and show respect to teammates and coaches
- Try your hardest and keep learning
- Work together and share the ball
- Have fun — effort and attitude matter most

Parent Expectations

- Cheer for all players, not just your own
- Let the game belong to the kids — avoid sideline coaching
- Applaud effort, improvement, and teamwork
- Support the coach and be solution-oriented
- Help your child stay positive and show up ready to play

Practice 1 – Preseason (30 Minutes)

Free Play (5 min)

Let players warm up with a ball. Observe how they move.

Dribble Maze (7 min)

Create a cone “maze” that players dribble through at their own pace. Add turns and challenges.

1v1 Battles (8 min)

Set up small 1v1 games to a cone gate or small goal. Emphasize effort, not winning.

Passing Gates (5 min)

Pairs pass through a cone gate and move to another one. Keep the ball moving!

Mini Scrimmage (5 min)

4v4 or 5v5 game. Minimal coaching, just encouragement.

Practice 2 – Preseason (30 Minutes)

Follow the Leader (5 min)

Use turns, tricks, and change of speed. Let players take turns leading.

Treasure Hunt Relay (7 min)

Dribble to cones, collect one, and bring it back to base. Great for dribbling with direction.

Defender Tag (8 min)

One player without a ball tags dribbler. If tagged, do 5 toe-taps and rejoin. Teaches awareness and control.

Target Passing (5 min)

Pass into a mini goal or knock over a cone. Practice aim and technique.

Mini Scrimmage (5 min)

Let them play 4v4 or 5v5. Focus on spacing and encouragement.

Gameday Warm-Up (Every Week – 25 Minutes)

Free Dribbling (5 min)

Let players explore and get comfortable.

Turn & Go Drill (5 min)

Coach calls “turn!” and players perform an inside or outside foot turn and accelerate.

Dribble & Pass (7 min)

Players dribble and pass to a teammate at a cone, then switch. Add movement and communication.

Mini Scrimmage (8 min)

Play a short-sided game to get mentally and physically ready for the match.