

## Sporting Columbia U11 Rec Coaches Guide (9v9)

### Our Core Values

- **Respect** – Treat teammates, opponents, officials, and the game with dignity
- **Community** – Work for the success of the whole team
- **Growth Mindset – Stay open to learning and improvement**
- **Teamwork** – Support others and take responsibility for your role
- **Passion** – Play with joy, drive, and creativity

### Our Recreational Philosophy

U11 players are ready for deeper tactical ideas while continuing to polish technical skills under pressure. They should learn about roles, team shape, and transition play, but the focus is still on development over results. The bigger 9v9 format allows for positional specialization while keeping flexibility.

### What to Expect from U11 Players

More consistent ball control and passing accuracy

Improved understanding of off-the-ball movement

Capable of handling basic tactical instructions

Can manage longer practices and more demanding drills

Competitive spirit increasing — emotions need guidance

### What to Work On

Arrive ready — mentally **and physically prepared**

Give full effort in training and games

Communicate clearly and positively

Learn and get feedback well

Show sportsmanship in all situations

### **Parent Expectations**

Cheer effort, teamwork, and fair play

Avoid giving in-game tactical directions from the sideline

Trust the coaching process — development first, scores second

Support the whole team, not just your child

Keep post-game talk positive and encouraging

### **Practice 1 (60–90 Minutes)**

#### **Warm-Up: Passing Rondo (10 min)**

4v1 or 5v2 rondo — quick passing, movement, and decision-making.

#### **Technical: Dribble & Pass Circuit (15 min)**

Stations for dribbling through cones, passing to moving targets, and quick turns.

#### **Tactical: 3v2 to Goal (15 min)**

Work on spacing, timing runs, and decision-making in overloads.

#### **Finishing Drill: Cross & Shoot (10 min)**

Wingers deliver crosses for strikers and midfielders to attack.

#### **Scrimmage with Tactical Focus (15–20 min)**

Play 9v9 with emphasis on building from the back or pressing as a team.

## **Practice 2 (60–90 Minutes)**

### **Warm-Up: Possession Squares (10 min)**

5v3 or 6v2 — keep the ball under pressure, rotate defenders.

### **Defensive Shape Drill (15 min)**

Back four works on shifting, closing gaps, and stepping as a unit.

### **Attacking Combination Play (15 min)**

Give-and-go, overlap, and third man runs — finish with a shot.

### **Transition Game (10 min)**

Small-sided game where change of possession triggers quick counterattack.

### **Scrimmage (15–20 min)**

Focus on implementing defensive and attacking principles learned.

## **Practice 3 (60–90 Minutes)**

### **Warm-Up: Dynamic Movement + Ball Mastery (10 min)**

Dribbling with turns, quick feet, and change of direction.

### **1v1 and 2v2 Attacking/Defending (15 min)**

Encourage creativity in attack, good stance and timing in defense.

### **Midfield Build-Up Drill (15 min)**

Work on connecting defenders to midfielders to attackers in 3–4 passes.

### **Finishing Under Pressure (10 min)**

Small-sided shooting competition — players must score quickly.

### **Full-Field Scrimmage (15–20 min)**

Play with minimal stoppages, coach during breaks.

✅ **Coach Tip:** *At this age, give players clear “role missions” for games (e.g., center backs focus on supporting passes, wingers focus on width). It helps them understand their part in the bigger picture.*

