

## Sporting Columbia U14 / High School Rec Coaches Guide (11v11)

### Our Core Values

- **Respect** – For teammates, opponents, officials, and themselves
- **Commitment** – Give 100% effort in every session and match
- **Growth Mindset** – Seek constant improvement and learn from setbacks
- **Teamwork** – Put the collective goal above personal achievement
- **Passion** – Bring energy and positivity to training and games

### Our Recreational Philosophy

At this age, **full-size competitive play** is the norm. While we remain development-focused, players now require **more advanced tactical structures** and an emphasis on **game management**. Players should be pushed to **refine skills under match speed**, understand **positional nuances**, and develop leadership qualities.

### What to Expect from U14/HS Players

- Stronger technical execution under pressure
- Greater understanding of **complex team tactics**
- Physically more capable, but stamina and injury prevention matter
- Emotional maturity is improving, but still needs guidance under stress
- Many players may already have a preferred position, but should remain adaptable

### What to Work On

- Full-field team shape in attack, defense, and transition
- Switching the point of attack to exploit space
- High press vs. mid/low block — when and how to use each
- Quick decision-making in tight spaces

- Structured attacking patterns and set-piece variety
- Maintaining intensity for the full match
- Leadership and communication on the field

### **Player Expectations**

- Show up on time and ready to train at match speed
- Maintain personal fitness between practices
- Communicate consistently during games and training
- Take responsibility for performance and effort
- Support team culture and hold each other accountable

### **Parent Expectations**

- Respect the demands of this higher-level play — allow coaches to coach
- Support positively from the sidelines
- Encourage players to manage their time, health, and recovery
- Celebrating improvement as much as results
- Keep the post-game car ride positive

## **Practice 1 (60–90 Minutes)**

### **Warm-Up: Technical + Physical Activation (10 min)**

Ball mastery, dynamic stretching, and light passing sequences.

### **Technical: Rondo Progression 6v3 → 8v4 (15 min)**

Focus on speed of play, angles, and breaking lines.

### **Tactical: Building Through the Thirds (15 min)**

Controlled progression from defenders to attackers with defensive pressure.

### **Finishing: Combination & Quick Strike (10 min)**

One-touch passes leading into a shot from the top of the box.

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

Divide the field into thirds; team must connect through each zone before scoring.

## **Practice 2 (60–90 Minutes)**

### **Warm-Up: Passing & Movement Drill (10 min)**

Pass, follow your pass, and incorporate overlaps.

### **Defensive Organization (15 min)**

Work on team shape in a mid-block, triggers for pressing, and shifting as a unit.

### **Attacking Overloads (15 min)**

4v3 or 5v4 in the attacking third, focus on exploiting space and quick finishing.

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

Defenders close quickly on attackers to force decision-making.

### **Scrimmage: Transition Game (15–20 min)**

Immediate counterattack on change of possession.

### **Practice 3 (60–90 Minutes)**

#### **Warm-Up: Small-Sided Possession (10 min)**

4v4 or 5v5 in tight space, two-touch max.

#### **1v1 + 2v2 Breakouts (15 min)**

Individual skill plus quick support play into attacking space.

#### **Switch Play Drill (15 min)**

From one wing to the other, focusing on speed and accuracy.

#### **Set-Piece Focus (10 min)**

Variety of corner routines, free kick patterns, and defensive marking systems.

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

Encourage in-game leadership and minimal coaching interruptions.

✅ *Coach Tip: U14/HS is where players should start owning the game plan — involve captains in warm-ups, set-piece decisions, and halftime adjustments to build leadership.*