

Sporting Columbia U10 Rec Coaches Guide

Our Core Values

- **Respect** – Show it to teammates, coaches, referees, and the game
- **Community** – Include, support, and celebrate each other
- **Growth Mindset** – Keep learning; mistakes are part of the journey
- **Teamwork** – Play for the team, not just yourself
- **Passion** – Bring energy and enthusiasm to every practice and game

Our Recreational Philosophy

U10 players begin to understand the flow of the game and their role within a team structure. We focus on improving technical execution under pressure and developing game intelligence through guided play. Players should be encouraged to think, solve problems, and take ownership of their development.

What to Expect from U10 Players

- Better attention span and ability to follow multi-step directions
- Developing a sense of positioning and space
- Competitive drive begins to increase — help them manage emotions
- Capable of thinking ahead and recognizing simple patterns
- Still learning to communicate effectively on the field

What to Work On

- First touch and body positioning when receiving
- Passing under pressure and moving off the ball
- 1v1 attacking moves and shielding
- Small group combination play (give-and-go, overlaps)

- Defensive stance, angles, and pressure
- Building from the back and goalkeeper distribution

Player Expectations

- Be coachable: listen, learn, and try your best
- Communicate on and off the field
- Support teammates with words and effort
- Make mistakes and bounce back
- Play with joy and curiosity

Parent Expectations

- Encourage effort, growth, and teamwork
- Avoid coaching from the sidelines
- Be patient — long-term development is the goal
- Promote resilience and ownership
- Celebrate sportsmanship and learning moments

Practice 1 (60–90 Minutes)

Warm-Up: Passing Gates in Pairs (10 min)

Players pass through cone gates with a partner and move to a new one. Encourage communication, quality touch, and movement.

1v1 to End Zones (15 min)

Players try to dribble into an end zone past a defender. Emphasize creativity, change of pace, and defending shape.

Passing & Receiving Under Pressure (10 min)

Triangle or square setups with passive defenders. Focus on first touch, scanning, and body shape.

Shooting from Combinations (10 min)

Simple give-and-go or pass-turn-shoot setups. Reinforce accuracy and timing.

Scrimmage with Shape Focus (15–20 min)

Play 7v7. Pause to ask questions or reinforce spacing, communication, and build-up ideas.

Practice 2 (60–90 Minutes)

Warm-Up: Tag Game with Ball (10 min)

Dribble-tag or shield-the-ball tag. Fun, competitive, and great for close control.

2v1 or 3v2 to Goal (15 min)

Small attacking overloads. Teach spacing, timing of passes, and finishing with calmness.

Keep-Away Grids (10 min)

3v1 or 4v2 with a defender in the middle. Focus on movement, vision, and quick decisions.

Goalkeeper Distribution (optional, 10 min)

Teach simple rolling, punting, or throwing techniques. If no keeper, simulate build-from-the-back with defenders.

Scrimmage (15–20 min)

Let the game flow. Emphasize using width, player spacing, and positive transitions.

Practice 3 (60–90 Minutes)

Warm-Up: Cone Weave Dribbling + Turns (10 min)

Players dribble through cones, perform turns (pull-back, outside hook, L-turn), then accelerate.

Defending Technique 1v1 (15 min)

Defenders work on delay, angle, and timing. Attackers try to beat them to small goals or gates.

Passing Pattern: Diamond Movement (10 min)

Four players pass in a diamond shape. Add rotation and support movement.

Cross & Finish (optional, 10 min)

Wide players cross, teammates attack the ball. Great for timing runs and finishing instinctively.

Scrimmage with Coaching Challenges (15–20 min)

Give each team or player a task (e.g., switch fields once per possession, play through the middle, etc.). Encourages awareness and creativity.

✅ *Coach Tip: Give ownership to the players — assign captains, let them lead warm-ups, or reflect on what went well in a session. This builds leadership and trust.*