

Sporting Columbia U13 Rec Coaches Guide (11v11)

Our Core Values

- **Respect** – Treat all players, coaches, and referees with dignity
- **Community** – Support and trust each other both on and off the field
- **Growth Mindset** – Learn from challenges and mistakes
- **Teamwork** – Sacrifice for the good of the group
- **Passion** – Play with intensity and joy

Our Recreational Philosophy

At U13, players are in the early stages of **youth competition on a full-size pitch**. Our focus is on **maintaining technical sharpness while deepening tactical understanding** — players should learn how to **apply their skills within the game's bigger picture**. Development is still the priority, but competitive play becomes more relevant.

What to Expect from U13 Players

- Better technical ability under pressure
- Beginning to understand **team shape in all phases**: attack, defense, transition
- Can sustain higher intensity for longer periods
- More emotionally invested in results — require guidance in handling wins/losses maturely
- Physical differences between players may be noticeable — requires fair playing time balance

What to Work On

- Positional responsibilities and rotations
- Playing out of the back under pressure

- Attacking through the thirds and switching play
- Team pressing and defending as a block
- Quick decision-making in transition moments
- Set Play attacking and defending
- Composure and accuracy in finishing

Player Expectations

- Arrive prepared, hydrated, and ready to work
- Maintain focus during training and games
- Communicate on the field constantly
- Take care of fitness and recovery
- Be open to playing multiple positions

Parent Expectations

- Keep feedback positive and focused on learning
- Respect the coach's positional choices
- Encourage resilience in tough games
- Support the whole team's growth
- Avoid sideline coaching

Practice 1 (60–90 Minutes)

Warm-Up: Passing Circuit (10 min)

Three stations: one-touch passing, wall passes, and aerial control. Rotate every 2–3 minutes.

Technical: 4v2 Rondo → 6v3 Progression (15 min)

Focus on quick movement, angles, and communication.

Tactical: Building from the Back (15 min)

Back four, midfield, and GK work on patterns to break pressure and advance.

Finishing Drill: Crossing & Cutbacks (10 min)

Wide players deliver balls; central players time runs.

Scrimmage with 3-Zone Rule (15–20 min)

Teams must connect through all three zones before shooting. Reinforces shape.

Practice 2 (60–90 Minutes)

Warm-Up: Dynamic Stretch & Possession Squares (10 min)

Keep the ball under pressure in tight spaces.

Defensive Unit Drill (15 min)

Back four + holding mids work on shifting, covering, and pressing triggers.

Attacking Patterns (15 min)

Combination play through midfield to break lines, using overlaps and third man runs.

Finishing Under Pressure (10 min)

Quick shots inside the box with defenders closing down.

Scrimmage with Transition Focus (15–20 min)

On losing possession, team has 6 seconds to win the ball back.

Practice 3 (60–90 Minutes)

Warm-Up: Ball Mastery with Direction (10 min)

Dribble through gates, make turns, accelerate into open space.

1v1 + 2v2 Breakout (15 min)

Encourages individual skill and quick support play.

Midfield Switching Drill (15 min)

Work on spreading the field and attacking weak sides.

Set-Piece Training (10 min)

Practice corners, free kicks, and defensive marking.

Full-Field Scrimmage (15–20 min)

Play to reinforce tactical concepts without constant stoppage.

Coach Tip: *At U13, teaching **game management** becomes critical — when to slow the pace, when to speed up, and how to keep possession under pressure.*