



■ Sporting Columbia Rec Coaches Demo Session

Total Time: 45 Minutes | Theme: Passing & Movement | Format: Play–Practice–Play

Sporting Columbia Core Values

- Respect
- Community
- Growth Mindset
- Teamwork
- Passion

Play Phase 1 – Small-Sided Game (10 minutes)

- Setup: 3v3 or 4v4, no goalkeepers, small goals or cones.
- Purpose: Let players play, observe natural decisions.
- Coach Tip: Minimal talking, let the game flow.

Practice Phase – Skill Development (20 minutes)

- A. Passing Triangle with Movement (8 minutes): Players pass and move, add defender for progression.
- Key Points: Inside foot pass, move after passing, call for the ball.
- B. 4v4+1 Rondo (12 minutes): 4 players keep possession against 4 defenders with 1 neutral player supporting the team in possession.
- Key Points: Spread out, support angles, quick decisions, head up.

Play Phase 2 – Scrimmage (15 minutes)

- Setup: 5v5 or 6v6 with GKs if available.
- Encourage team to try the theme (pass & move).

- Coach Tip: Step back, let the game run, give short tips if needed.

Wrap-Up (2 minutes)

- Quick circle with players.
- Ask: 'What worked well when we passed today?'
- Ask: 'What can we try next game?'
- End positive and encouraging.

■ Coaching Emphasis for Rec Coaches:

- Use Play–Practice–Play structure.
- Keep players active (avoid long lines).
- Ask guided discovery questions.
- Keep it fun and positive!