



# ***U.10 GUIDED DISCOVERY METHODOLOGIES***



# Guided Discovery Coaching U.10

PureSoccer is looking to create an environment where we can change the behaviour of players and coaches by introducing our Guided Discovery coaching principles and methodologies. The use of Guided Discovery principles by our coaches will have a positive influence on building awareness, responsibility and self esteem for young players. PureSoccer places the player at the centre of all our activities and programmes and believes if you guide the players in a player-centered training environment then they will gradually become capable of thinking for themselves. This 'Insight' into the game will help us produce more rounded, technical proficient and intelligent players.

## PureSoccer Principles of Training:

- ⚽ Training will be fun
- ⚽ The focus will be on attacking skills
- ⚽ The players will be encouraged to take part in their own learning
- ⚽ The players will be educated to play the game through the 4 v 4 game format
- ⚽ The players will be encouraged to ask questions
- ⚽ Our Coaches will include a philosophy of life
- ⚽ Our Coaches will be patient with each individual player on their development



# Pure Soccer

## Guided Discovery Principles

- ⚽ Is a teaching methodology where our coaches ask meaningful questions of the players in order for them to think about the problems they are faced with in the game.
- ⚽ The Guided discovery coaching environment allows players and coaches to think for themselves by facilitating player solutions rather than coach 'Yell and Tell' solutions.

### Goals of effective questioning:

- ✓ This process allows players to actively get involved in the process
- ✓ Empowers the player to discover the solutions to a soccer problem
- ✓ Develops patience in both the coach and the player which is required for the discovery process to have an effect on their behaviour.



# Why is it important to Ask Questions?

Our Coaches will understand the art of “asking questions.” These questions will encourage players to practice problem solving within the training environment and in the game. The use of simple and complex questions is necessary during training sessions. Each question by the coach elicits a single correct response discovered by the player. This effect leads the player to discover the sought tactical concept, principle of play or technical idea. During training sessions and matches our coach guides (facilitates) the players, through effective age appropriate questioning, to self discovery.



# Examples of Questions?

## Examples of Simple Question

- ⚽ How do you make a short pass to a team mate?
- ⚽ How do you take a shot?
- ⚽ Where do you think this pass should go?

## Examples of Complex Questions

- ⚽ How can we pass through midfield?
- ⚽ Why do we defend as a team when we lose possession of the ball?
- ⚽ In a 4 v 4 game what's the best way to keep possession of the ball?
- ⚽ Why did you make that pass?



# Importance of Questions

PureSoccer Coaches will understand both the simple and complex questions and apply them appropriately to age specific players. Why and How questions enhance the players' ability to make decisions, one of the central goals of empowerment.



# Goal of PureSoccer

Our goal is to develop more “soccer intelligent” players who are capable of making decisions during training and matches. Players consistently coached with this method will be more adaptable to the demands of the modern game. This coaching methodology is also likely to produce more technical and creative players. The best players in the world put thought, energy and insight into developing their game and are constantly probing and questioning their respective managers. Guided discovery simply means that the coach raises questions and provides options or choices for the players, guiding the players to answer the questions. It is important for coaches to allow players to think about questions and help encourage them to find the answers. If players are having difficulty with a question a coach can redirect or rephrase a question so they can think carefully about what has been asked. Encouraging young players in finding solutions to answers will improve their sense of worth and self belief.



# Why is Active Learning important?

Active learning means that the player is involved in what he/she is doing during training or matches. Players are directed by means of questions, tasks, training games and so on to discover the new information. Quite simply players do not remember very well something they are told. The table below is part of training folklore, but is so relevant that it warrants being repeated in the PureSoccer coaching methodology. It was a piece research first carried out some time ago by IBM, but it was repeated by the UK Post Office more recently. A group of workers were divided randomly into three sub groups, each of which were taught something quite simple, the same thing using three different approaches. The results speak for themselves. One thing they show that particularly concerns PureSoccer is how dramatically recall declines when workers are only told something.





# Telling v Empowering

	Told	Told & Shown	Told, Shown and Experienced
Recall after 3 weeks	70%	72%	85%
Recall after 3 Months	10%	32%	65%



# Session Planners

- ⚽ **Energetic Activities (EA)** – players are constantly moving at various speeds unopposed
- ⚽ **Recovery Activities (RA)**– challenging and slower paced activities to allow rest
- ⚽ **Energetic ‘game like’ Activities (EGA)** – consistently moving at various speeds with opposition (pressure from opponents)

The role of the coach in the U.10 age group is to be a patient and motivating teacher. At this level in addition to understanding technique, coaches should be able to provide environments conducive to problem solving or decision making by the players utilising **Guided Discovery** methodologies.



# Principles of Play

## Basic Attacking U.10

- ⚽ Penetration
- ⚽ Support
- ⚽ Mobility
- ⚽ Width
- ⚽ Depth
- ⚽ Improvisation
- ⚽ Technical proficiency

## Basic Defending U.10

- ⚽ Recovery
- ⚽ Pressure
- ⚽ Cover
- ⚽ Balance
- ⚽ Compactness
- ⚽ Counter Attacks
- ⚽ 1 v 1 basic defence

The Attacking principles that we focus on at this age group are:

- ⚽ Penetration
- ⚽ Support
- ⚽ Improvisation
- ⚽ Technical Proficiency

The Defending principles that we focus on at this age group are:

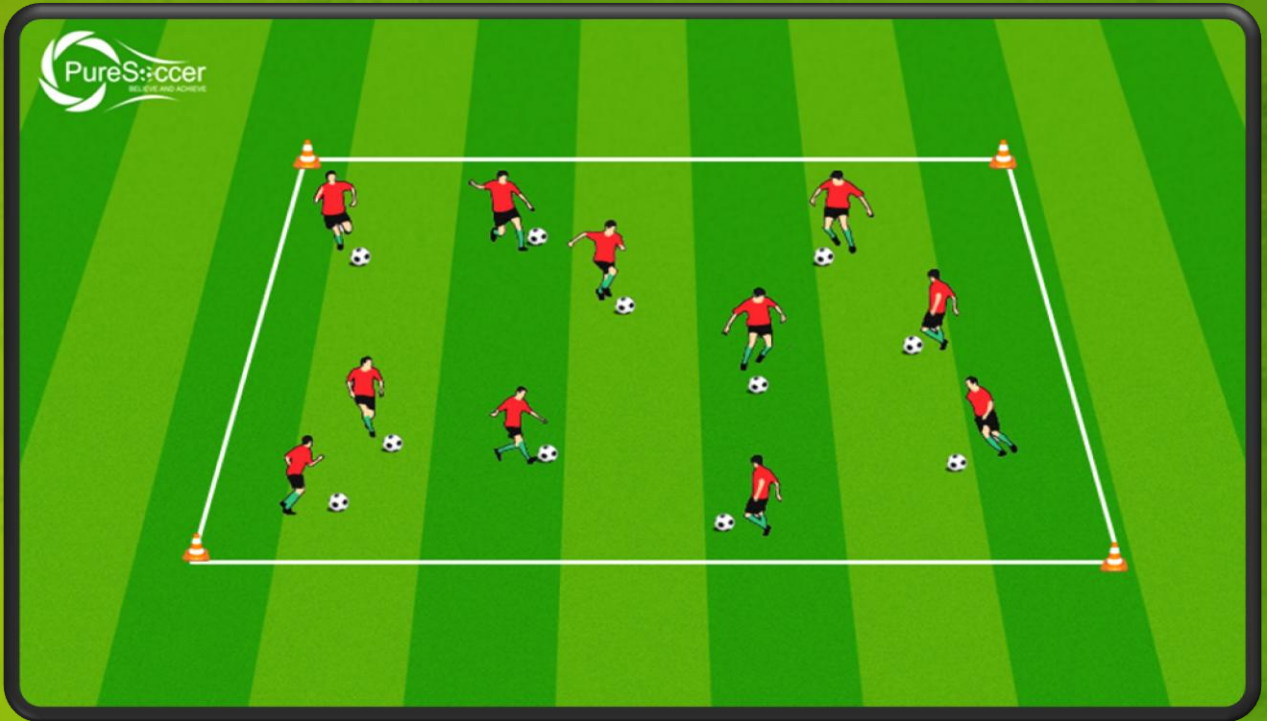
- ⚽ 1 v 1 defence
- ⚽ Recovery
- ⚽ Pressure
- ⚽ Cover

# 1. Dribbling – EA



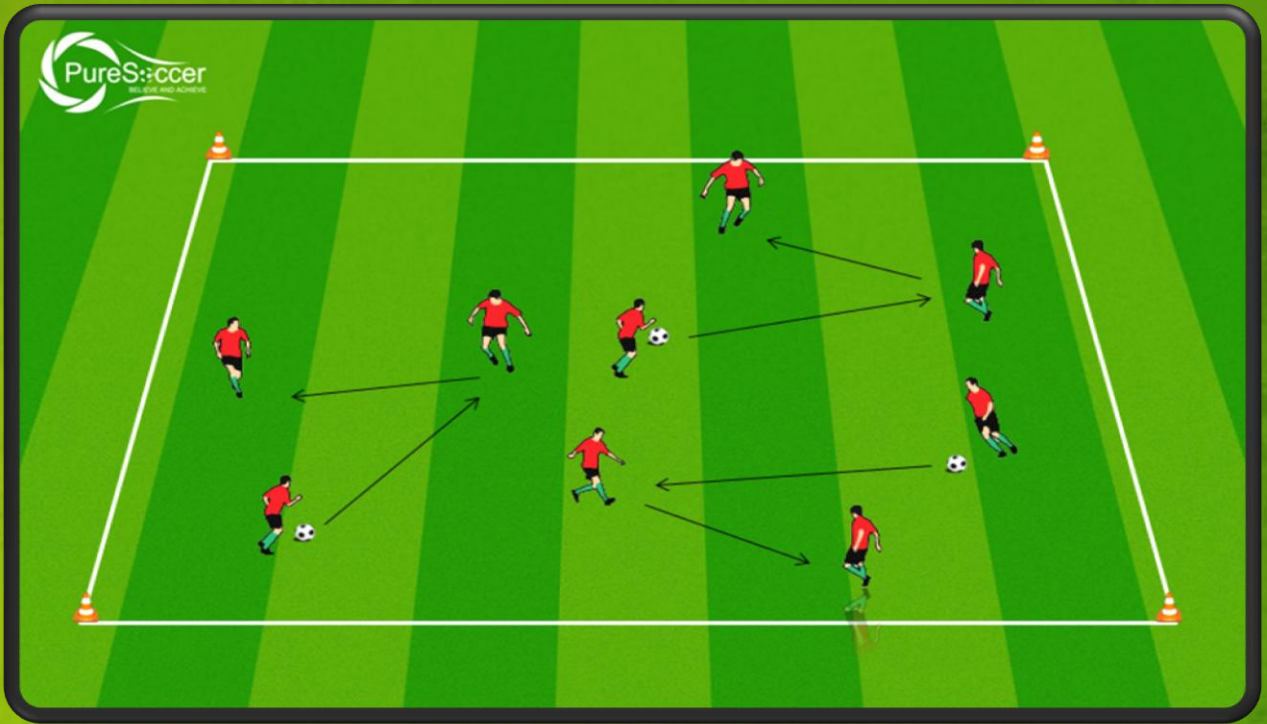
- ⚽ Dribble with your head up
- ⚽ On signal change direction
- ⚽ Half turns with change of pace, sole of foot chop etc.
- ⚽ Prior to turning check who is behind you (always look before you turn)
- ⚽ Dribble around flick ball up and dribble around again
- ⚽ Pressure causes decisions to change
- ⚽ Be creative on the dribble

## 2. Fast Foot work - EA



- ⚽ Start with toe tapping on the ball and a quarter turn
- ⚽ Use both feet all times
- ⚽ Inside of feet quick touches and quarter turn
- ⚽ Touch your ball, then change places with your team mate
- ⚽ See how many balls you can touch in a minute

### 3. Passing in triangles - EA



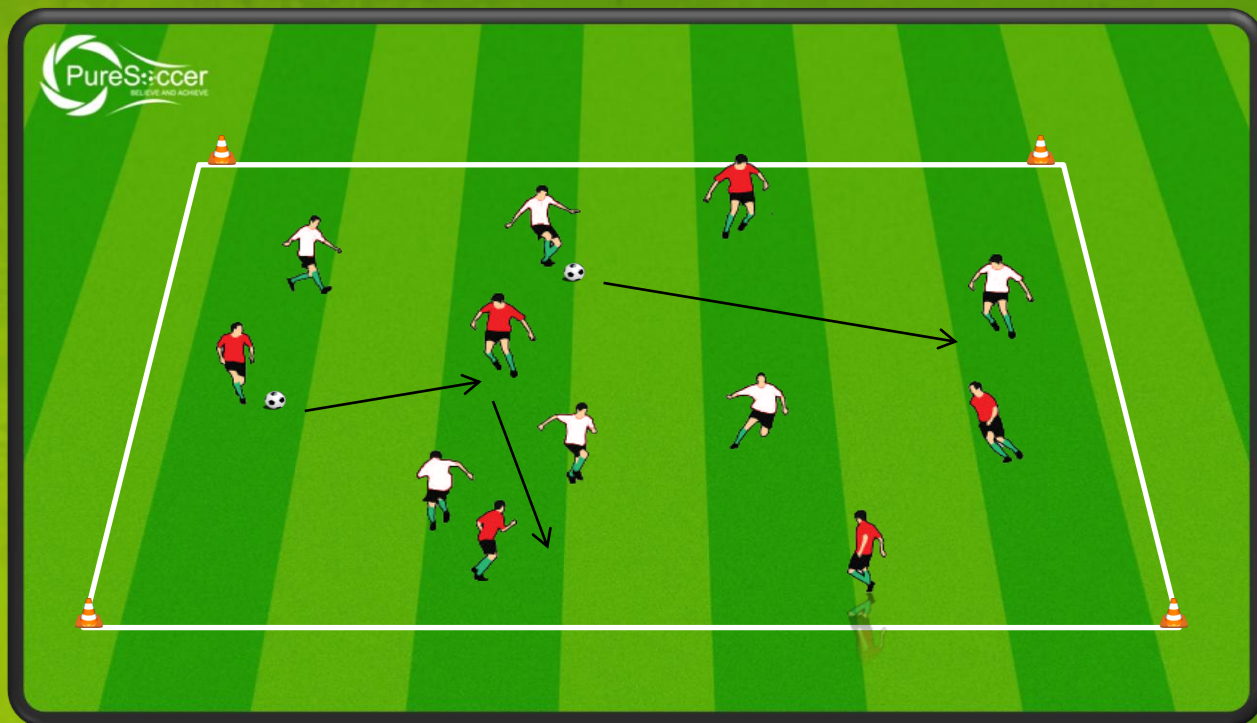
- ⚽ Pass ball back and forth with one or two touches feet and ball moving
- ⚽ Accurate passing to feet
- ⚽ Always look at the ball when striking it
- ⚽ Keep ball under control – magic circle 1 m from body
- ⚽ Lock ankles and place non kicking foot beside the ball
- ⚽ Progress to moving pass and players stay connected (talk to each other)
- ⚽ Simple exercise in support play

## 4.Paint the field - EA



- ⚽ Two teams pass the ball around the grid (painting the whole area with their feet)
- ⚽ Give the players a visual of the game and they will move about much more
- ⚽ See how much of the field players can cover
- ⚽ Spatial Awareness is key in this session

## 5. Passing by numbers - EA



- ⚽ Two teams number themselves 1 – 6
- ⚽ This drill will get kids to think ahead and communicate with each other
- ⚽ Ball starts with number 1 who passes to 2 and so on. When 6 gets it he passes back to 1.
- ⚽ Check out the body position of the player who has the ball and next player to get in his line of sight



## 6.Circle Passing - EA



- ⚽ Thought provoking exercise for the players
- ⚽ Pass and move across the circle talking to each other
- ⚽ If the circle starts to get smaller stop the session and make it bigger (happens with teams who can't hold their width and depth)
- ⚽ Players on outside to be ready to receive the ball
- ⚽ Add extra balls as required
- ⚽ Players keep eyes up to stop balls clashing
- ⚽ Keep the ball on the deck when you receive and pass it
- ⚽ Encourage players to improvise with their moves

# 7.Receiving lofted passes - EA



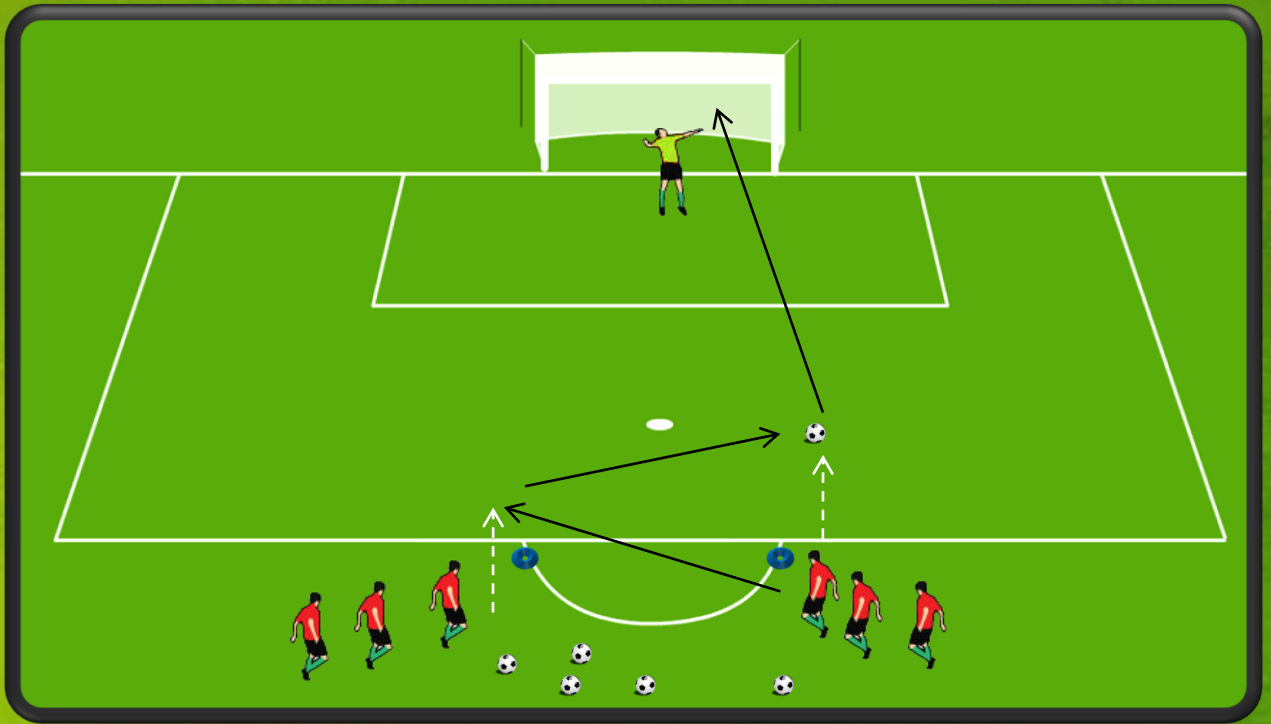
- ⚽ Players serve balls in the air to each other
- ⚽ Players receive ball with their laces
- ⚽ Players receive ball with their thigh
- ⚽ Players receive ball with chest
- ⚽ Let the players experiment
- ⚽ Some players will be at a different level than others
- ⚽ Players to keep knees bent
- ⚽ As players receive pull away to cushion the ball
- ⚽ Make players aware of their body position when they are receiving balls

## 8. Spin turns - EA



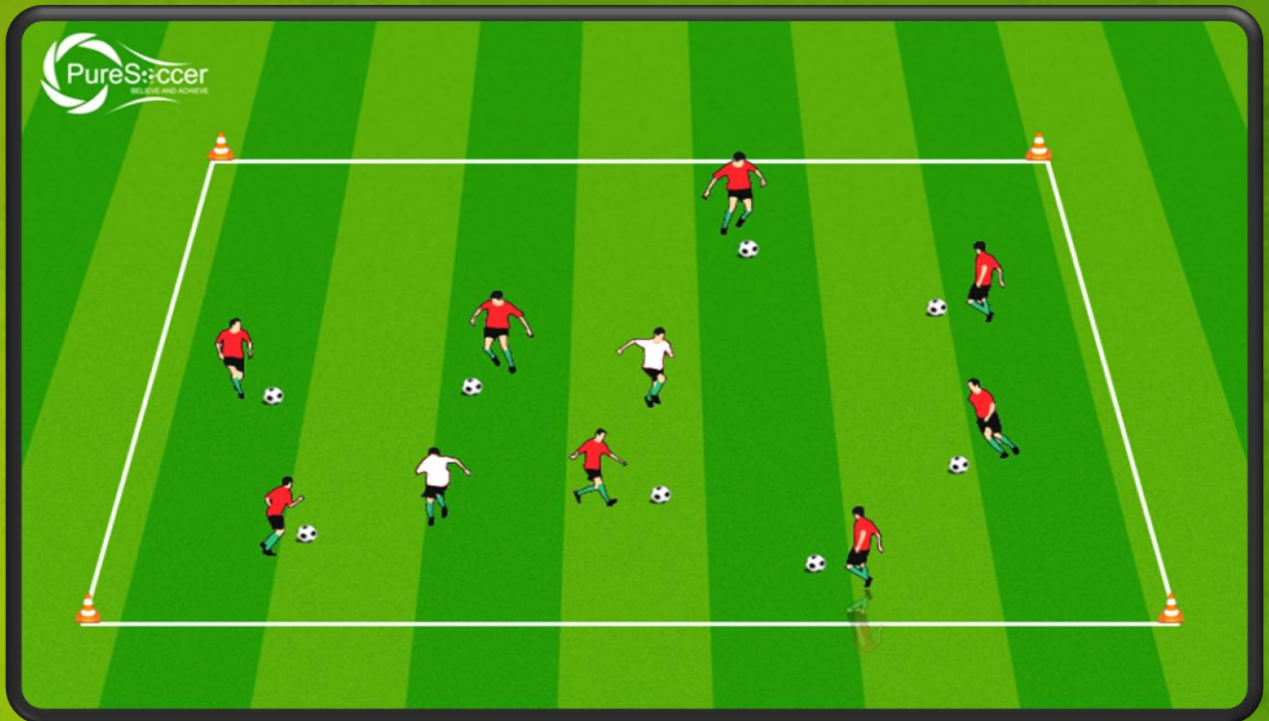
- ⚽ Players in middle are working on preparation touches and players on outside serve (swap over)
- ⚽ Players need to cushion the ball bending the knees at all times
- ⚽ Introduce heading and volleying and be patient with players technique
- ⚽ Players need to have open body position at all times
- ⚽ Players need to check over their shoulders

## 9. Combination Shooting - EA



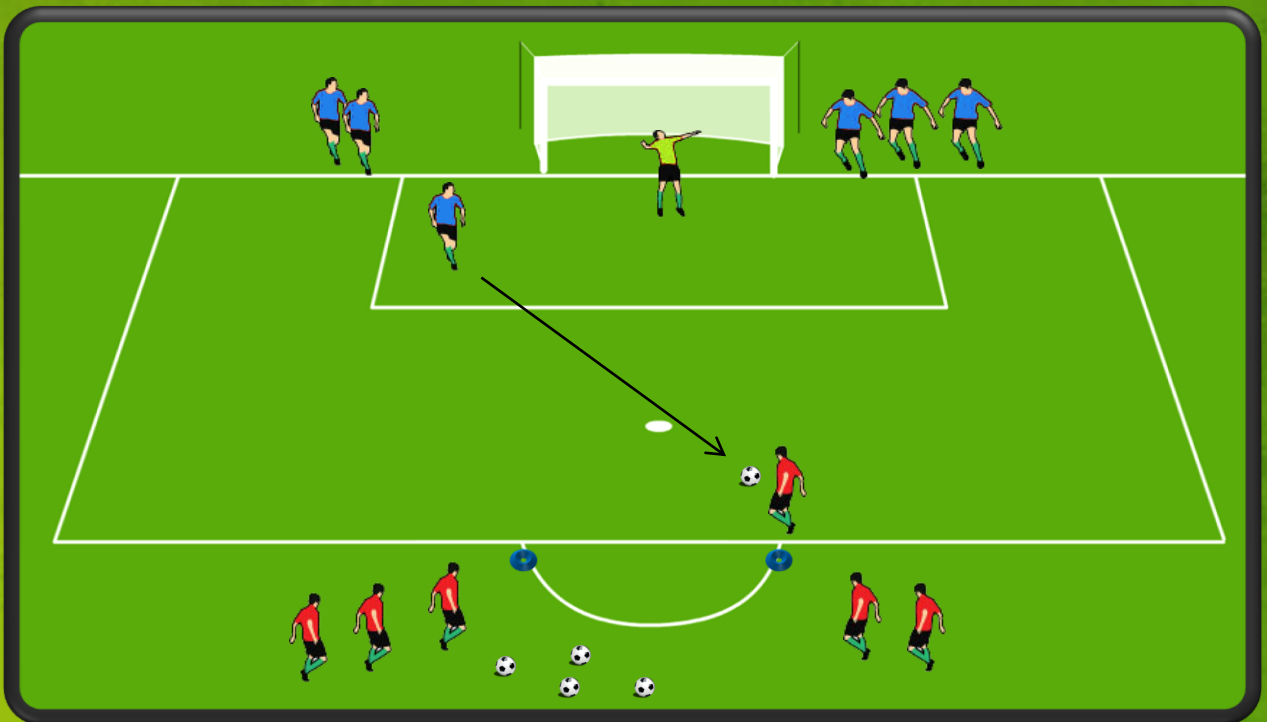
- ⚽ Players can take three touches or less working in pairs
- ⚽ Encourage them to improvise e.g. overlap, one-two
- ⚽ Make sure they have a lot of repetitions
- ⚽ Coach their shooting technique
- ⚽ If they have to score with their toes that's okay
- ⚽ Try and use both feet shooting
- ⚽ Players to get close to the ball before shooting
- ⚽ Players not shooting look out for rebounds

# 1. Soccer Robbers - EGA



- ⚽ Get players to win soccer balls (robbers)
- ⚽ Encourage winning the balls over knocking them out of the grid
- ⚽ Time each round
- ⚽ 2 robbers start without a ball and then try to win a ball
- ⚽ Give points to players who finish with a ball
- ⚽ Encourage the players to protect their ball
- ⚽ Encourage players to use both feet and inside/outside of foot

## 2.1 v 1 - EGA



- ⚽ Players play 1 v 1
- ⚽ Play for 30 seconds and ball can go anywhere on pitch but players can only score in front of goal
- ⚽ Swap players regularly
- ⚽ Keep all the players working
- ⚽ If player doesn't close down encourage long shots
- ⚽ If player does close down encourage speed of play to take on opponent
- ⚽ When you beat your opponent close the door quickly (stop opponent getting back at you)
- ⚽ Progress to 2 v 2

### 3. 3 v 3 on three goals - EGA



- ⚽ Multi goal game with each team defending three goals
- ⚽ See if players can recognise which goal is open
- ⚽ Encourage width in the game
- ⚽ Encourage combination play with all players

## 4.Doctor -EGA



- ⚽ Players dribble around grid and try to hit opponents with their ball below the knees
- ⚽ If you get hit hold your ball above your head and wait for your doctor to release you
- ⚽ If the doctor gets hit you win the game
- ⚽ Give players responsible to nominate their doctor

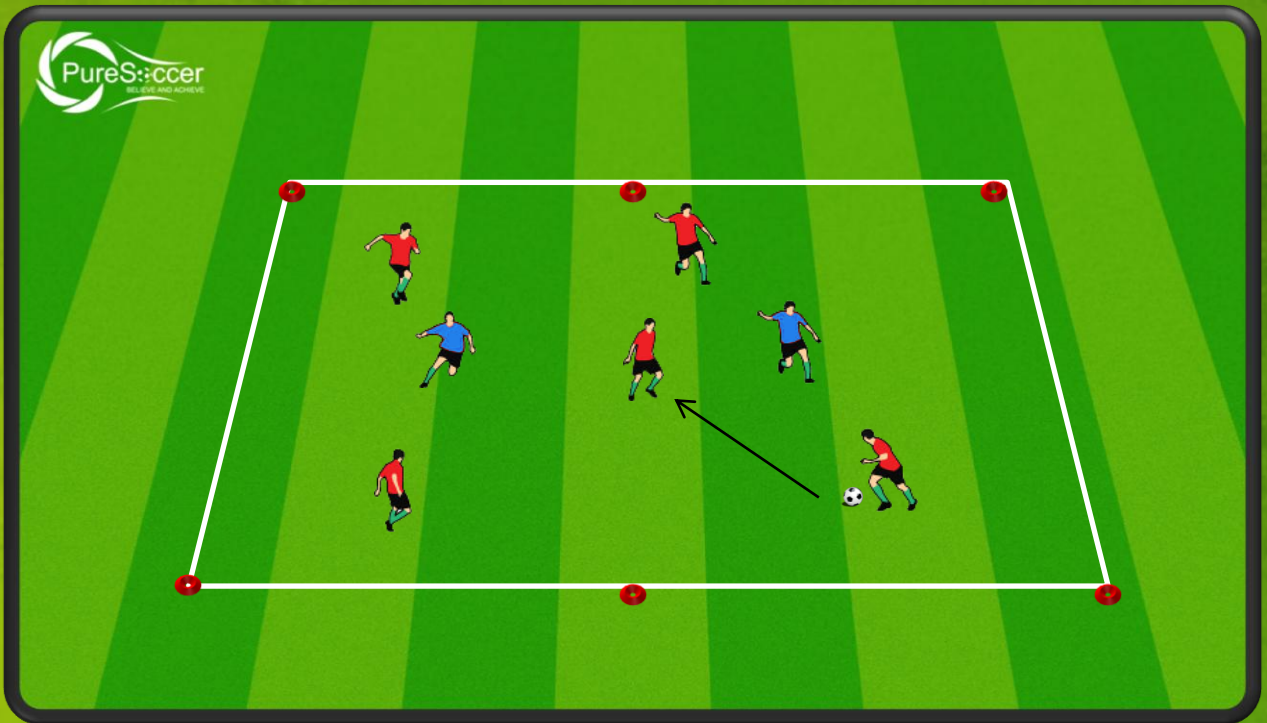


## 4.Soccer Combat -EGA



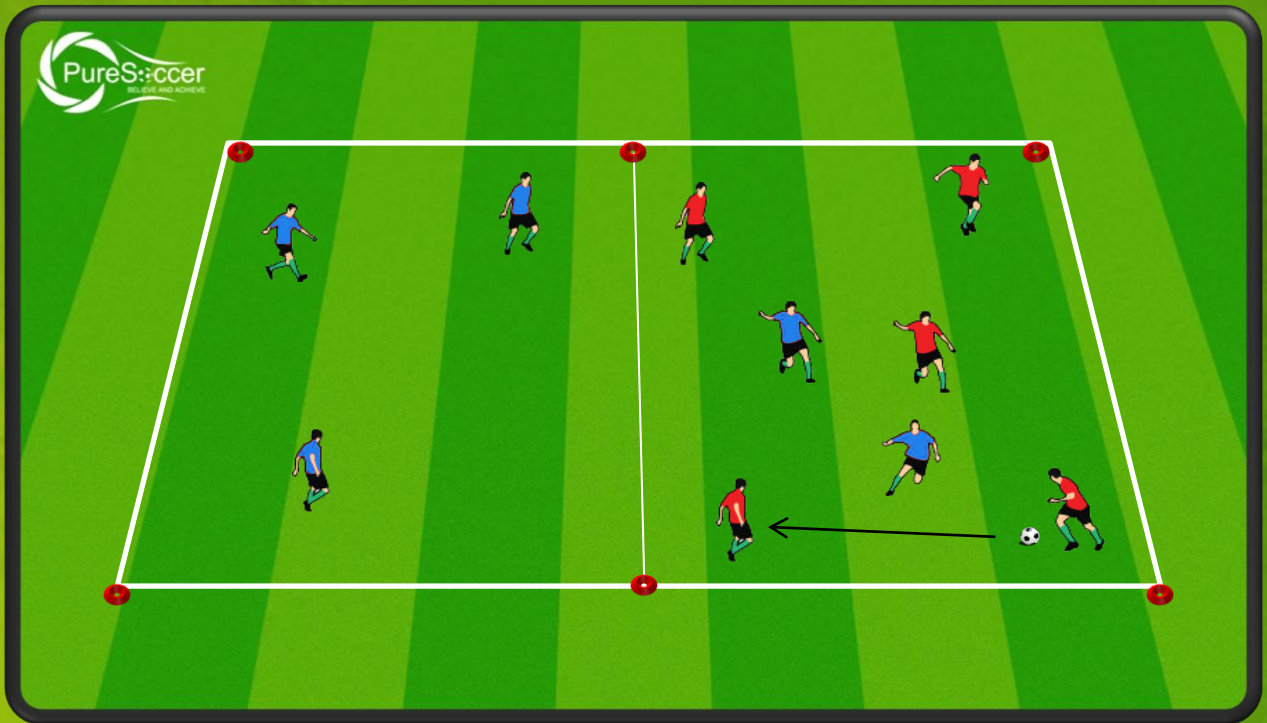
- ⚽ Players play 1 v 1 soccer combat and get the ball back to the coach
- ⚽ Players have two ways to get ball back by dribbling or passing
- ⚽ Players experiment with battles
- ⚽ Quickest way to get the ball back is by passing
- ⚽ Coach change position so players can look up
- ⚽ Players need to get ball back fast

# 5. 5 v 2 Possession - EGA



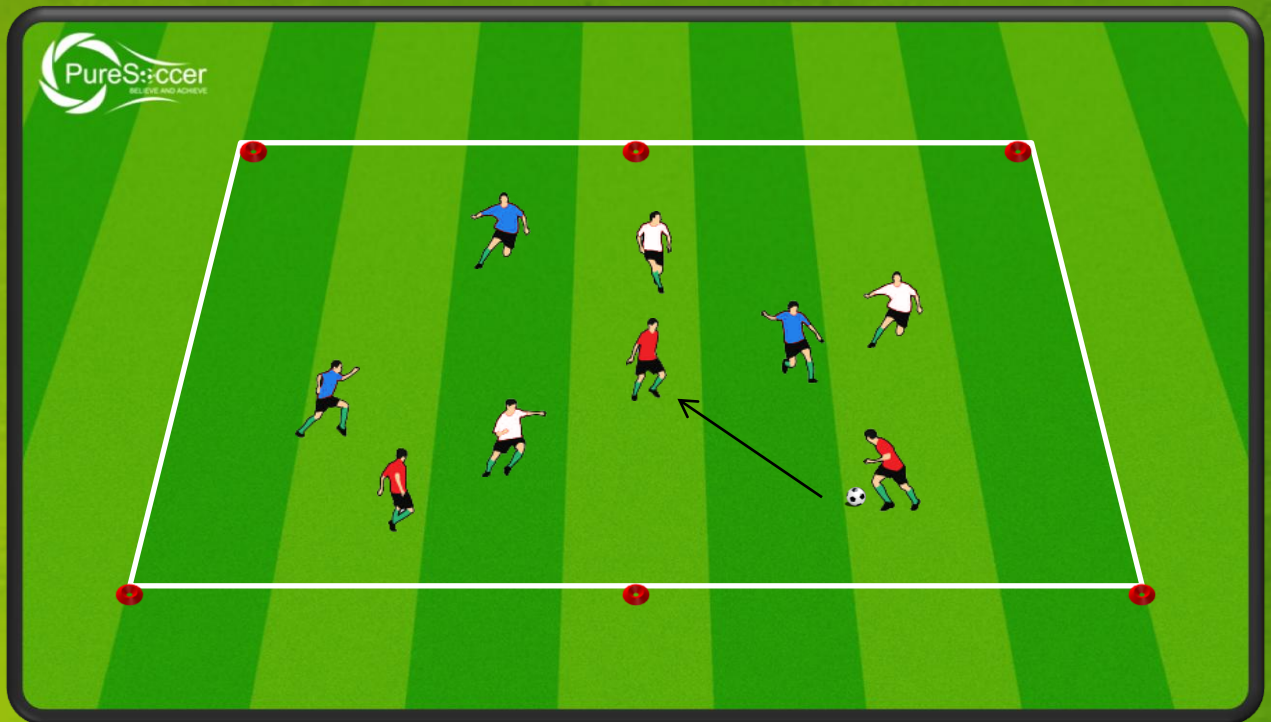
- ⚽ Play 5 v 2 possession
- ⚽ Keep passes simple
- ⚽ Play through the middle player when possible
- ⚽ Concentrate on 1<sup>st</sup> touch
- ⚽ Pass and move to find space
- ⚽ Play combination plays
- ⚽ Keep the grid big (width & depth)
- ⚽ Play with your eyes up
- ⚽ Play in the future (see the bigger picture)
- ⚽ Progress to 5 v 3, 6 v 3

# 6. 5 v 2 Transition Game - EGA



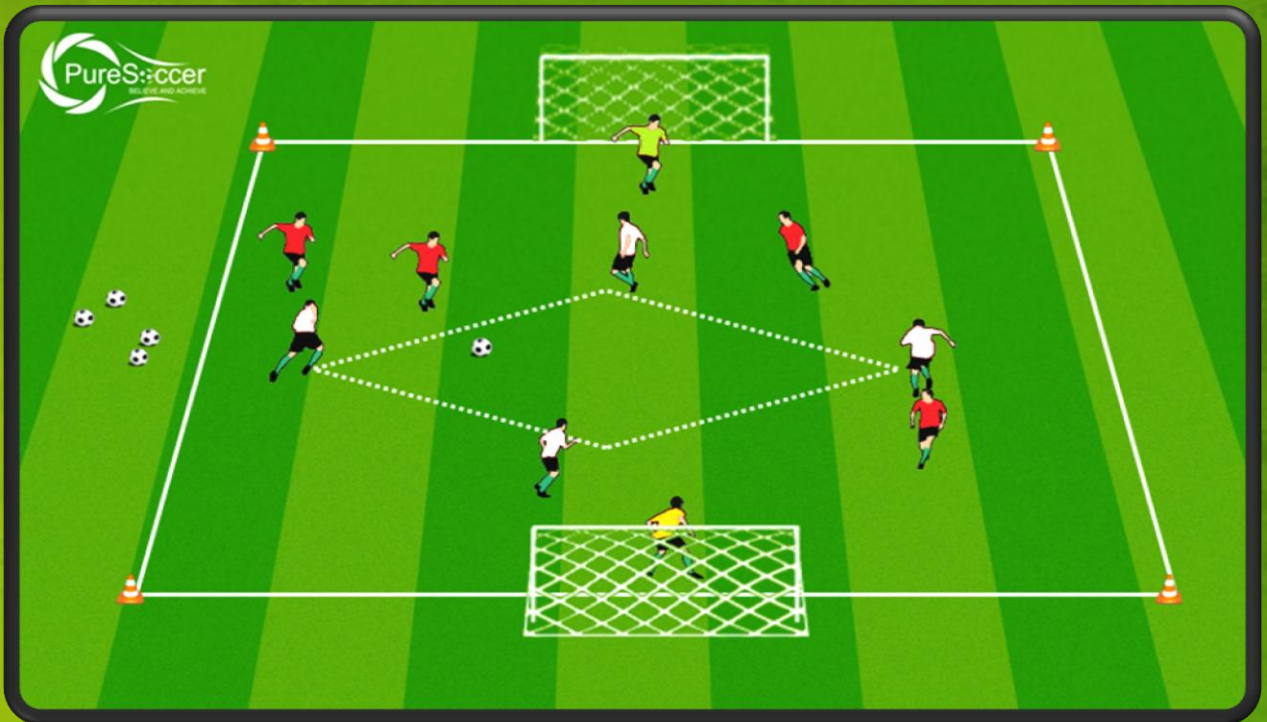
- ⚽ Play 5 v 2 possession in each area
- ⚽ Keep passes simple
- ⚽ If 2 blues win possession they pass back to their team
- ⚽ Play through the middle player when possible
- ⚽ Concentrate on 1<sup>st</sup> touch
- ⚽ Pass and move to find space
- ⚽ Play combination plays
- ⚽ Keep the grid big (width & depth)
- ⚽ Keep possession in transition
- ⚽ Establish shape early (diamond + 1)

# 7. 3 v 3 + 3 - EGA



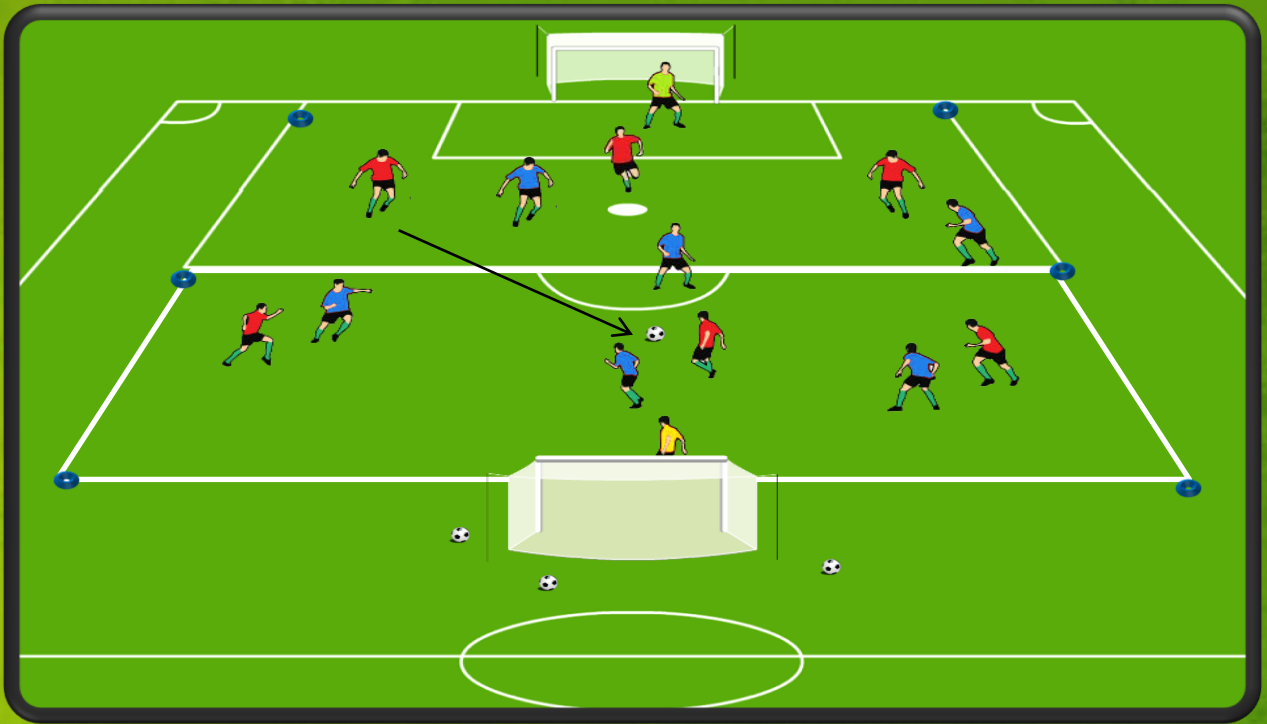
- ⚽ Start with whites and blues v green
- ⚽ Play 2 teams v 1
- ⚽ The team that loses the ball goes in the middle
- ⚽ Establish shape early after transition
- ⚽ Concentrate on 1<sup>st</sup> touch
- ⚽ Good accurate passes
- ⚽ Keep width & depth while maintaining possession

## 5. 4 v 4 game (+1 if extra player) - EGA



- ⚽ Play 4 v 4 or add neutral player playing for the team in possession
- ⚽ Let players experiment for a while
- ⚽ Put a restriction that the ball must always go through the neutral player
- ⚽ The team in possession of the ball should have a different shape (wide and long to give options) to the defending team (short and tight as a group)
- ⚽ Encourage players to sort shape out for their team

# 6 v 6 game with GKs - EGA



- ⚽ Always important to finish with a regulation game if possible
- ⚽ Recommendation at U.10 is 6 v 6 with keepers
- ⚽ Players to make eye contact before passing
- ⚽ Establish width & depth early
- ⚽ Play combination plays
- ⚽ Let players experiment with their possession play

# Summary

Pure Soccer are advising clubs to develop an appropriate playing and training environment, which allows solutions to soccer problems to come from within the players themselves. Use meaningful questions to facilitate this process in other words use **GUIDED DISCOVERY**. Remember that at the U.10 level training looks more like the game on a smaller scale, fun is still very important so continue to do fun activities that promote movement and comfort with the ball. The impact you have on players at this age group is huge. You not only have an impact on player development but you also play an important role in the social, physical and mental development as well. Run sessions that demand technical proficiency and problem solving.



# End Notes

- ⚽ The training session should involve fun and imaginative game like activities as well as technical and tactical repetitive activities
- ⚽ Coaching technical skills is very important at this age as well as light tactical concepts
- ⚽ The training session has a technical and or tactical theme e.g. dribbling technique, passing and receiving or combination play
- ⚽ Small sided games such as 3 v 3, 4 v 3, 4 v 4, 5 v 4 and 5 v 5 should be included as well, more detailed explanations regarding shape and positions are appropriate
- ⚽ Training should always conclude with a 6 v 6 game





# Training plan design

- ⚽ Dribbling - Energetic Activity
- ⚽ Stretching - RA
- ⚽ Paint the field - Energetic Activity
- ⚽ Numbers passing – Energetic Activity
- ⚽ Soccer Robbers – Energetic ‘game like’ Activity
- ⚽ 1 v 1 Attacking - Energetic ‘game like’ Activity
- ⚽ 3 v 3 + 3 - Energetic ‘game like’ Activity
- ⚽ The Game 6 v 6

