



***U.12 GUIDED DISCOVERY  
COACHING  
METHODOLOGIES***



# Guided Discovery Coaching U.12

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)

U.12 players are in a window of opportunity in their development and have an even greater intellect and physical ability than they possessed at U.10. Therefore the focus must be on technical proficiency and speed as well as more complicated tactical situations. The role of the coach in the U.12 age group is to be a patient motivating teacher. At this level in addition to understanding technique, coaches should be able to provide environments to allow problem solving by the players utilising guided discovery methods. Specifically individual and small group tactics should be the focus of the training sessions.



# Principles of Play

## Basic Attacking U.10

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

## Basic Defending U.10

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

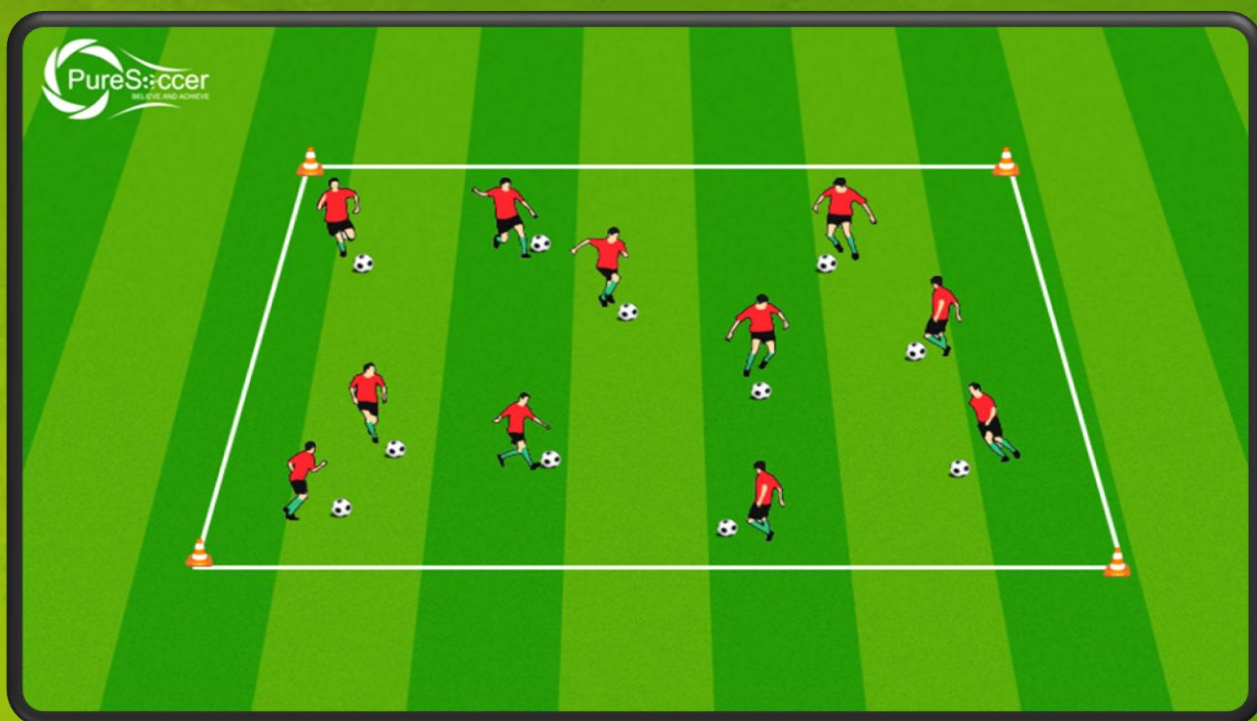


# Tactical Periodisation

This U.12 phase will be the start of the Tactical Periodisation Principles that players will need to understand. See Tactical Periodisation model below.

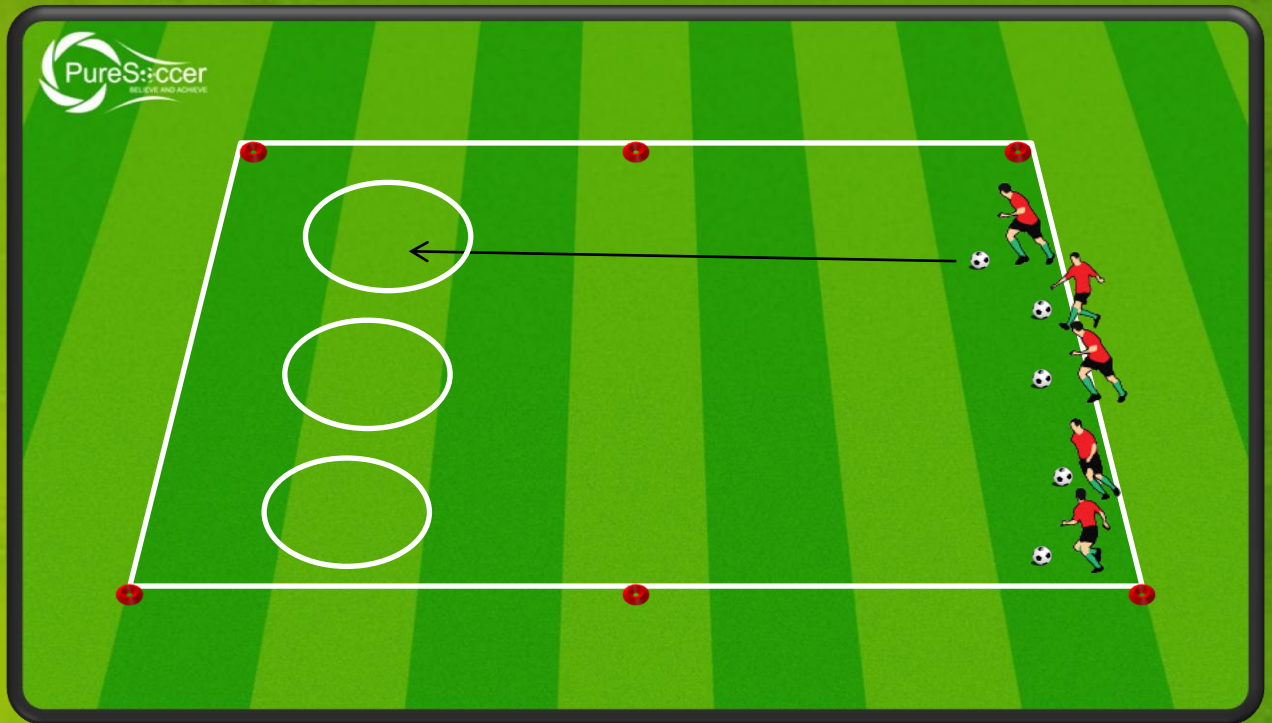


# 1. Dribbling with takeovers – EA



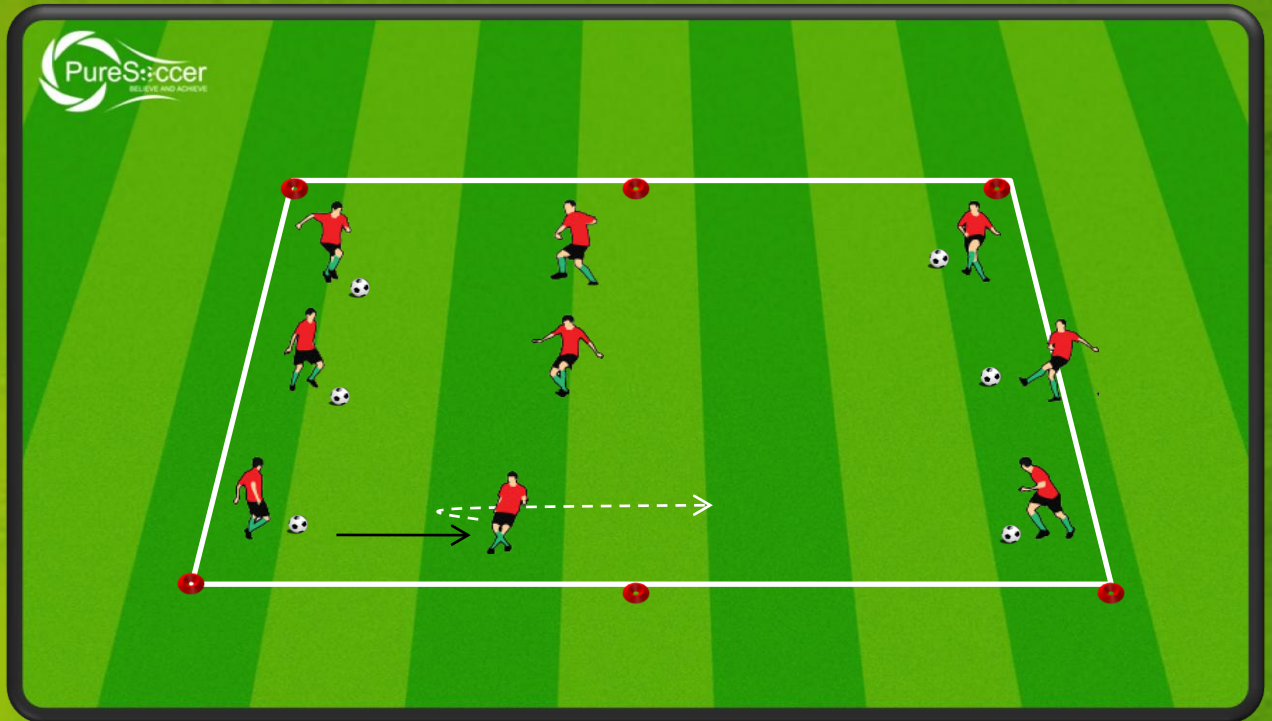
- ⚽ Dribble with your head up
- ⚽ Use stop and go moves
- ⚽ Half turns with change of pace, sole of foot chop etc.
- ⚽ Can we work on splitting players – change of pace
- ⚽ Introduce takeovers

## 2.Dribble with turns - EA



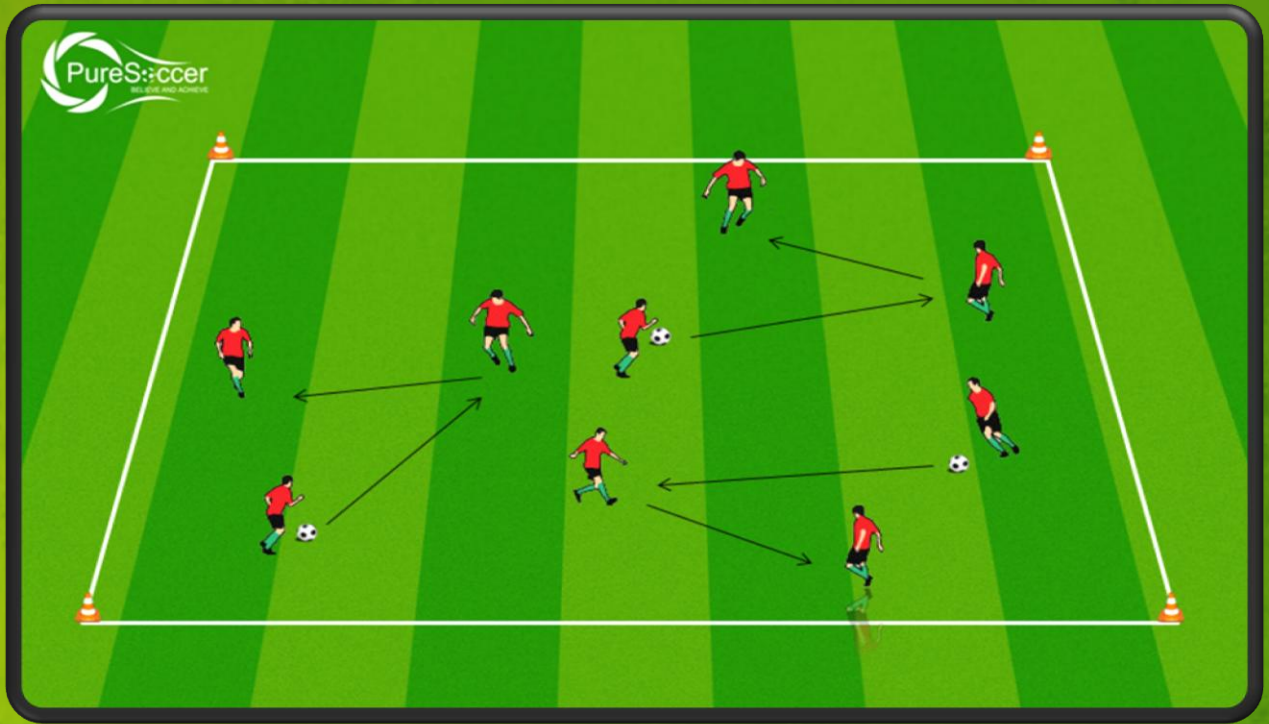
- ⚽ Like a relay race and you can create competition
- ⚽ You can work on speed dribbling or pure speed
- ⚽ Dribble the ball and stop in the circles
- ⚽ Quick half turns

# 3.Receiving and Turning - EA



- ⚽ Pass to middle player and will do a sharp turn
- ⚽ Receive it turn and pass it
- ⚽ Work on technique and don't let players go to fast to quickly
- ⚽ Use inside and outside of foot
- ⚽ Give every player a chance
- ⚽ Add a check away before receiving
- ⚽ Serve high balls

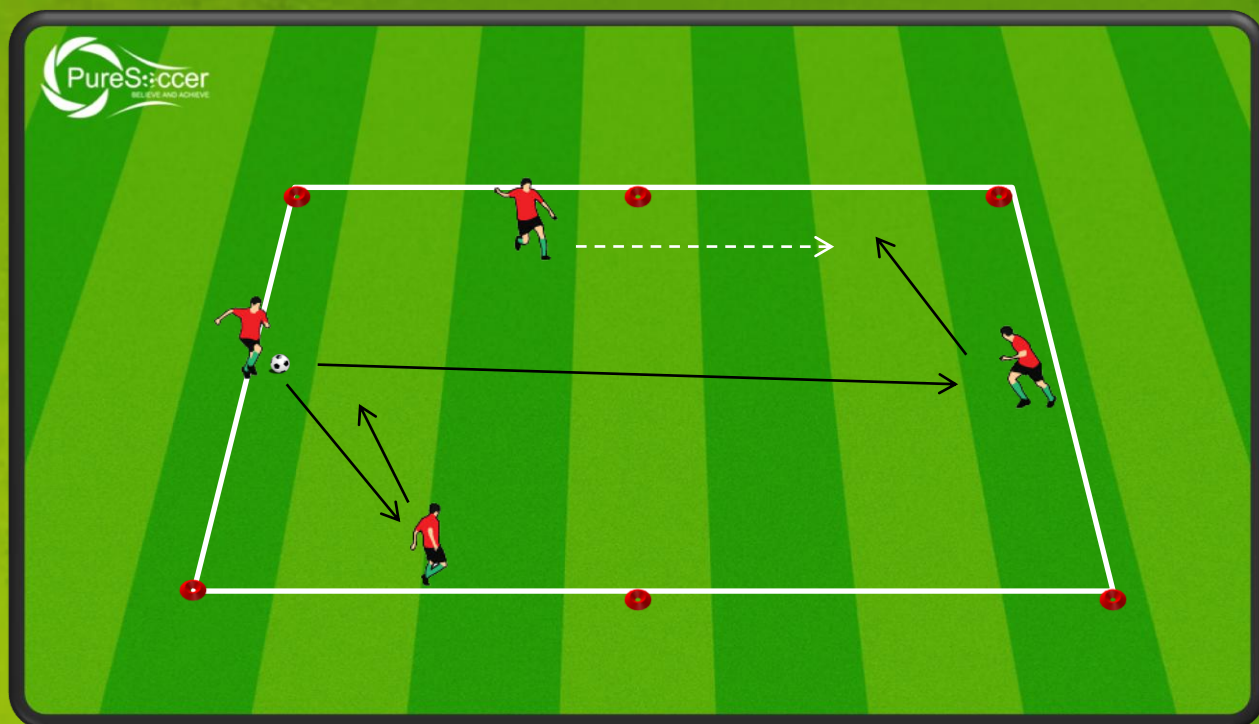
## 4. Passing in triangles - EA



- ⚽ 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

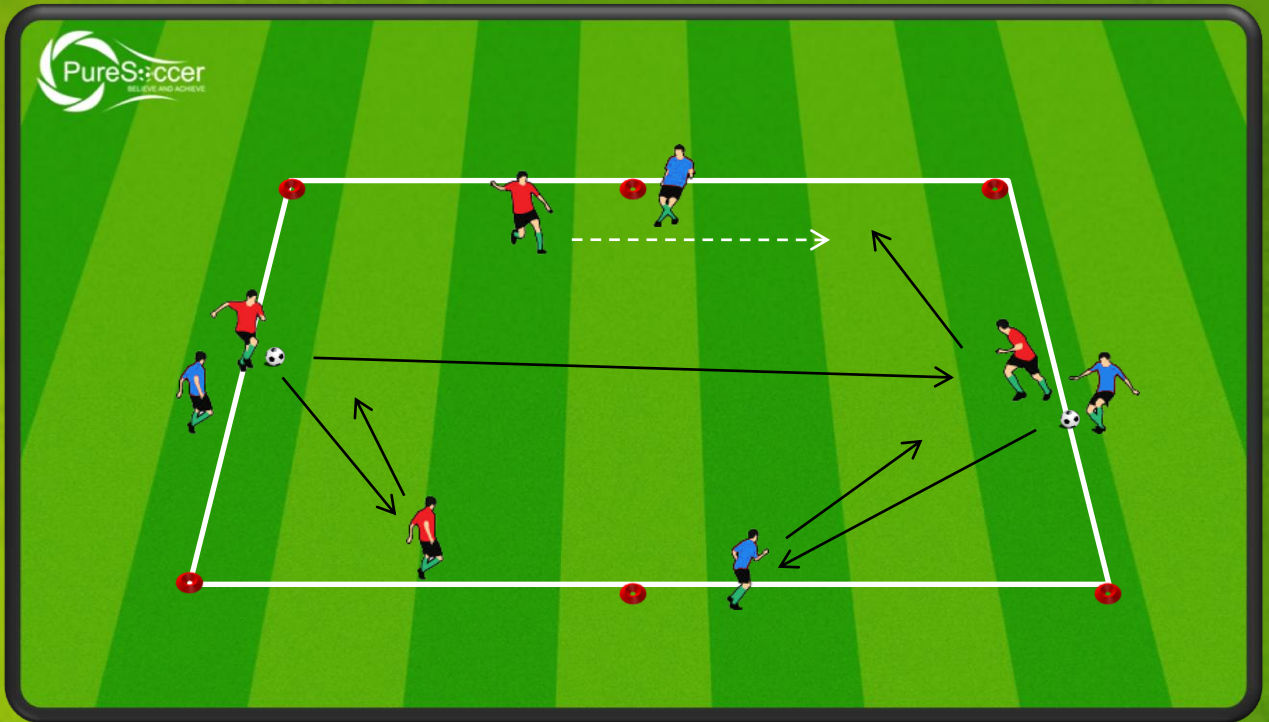


## 5.Short and Long Passing - EA



- ⚽ Develop rhythm in assign and communication
- ⚽ Two players play short passes and then play long pass
- ⚽ One player then goes and support the long pass
- ⚽ Get players to face direction of pass (forward) to set themselves up (open up)

## 6. Inter Passing in groups of 4 - EA



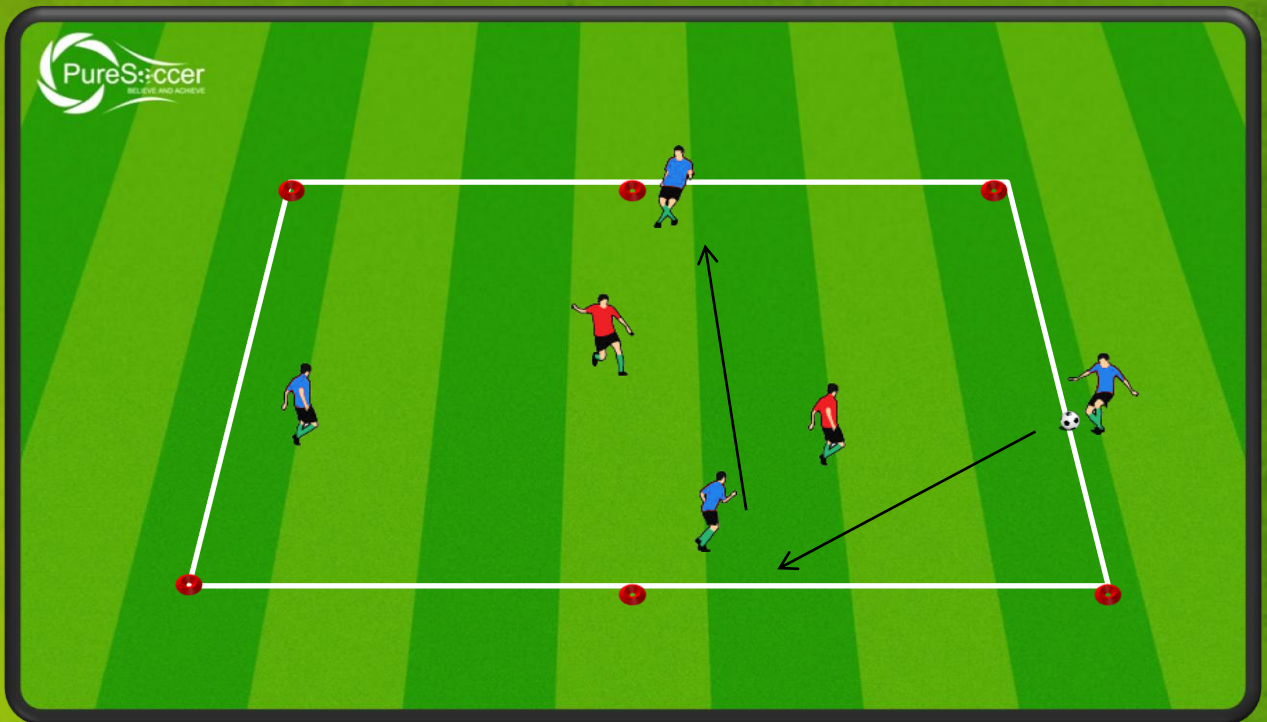
- ⚽ Get the players to focus in on shape
- ⚽ Give players responsibility to lead the group (give them a directive)
- ⚽ Add another team and both teams can start playing through each other
- ⚽ Tell the players you would like to relate the passing to the game

## 7. Spin turns - EA



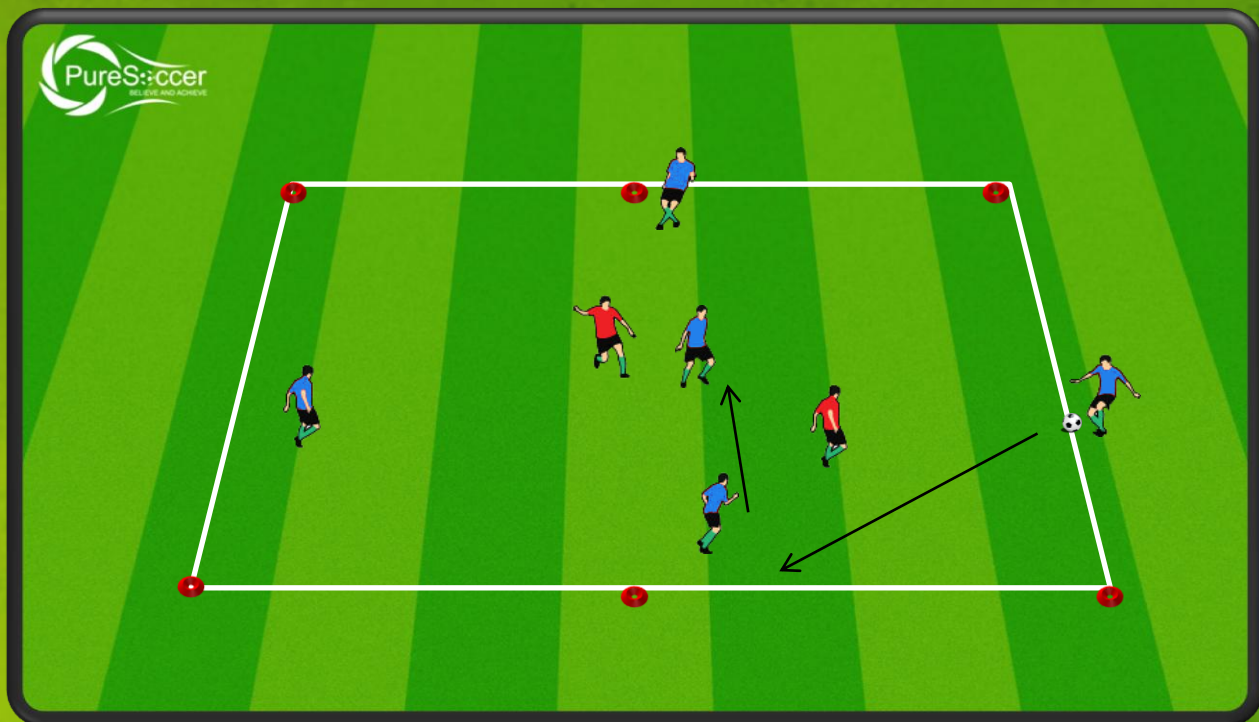
- ⚽ Players in middle are working on preparation touches and players on outside serve (swap over)
- ⚽ Players need to cushion the ball bending the knees at all times
- ⚽ Introduce heading and volleying and be patient with players technique
- ⚽ Players need to have open body position at all times
- ⚽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

# 1.4 v 2 possession - EGA



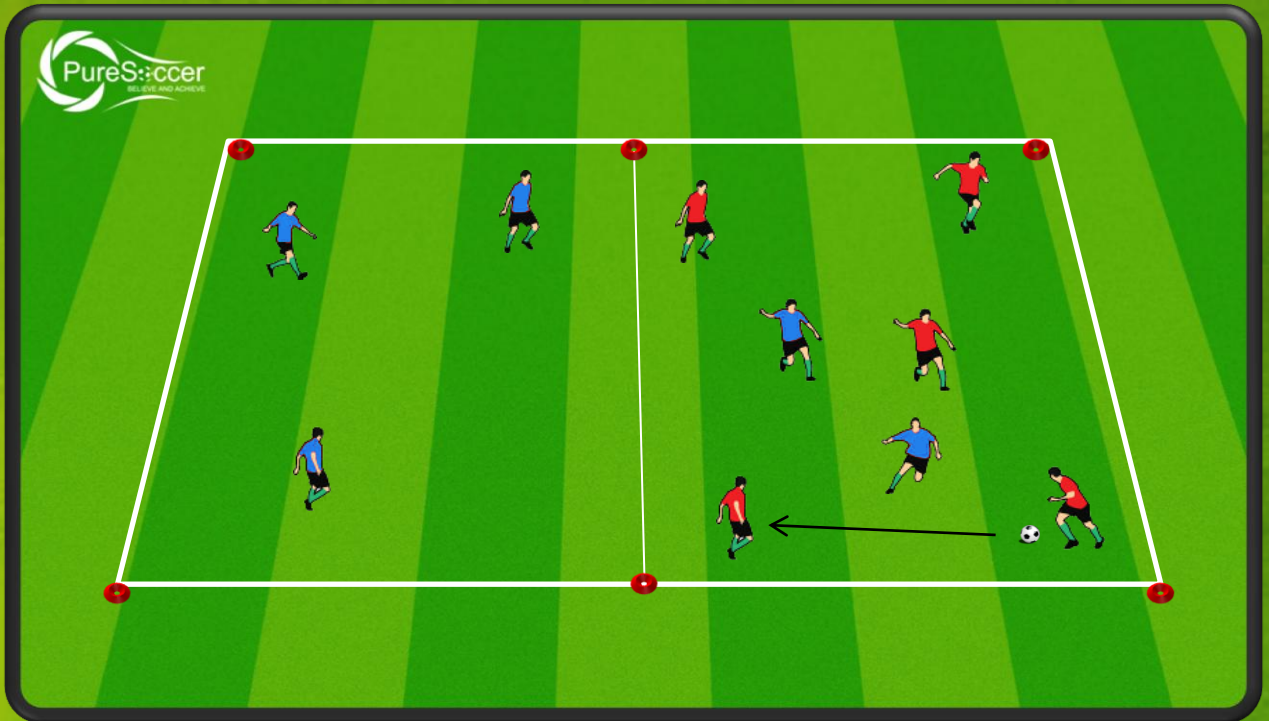
- ⚽ Four players in the grid try to keep the ball away from the two defenders
- ⚽ If the defenders win the ball they get out of the grid and the other two defenders come in
- ⚽ Give each team eight balls and see how long it takes for them to win back (time each team)
- ⚽ Adjust size of area appropriately
- ⚽ Play three or four times per round
- ⚽ In this game the players will face 3 types of pressures -opponent, time, space

## 2. 5 v 2 -EGA



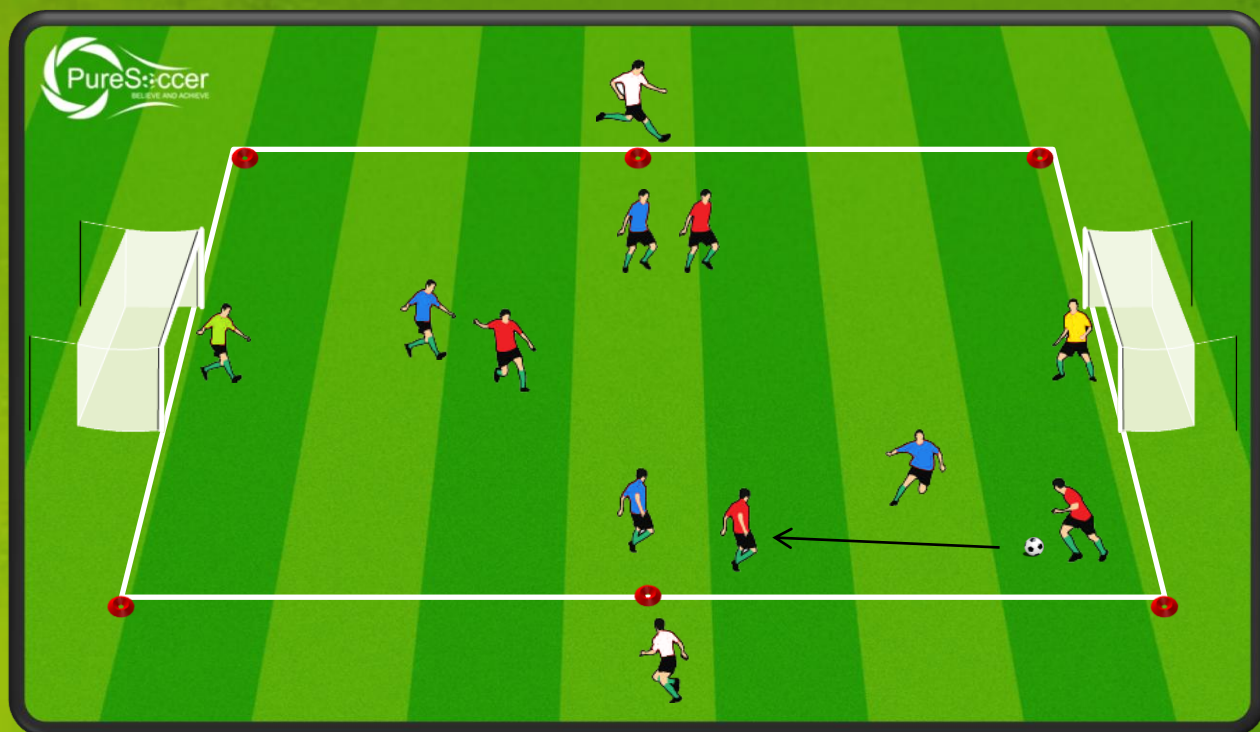
- ⚽ Five players in the grid try to keep the ball away from the two defenders
- ⚽ If the defenders win the ball they get out of the grid and two other defenders come in
- ⚽ Give each team eight balls and see how long it takes for them to win back (time each team)
- ⚽ Adjust size of area appropriately
- ⚽ Progress to 6 v 3 and 7 v 3
- ⚽ In this game the players will face 3 types of pressures -opponent, time, space

# 3. 5 v 2 Transition - EGA



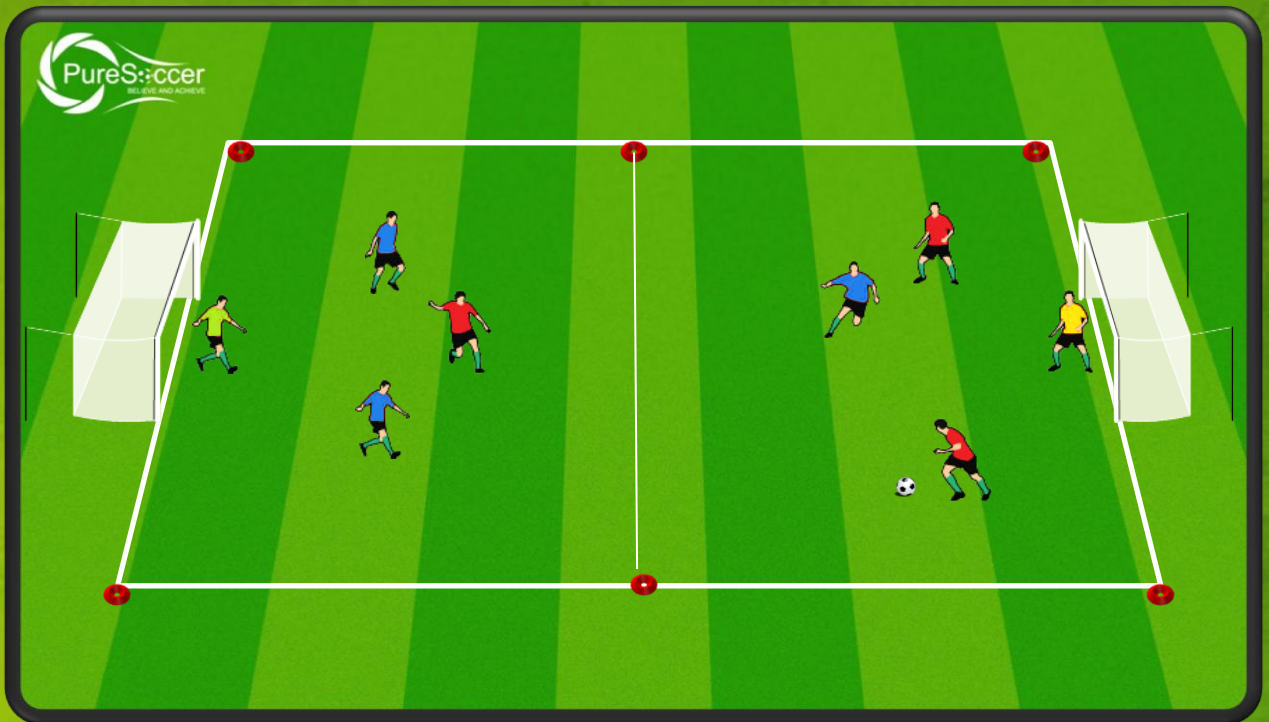
- ⚽ Play 5 v 2 possession in each area
- ⚽ Keep passes simple
- ⚽ If 2 blues win possession they pass back to their team
- ⚽ Play through the middle when possible
- ⚽ Concentrate on 1<sup>st</sup> touch
- ⚽ Pass and move to find space
- ⚽ Play combination plays
- ⚽ Keep the grid big (width & depth)
-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

## 4. 4 v 4 + 2 wide players - EGA



- ⚽ Players play 4 v 4 in the middle with wide players playing for both teams in the flank
- ⚽ Encourage players to pass wide so as to create crossing opportunities
- ⚽ Wide players have a total of three touches
- ⚽ The free wide players will help us get more crosses into the game
- ⚽ Encourage positive forward touches by the wide players
- ⚽ Crosses to go behind the defense

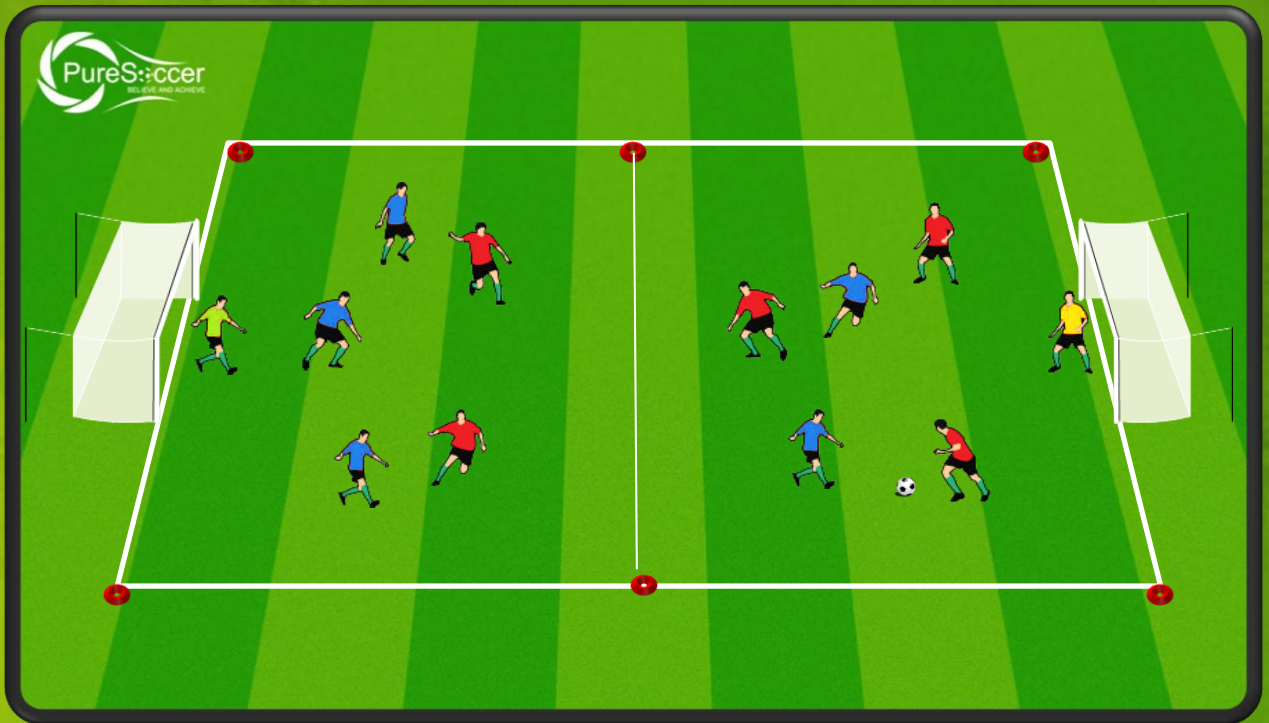
# 5. 2 v 1 + 1 v 2 - EGA



- ⚽ Front men look to score at every opportunity
- ⚽ Play within your own half
- ⚽ Create a 2 v 2 after pass
- ⚽ Encourage players to open up their body position
- ⚽ Use the keeper to create a 3 v 1 in building up
- ⚽ Coach the front man to get behind the defenders and show for the ball late (right time)
- ⚽ Front man must find a way to keep possession of the ball



# 6. 3 v 2 + 2 v 3 - EGA



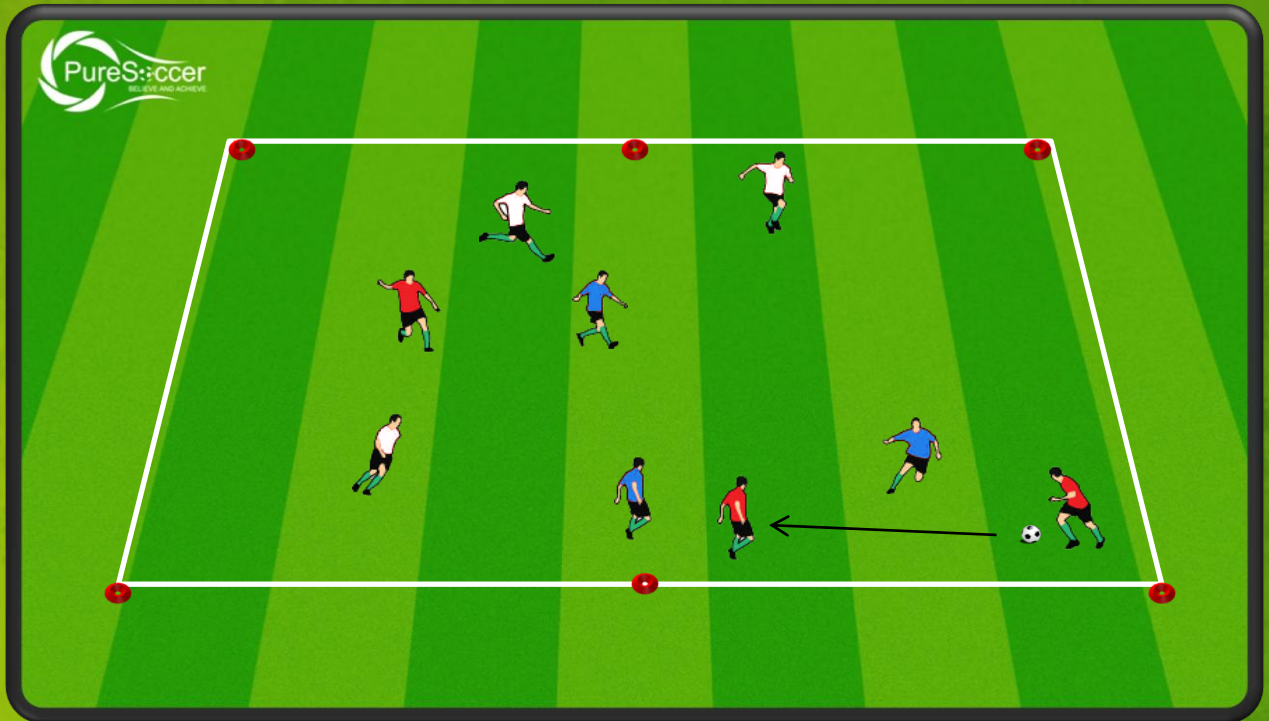
- ⚽ Front men combine to score
- ⚽ Front men to stretch the grid and make the pitch as big as they can
- ⚽ Front men need to stay close to work combinations
- ⚽ If player passes ball into front men he can follow his pass to create a 3 v 2

## 7. 3 v 3 on three goals - EGA



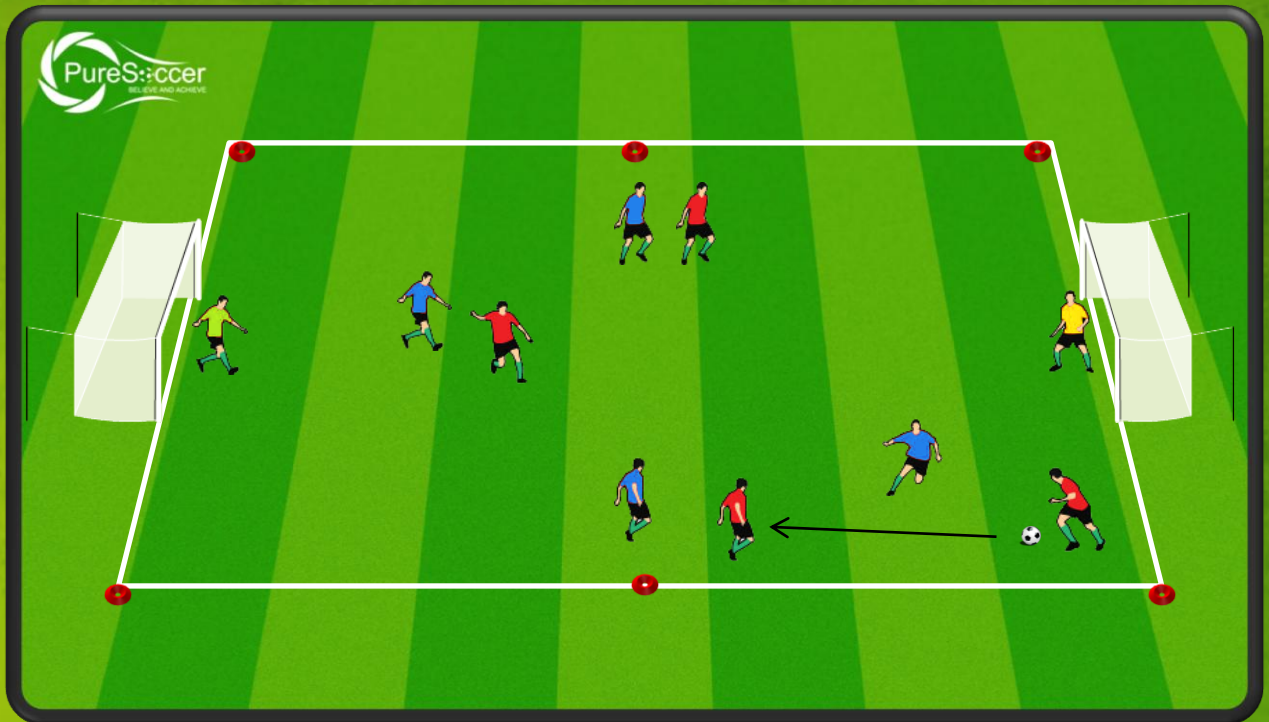
- ⚽ Multi goal game with each team defending three goals
- ⚽ See if players can recognise which goal is open
- ⚽ Encourage width in the game
- ⚽ Encourage combination play with all players

## 8.3 v 3 + 3 Transition Game



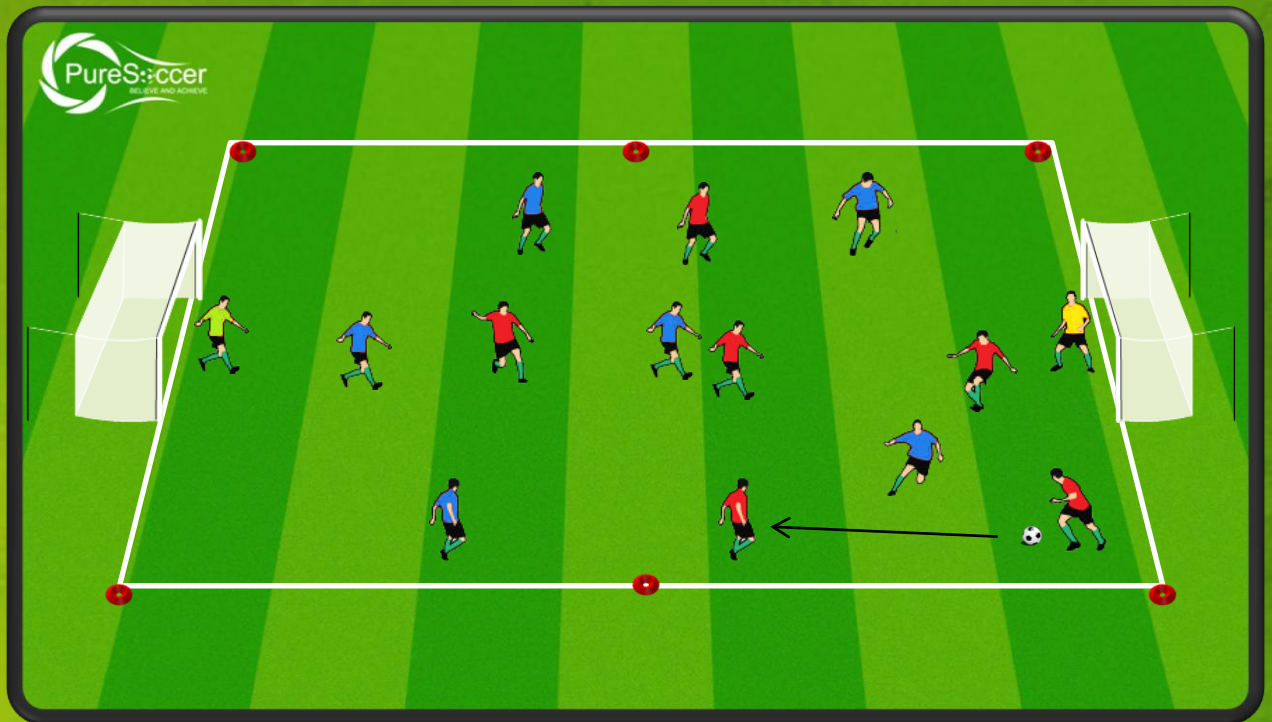
- ⚽ Start with whites and blues v green
- ⚽ Play 2 teams v 1
- ⚽ The team that loses the ball goes in the middle
- ⚽ Establish shape early after transition
- ⚽ Concentrate on 1<sup>st</sup> touch
- ⚽ Good accurate passes
- ⚽ Keep width & depth while maintaining possession

# 9. 4 v 4 the Game - 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

# 10. 6 v 6 + GK - the Game EGA



- ⚽ Always finish with a game that they play at the weekend
- ⚽ Concentrate on team shape attacking (width and depth) defending (short and tight)
- ⚽ Encourage the players to improvise

# Summary

## 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.12 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
- ⚽ The training session should have a technical and/or tactical theme e.g. dribbling technique and/or 1 v1 decision making
- ⚽ Introduction to functional training is appropriate
- ⚽ Small sided directional games such as 4 v 4, 5 v 4, 5 v 5, 6 v 5, 6 v 6 and 7 v 6 should be included as well. Use simple explanations regarding shape and formations.
- ⚽ Training should always conclude with a 6 v 6, 7 v 7 + GK game
- ⚽ The duration of the training should be 60-80 mins



# Training plan design

- ⚽ Dribbling with turns - Energetic Activity
- ⚽ Passing in triangles - Energetic Activity
- ⚽ Short and Long passing– Energetic Activity
- ⚽ 4 v 2 possession– Energetic ‘game like’ Activity
- ⚽ 5 v 2 transition - Energetic ‘game like’ Activity
- ⚽ 3 v 3 + 3 - Energetic ‘game like’ Activity
- ⚽ The Game 6 v 6 + GK - Energetic ‘game like’ Activity

