



# ***U.6 GUIDED DISCOVERY METHODOLOGIES***



# Guided Discovery Coaching U.6

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

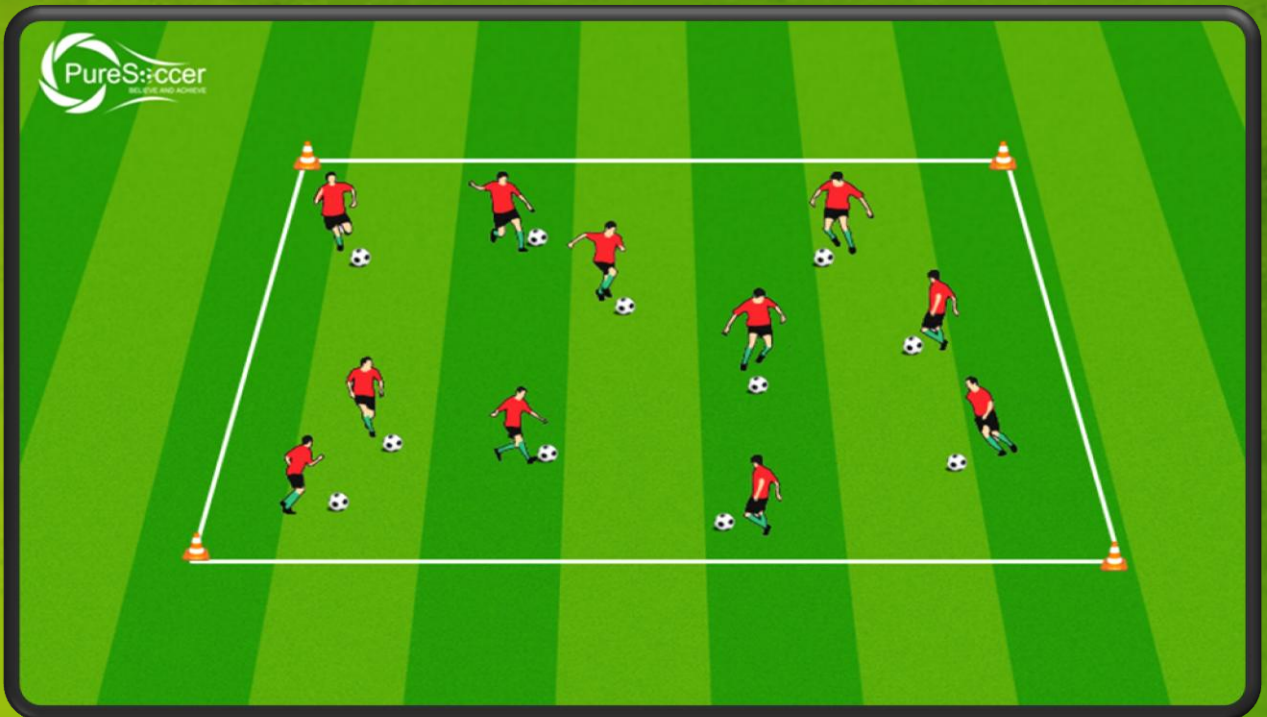
- ⚽ **Energetic Activities (EA)** – players are constantly moving at various speeds unopposed
- ⚽ **Recovery Activities (RA)**– challenging and slower paced activities to allow rest
- ⚽ **Energetic ‘game like’ Activities (EGA)** – consistently moving at various speeds with opposition (pressure from opponents)

The role of the coach at the U.6 age group is as facilitator, helper, organiser and motivator. The coach should be patient, enthusiastic and imaginative. The coach should experiment with fun activities and should include all players. The environment and the activities are more important than technical coaching at this level. Let players use their imagination with the ball.



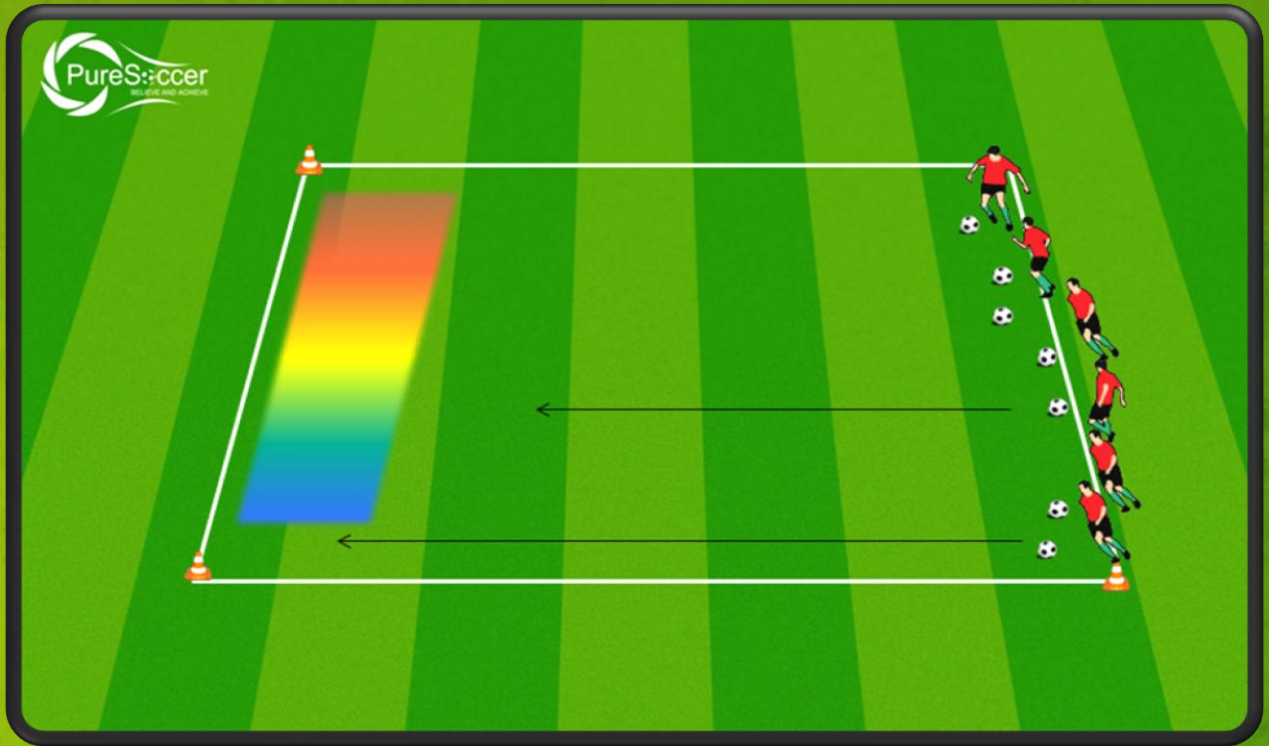


# 1. Dribbling – EA



- ⚽ Dribble with your eyes up looking around at all times
- ⚽ Change pace and tempo of dribble
- ⚽ Try half turns with change of direction and pace, sole of foot, Cruyff turn and step over.
- ⚽ Any player who has a favourite move might like to try it
- ⚽ Let the players have free play and some fun
- ⚽ Good ability to manipulate and move the ball

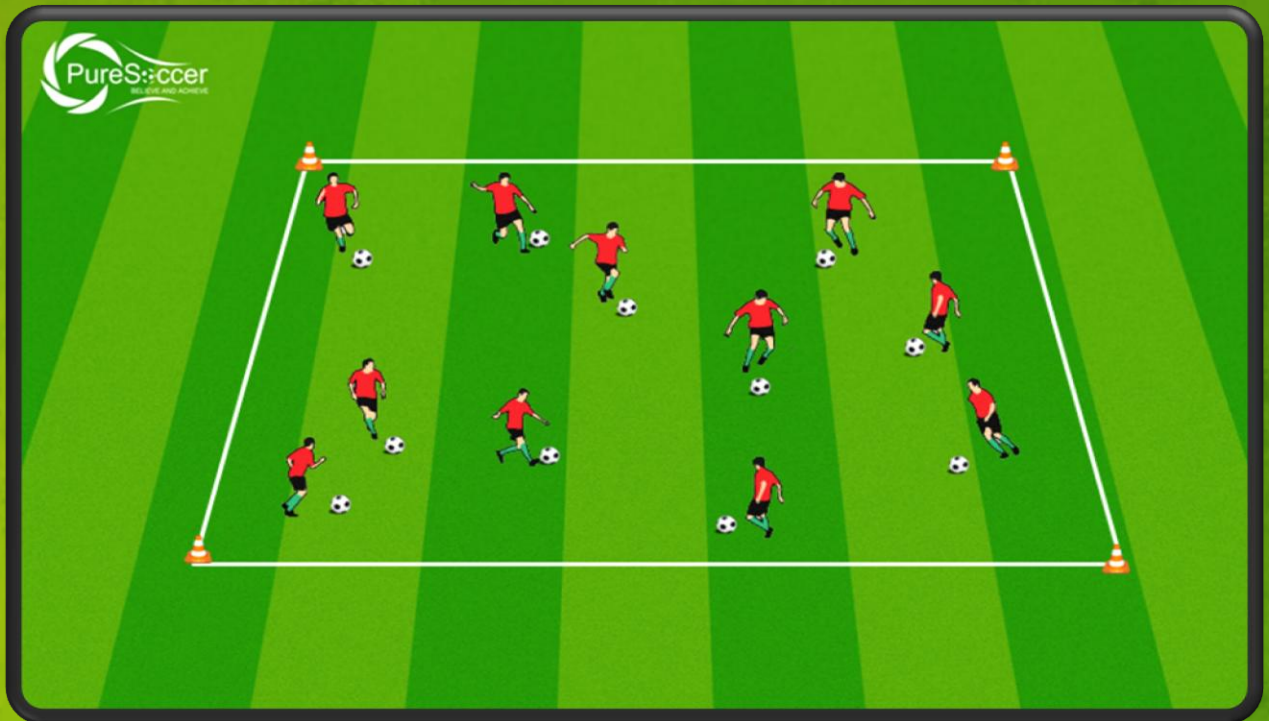
## 2. Side to Side dribbling – EA



- ⚽ Players dribble to end line
- ⚽ Instep touches going forward improvise coming back
- ⚽ Coach can observe moves from side and encourage players to try tricks
- ⚽ Dribble quick and try fast half turns, step over
- ⚽ Use both feet to dribble and keep your eyes up

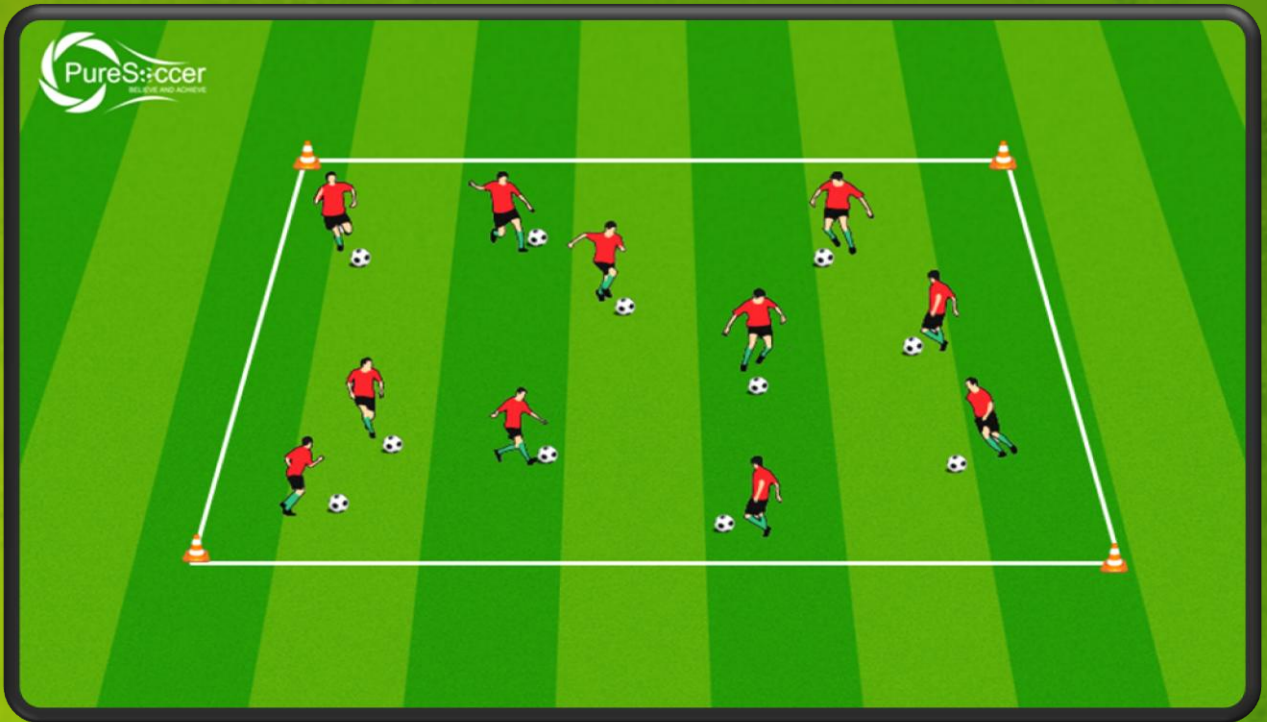


### 3. Body dribbling - EA



- ⚽ Players can stop the ball with various body parts
- ⚽ Players can use their hands, knees, legs etc
- ⚽ Use both feet to dribble and keep your eyes up
- ⚽ Coach calls out different body parts and players get to try them

## 4. On the ground - EA



- ⚽ Players dribble and the coach says fall on the ground
- ⚽ Players need to get down on the ground and get back up as fast as they can
- ⚽ Can the players keep the ball moving when going down and up
- ⚽ Let the players do the calling

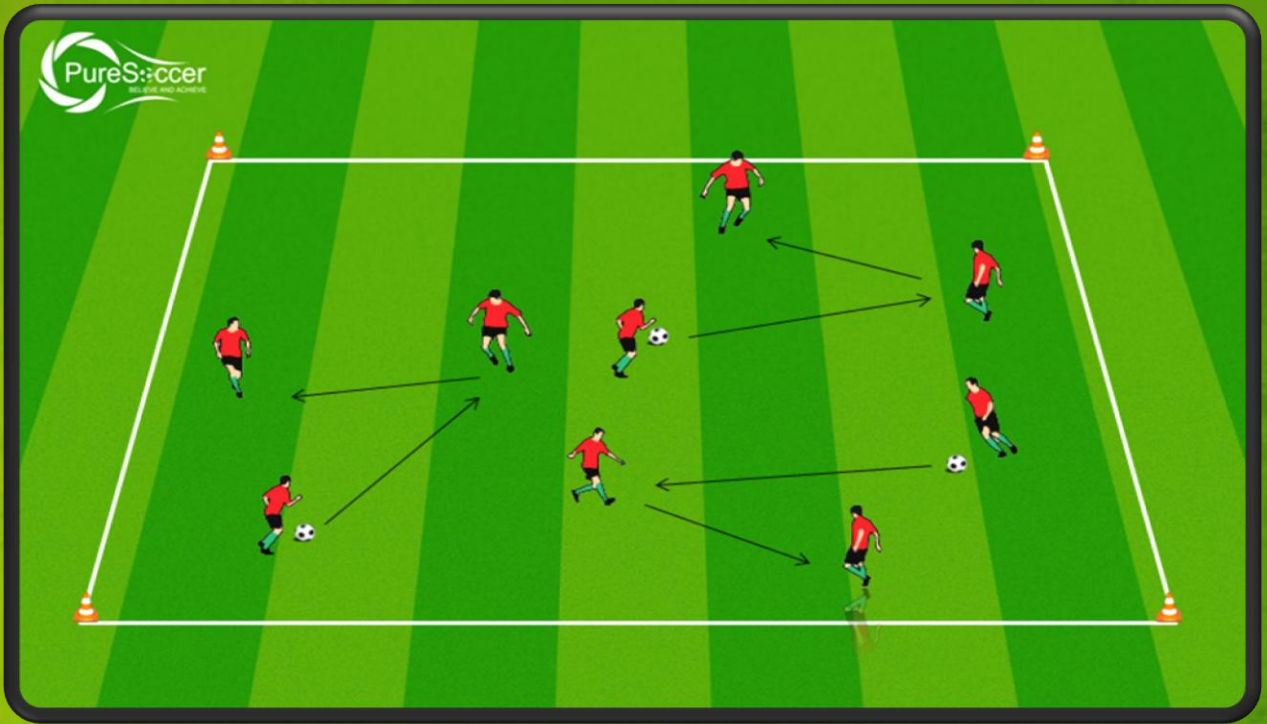


## 5. Dribbling through gates - EA



- ⚽ Players dribble through gates at various speeds
- ⚽ How many can the go through in 30 secs.
- ⚽ Let them try to beat their initial score (competing against themselves)
- ⚽ Players to look up when dribbling to see where the gates are located
- ⚽ Go through the gates front ways and back ways

## 6. Passing in triangles - EA



- ⚽ Look at players basic kicking techniques in triangles
- ⚽ Players move around the grid
- ⚽ Let kids figure out their own basic kicks
- ⚽ Encourage them to kick moving balls

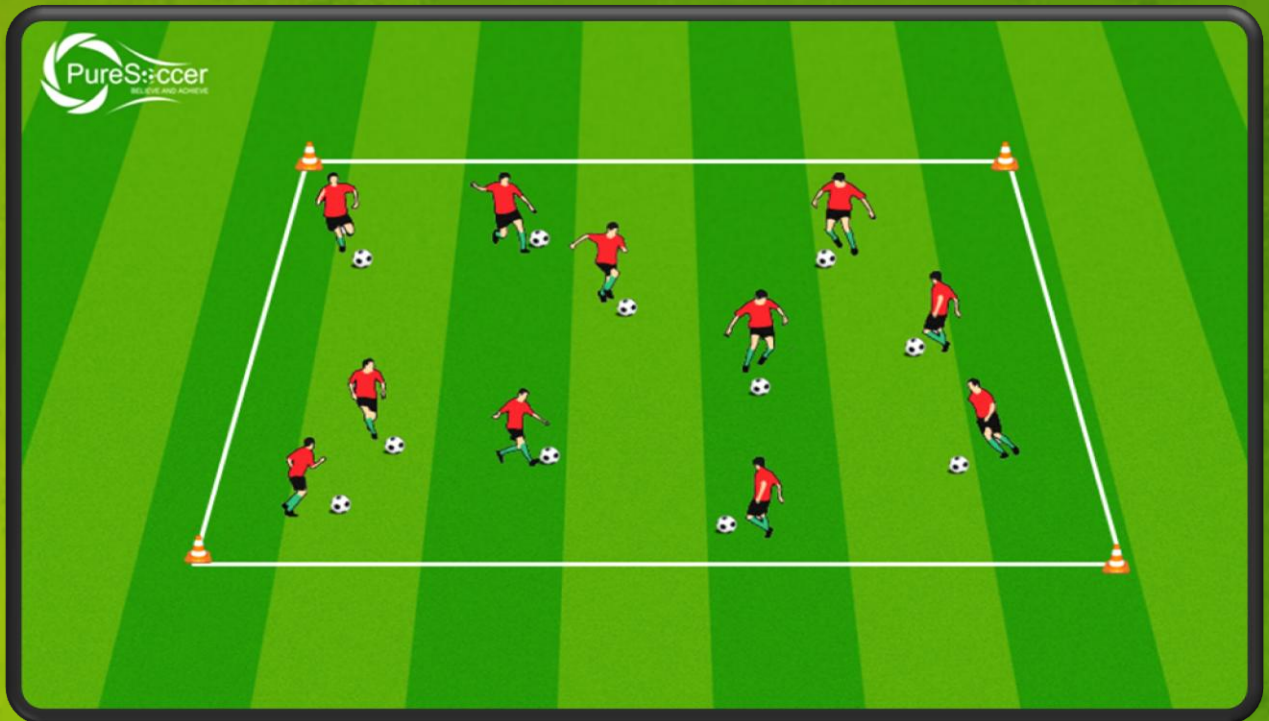


# 1. Copy Cat? - RA



- ⚽ Important to have challenging activities when resting
- ⚽ Stand on one leg, close one eye
- ⚽ Keep your balance on one leg
- ⚽ Keep the ball up on your knee
- ⚽ Ask the players to make up some activities
- ⚽ Alternate legs
- ⚽ Hop on one leg
- ⚽ Throw ball up in air clap twice before it comes back down

## 2. Tip Toe on the ball - RA



- ⚽ Players walk on their toes
- ⚽ Players walk on their heels
- ⚽ Now walk on toes and heels
- ⚽ Players can improvise with games
- ⚽ Walk on outside and inside of feet
- ⚽ Toe heel tap on the ball (quick feet)



### 3. Agility, Balance, Co-ordination (A,B,C's) -RA



- ⚽ Players use various ABC movements
- ⚽ Create a good tempo to the session
- ⚽ Use arms and legs in sequence
- ⚽ Repeat exercises quickly and let players experiment

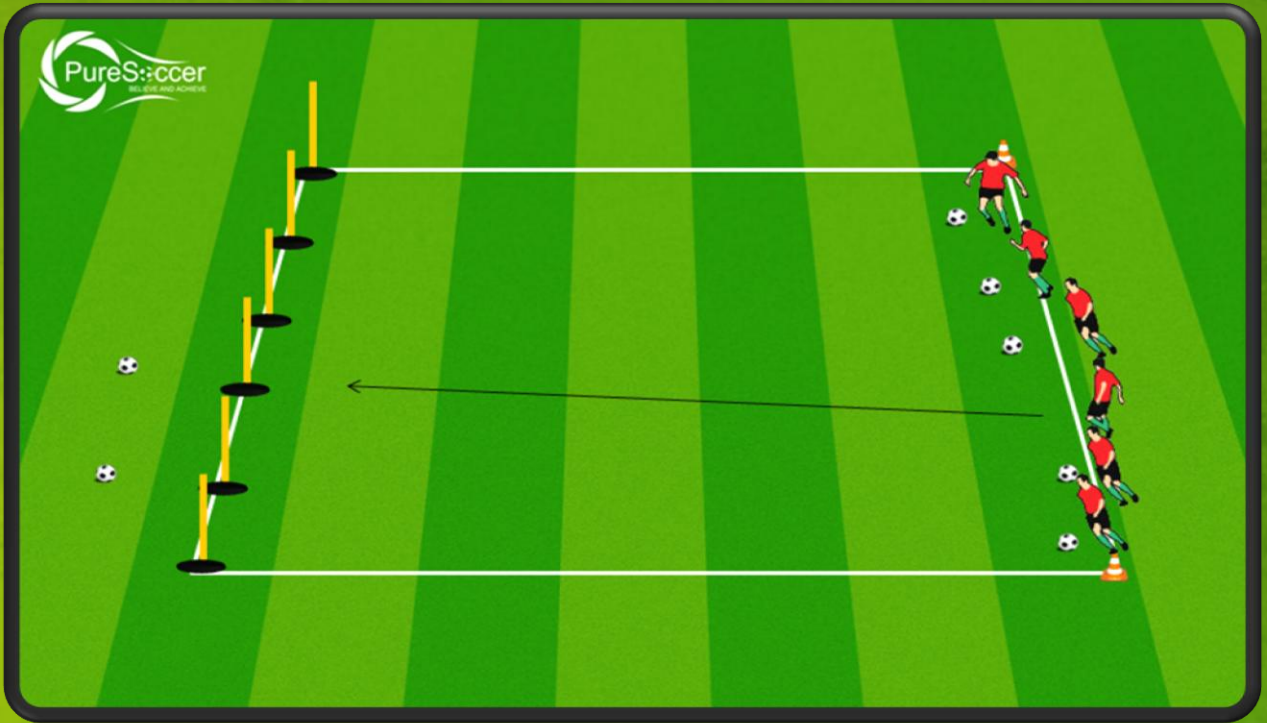
## 4. Juggling - RA



- ⚽ Players start with ball in their hands and juggle with thigh, knee, foot
- ⚽ Now use feet and catch it
- ⚽ Keep juggling going with various parts of body
- ⚽ Use both sides of body
- ⚽ Work on first touch of player
- ⚽ Let players try on a small stage with players clapping each other

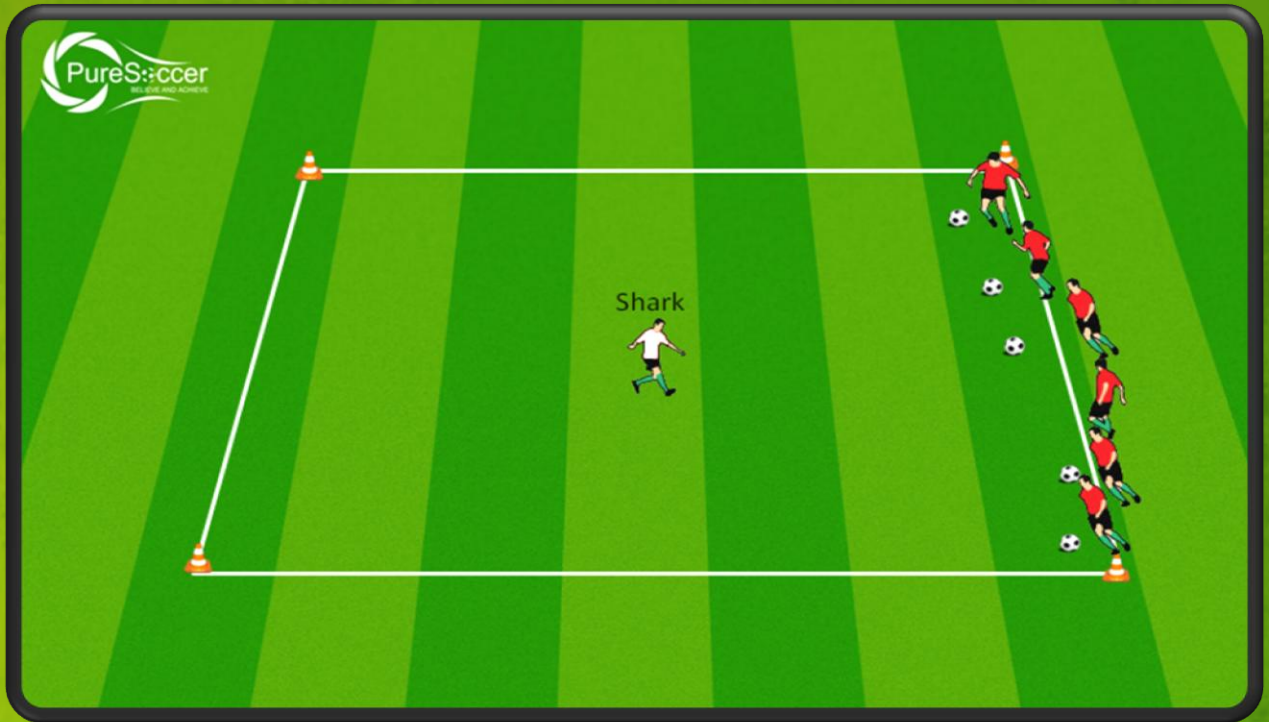


## 5. Pass through the gates



- ⚽ Players try to knock their ball through any gate
- ⚽ Use both feet
- ⚽ Each player should have 5 attempts

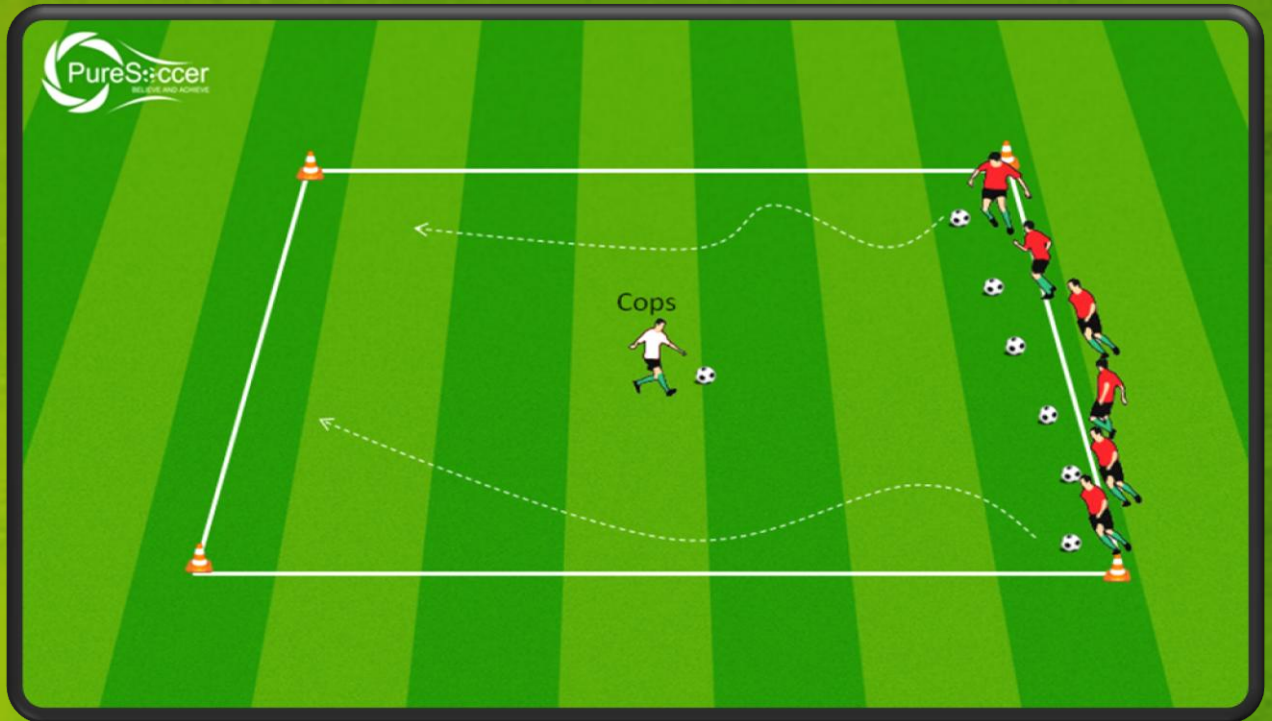
# 1. Shark and Fishes - EGA



- ⚽ One player starts as a shark without a ball and tries to knock balls out of the grid
- ⚽ Players who lose their ball also become sharks
- ⚽ Players try to get to the other side using both feet and keeping control of the ball at all times



## 2. Cops and Robbers - EGA



- ⚽ One player starts as a cop with a ball and he tries to hit the robbers below the knee
- ⚽ If players get hit with a ball they go out and get a ball and become cops
- ⚽ Coach to probe players for best way to succeed

### 3. 1 v 1 Attacking -EGA



- ⚽ Players to finish on goals
- ⚽ Play 1 v 1,
- ⚽ Encourage players to experiment with dribbling skills
- ⚽ Players score by dribbling through or passing through the goals
- ⚽ Encourage players to try a trick



## 4. Team Numbers game - EGA



- ⚽ Each team numbers themselves 1-4
- ⚽ Coach calls out different combinations e.g. 2 and 4 etc
- ⚽ The game will allow 1 v 1,
- ⚽ 2 v 2, 3 v 3, 4 v 4 games
- ⚽ Let the players play and experiment
- ⚽ Let the players enjoy the game

# 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 simple and complex questions to facilitate this process in other words use **GUIDED DISCOVERY PRINCIPLES**. Remember that at the U.6 level training looks more like the game on a smaller scale; fun is still very important so continue to do fun activities that promote agility, balance and co-ordination movements and comfort with the ball. Sessions should consist of 3-4 energetic activities, 1 or 2 recovery activities and 3-4 energetic 'game like' activities. Enjoy working with these young players.





# Training plan design

- ⚽ Dribbling - Energetic Activity
- ⚽ Side to Side dribbling - Energetic Activity
- ⚽ Copy Cat? - Recovery Activity
- ⚽ On the ground - Energetic Activity
- ⚽ Juggling - Recovery Activity
- ⚽ 1 v 1 Attacking - Energetic 'game like' Activity
- ⚽ Team numbers game - Energetic 'game like' Activity

