



# ***U.8 GUIDED DISCOVERY METHODOLOGIES***



# Guided Discovery Coaching U.8

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

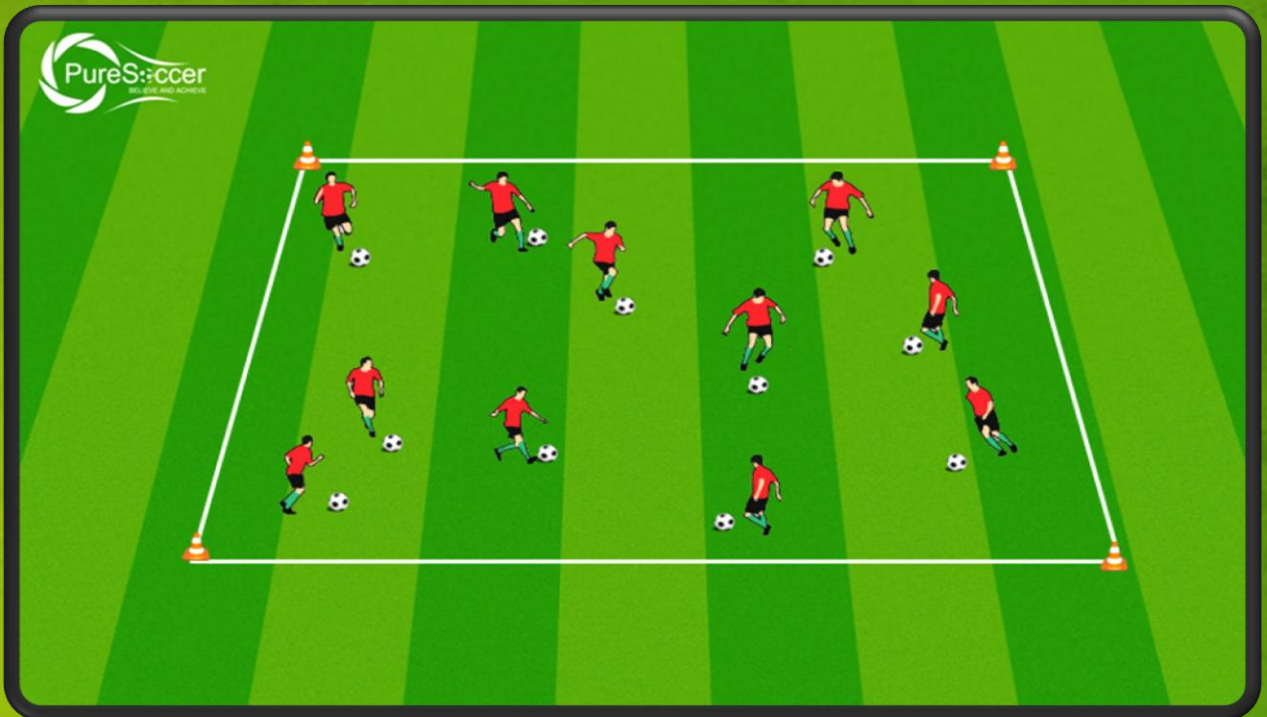
- ⚽ **Energetic Activities (EA)** – players are constantly moving at various speeds unopposed
- ⚽ **Recovery Activities (RA)**– challenging and slower paced activities to allow rest
- ⚽ **Energetic ‘game like’ Activities (EGA)** – consistently moving at various speeds with opposition (pressure from opponents)

The role of the coach at the U.8 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.



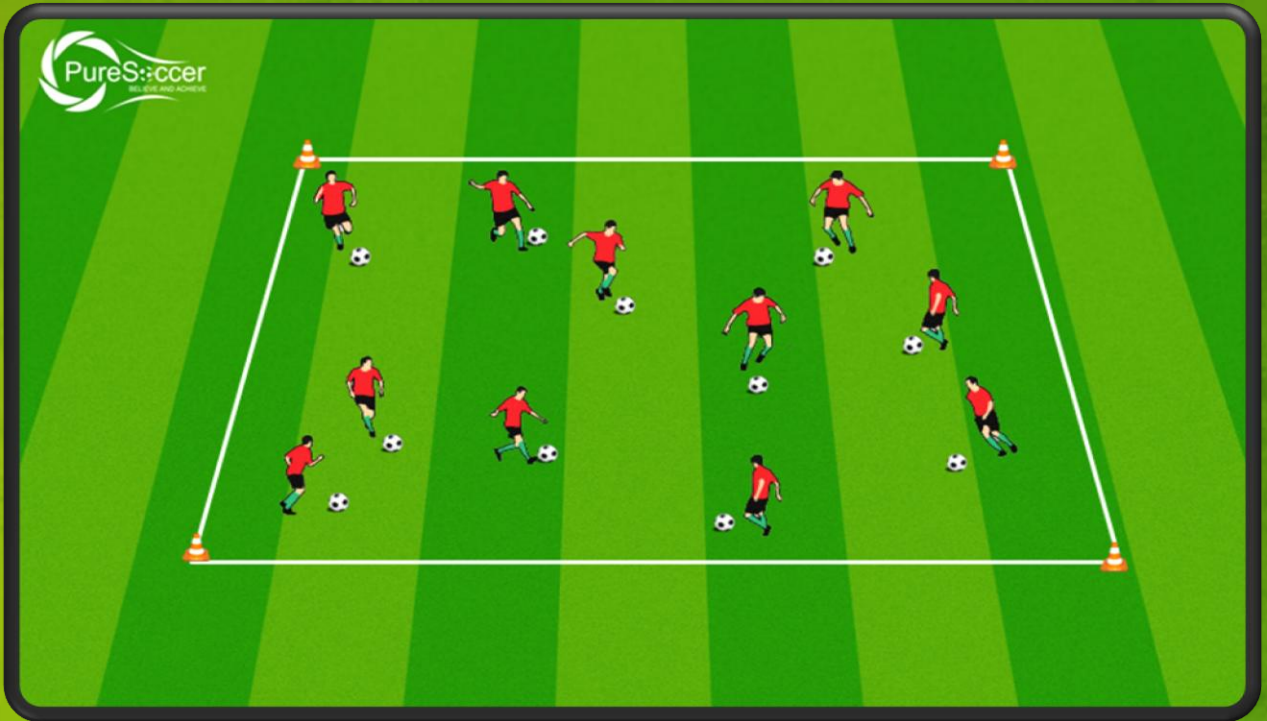


# 1. Dribbling – EA



- ⚽ 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

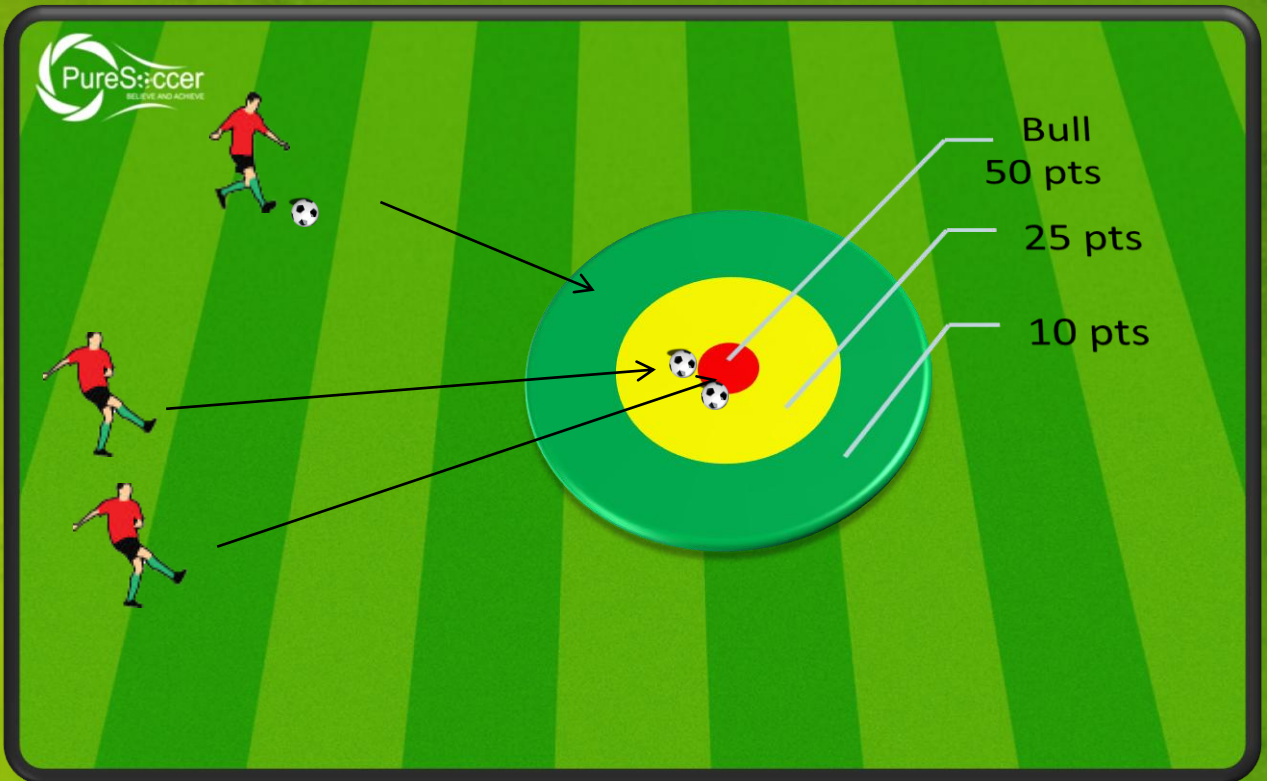
## 2. Adding & Subtraction dribbling game



- ⚽ Dribble round grid until you hear coach yell out a number
- ⚽ If 3 is called the players should get in groups of 3s with their balls at their feet
- ⚽ Use maths equations EG  $3+2$ ,  $3+1-2$  to let players solve simple maths problems

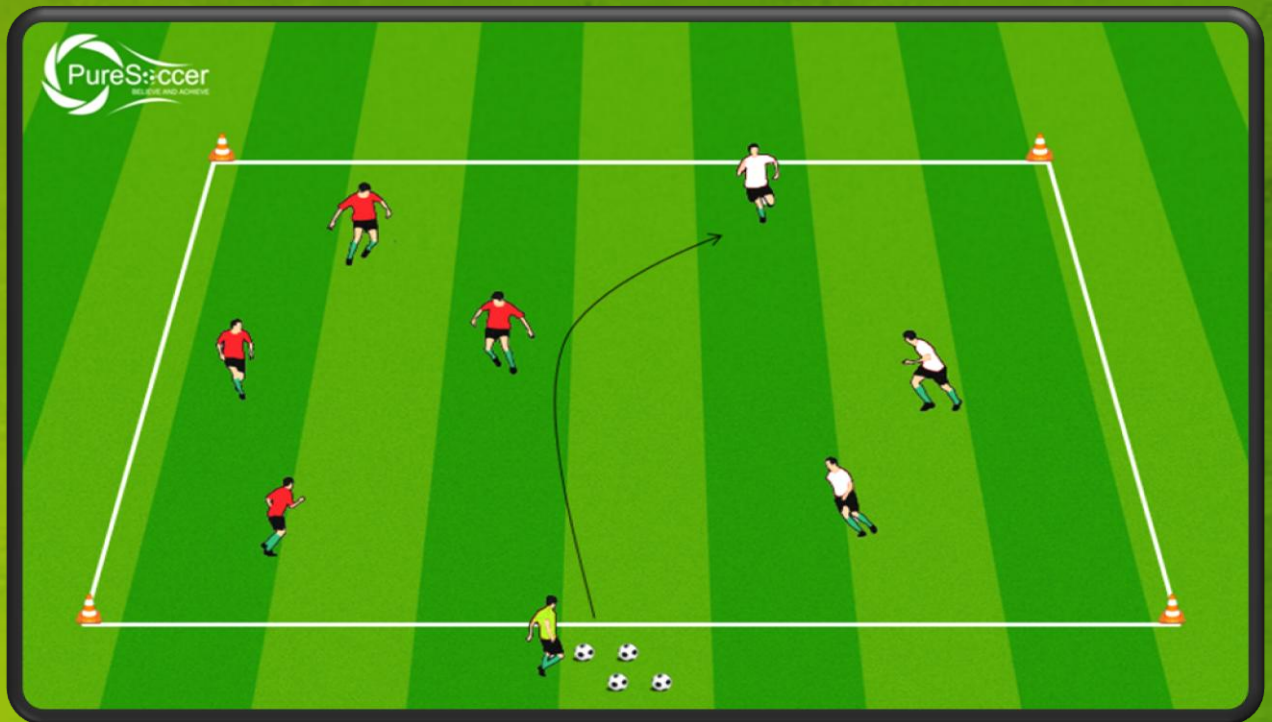


### 3. Soccer Darts - EA



- ⚽ Players try to score as many points as they can
- ⚽ Concentrate on weight of pass
- ⚽ Use both feet
- ⚽ Time each round
- ⚽ Progress to chipping from short distance

## 4. Ball Collection - EA



- ⚽ Coach throws ball onto pitch and players go and collect them
- ⚽ Collection can be individually or in 2s
- ⚽ Bring the ball back in four passes using all players
- ⚽ Bring the ball back without using your feet
- ⚽ Bring the ball back using both feet

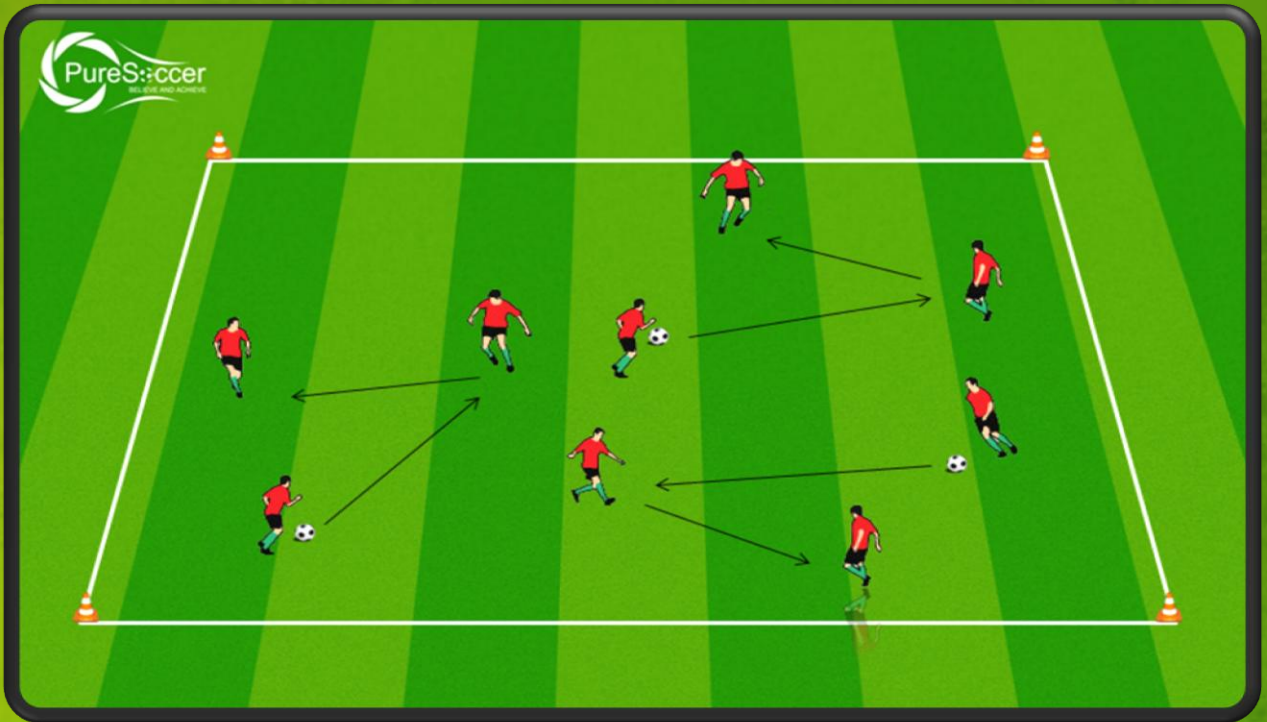


## 5. Dribbling through gates with 2 GK - EA



- ⚽ 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
- ⚽ Add 2 GK from progression

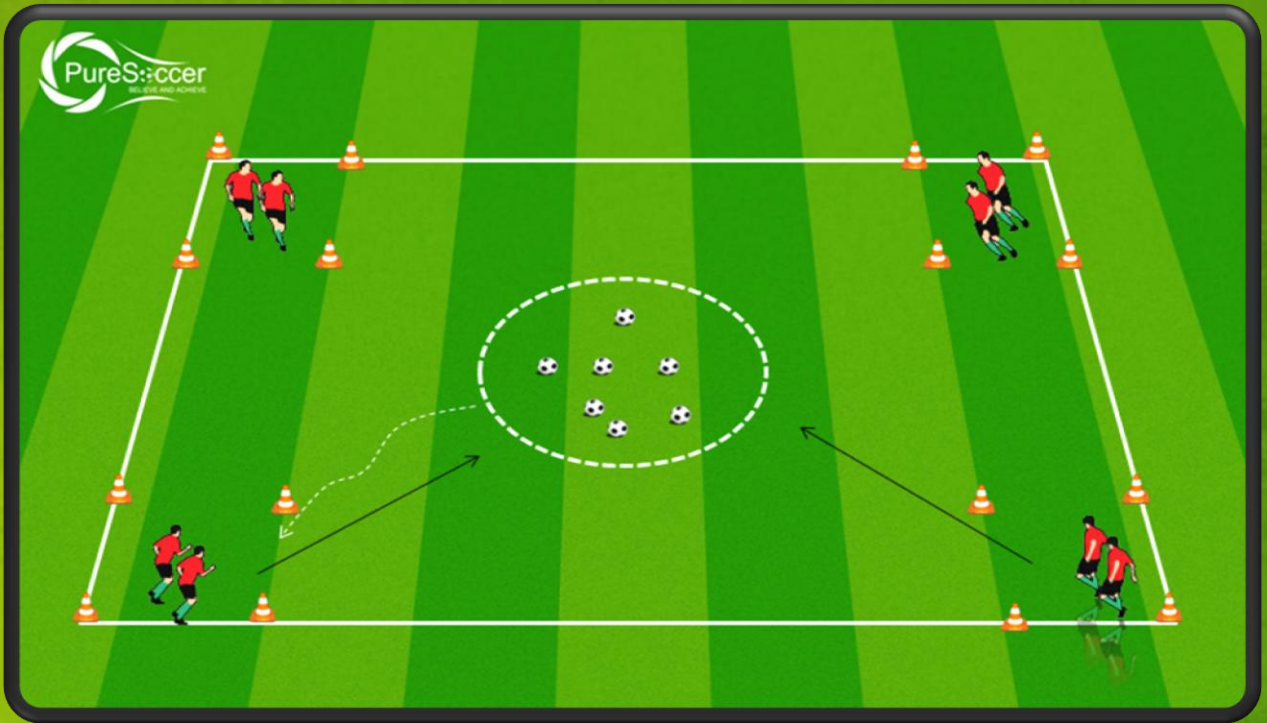
## 6. Passing in triangles - EA



- ⚽ 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

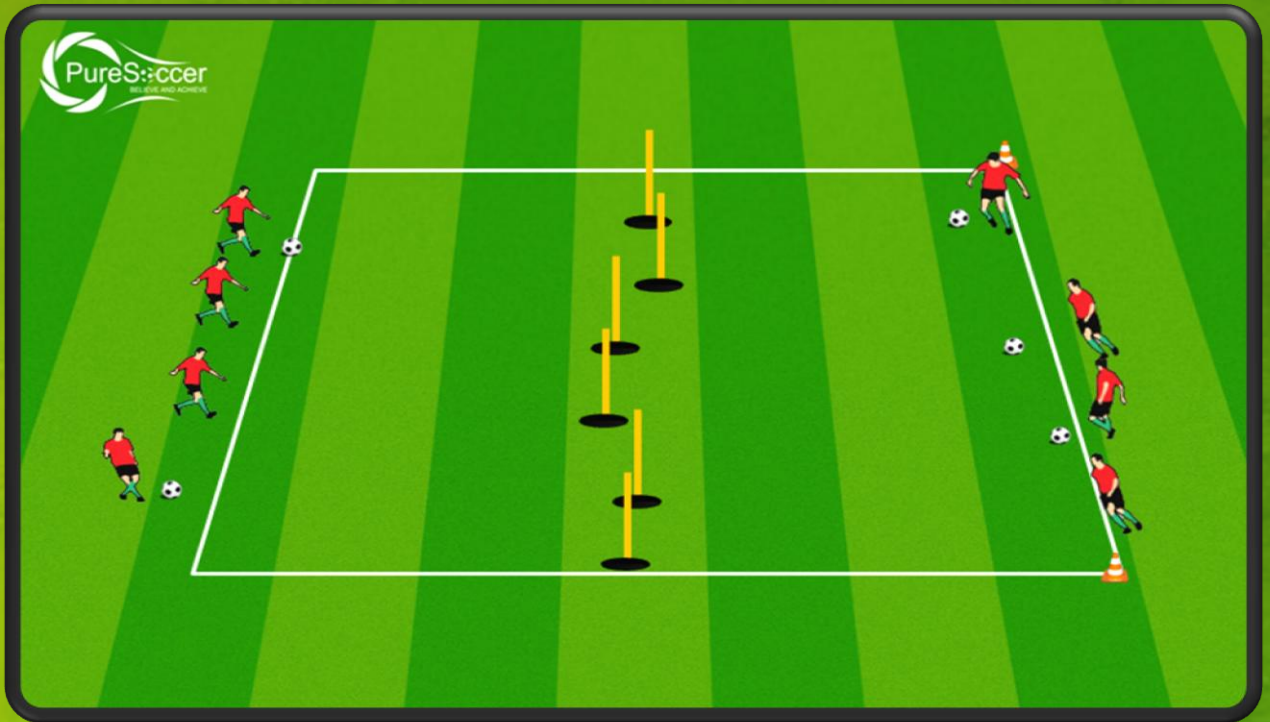


# 7. Tag Relay - EA



- ⚽ Divide players into 4 groups
- ⚽ Players can run, skip or hop into middle and dribble the ball back
- ⚽ Dribble, pass or chip ball back to corner
- ⚽ Players can steal team mates ball
- ⚽ Good preparation touches and keep eyes up
- ⚽ Fast half turns, and dribble

# 7. Tag Relay - EA



- ⚽ Players stay on toes, ready to receive the ball
- ⚽ Receivers get in the line of the ball
- ⚽ Cushion control out of your feet
- ⚽ Head up to assess next pass
- ⚽ Accurate and weighted pass
- ⚽ Condition to two touches only
- ⚽ Players move along the line to progress



## 8. Knock the bib out - EA



- ⚽ Players tuck a bib into the back of their shorts.
- ⚽ Each player is trying to pull the bib out
- ⚽ Players play until the last tail is taken.
- ⚽ Play in pairs or 2 teams
- ⚽ Add a ball for dribbling technique

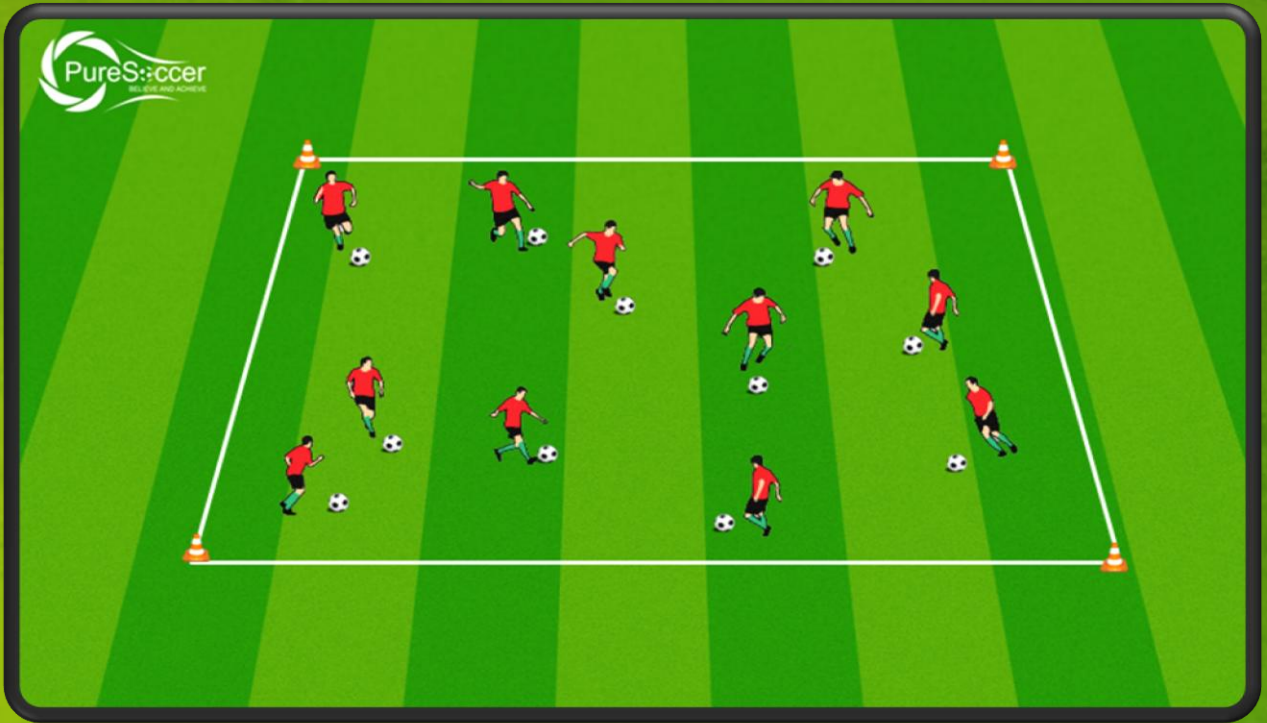
## 9. Train Tag - EA



- ⚽ All players dribble their soccer balls except 2 whites
- ⚽ These players (the train) hold hands or lock arms and work together to tag the other players.
- ⚽ Red players dribbling balls try to avoid getting tagged
- ⚽ If they are tagged, they join hands or lock arms with the train.
- ⚽ The train grows until all players are part of the train. The train must work together and not break into separate carriages.
- ⚽ Encourage fun by having the train blow its whistle. (8 minutes)



# 1. Control and preparation touches - RA



- ⚽ Serve to yourself and receive the ball out of the air
- ⚽ Lots of repetition
- ⚽ Dribble around grid and on coach shout pick the ball up and throw into air
- ⚽ Use thigh, foot, chest, head, laces
- ⚽ Cushion all touches and challenge the players to throw the ball higher

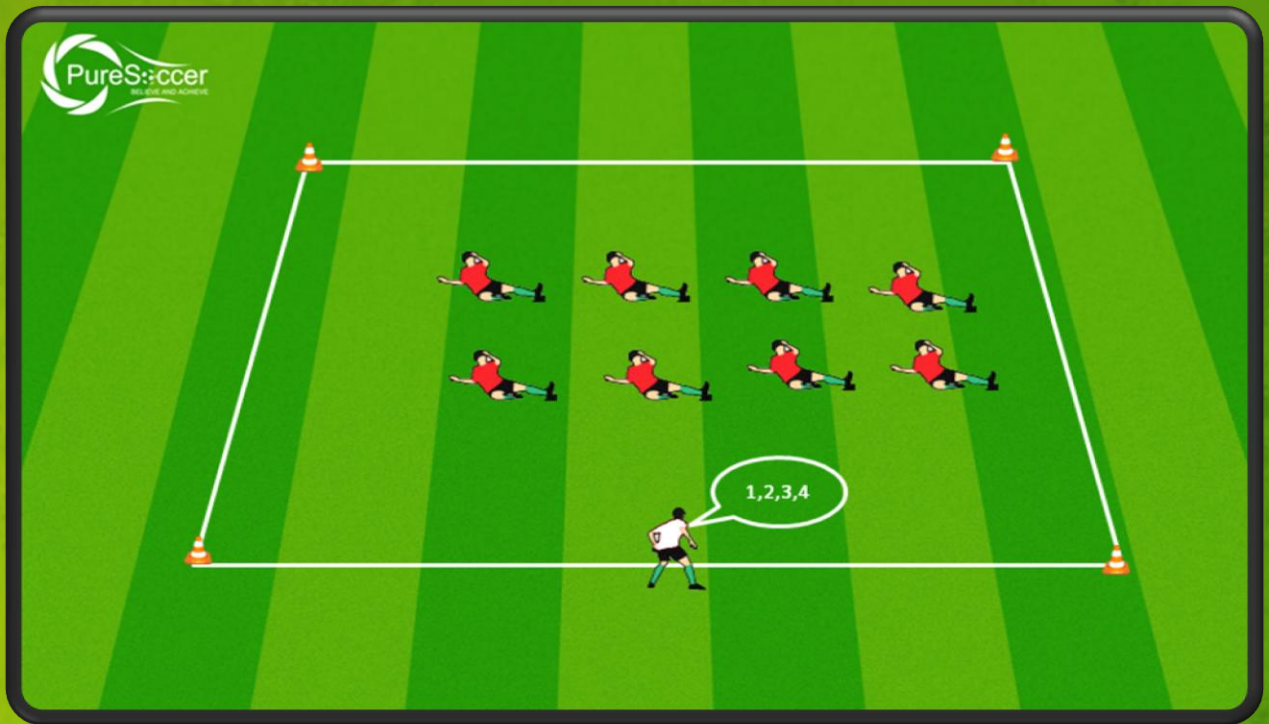
## 2. Do this, Do That - RA



- ⚽ Players face coach in no particular order
- ⚽ Coach ask the players to do **this** (mimic the coach) you do it
- ⚽ Coach asks the players to do that players must **not** do it
- ⚽ Improve player concentration and reactions



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



- ⚽ Players sit on ground and copy the coach in a series of co-ordinated moves
- ⚽ Create a good tempo to the session
- ⚽ Open arms and close legs quickly
- ⚽ Repeat exercises quickly and let players experiment

## 4. Bounce and then juggle - RA



- ⚽ Players flick the ball up and juggle it letting it bounce at times
- ⚽ Keep juggling going with various parts of body
- ⚽ Put players on the stage to demonstrate
- ⚽ Let players get plenty of touches
- ⚽ Thigh/ thigh, foot/ foot juggle
- ⚽ Progress to working in 2s,3s etc.

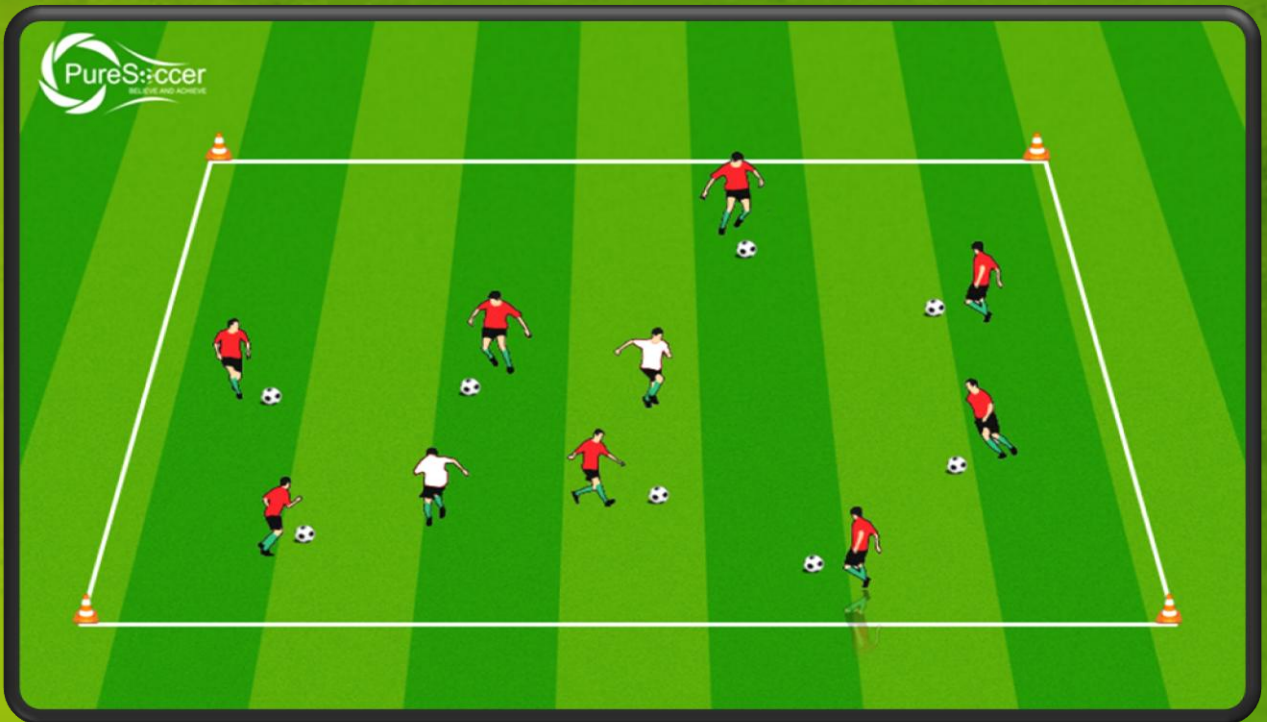


# 1. Soccer Combat - EGA



- ⚽ 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

## 2. 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



### 3. 1 v 1 Attacking -EGA



- ⚽ Players to finish on goals
- ⚽ Play 1 v 1 first then progress to 2 v 2, 3 v 3 etc.
- ⚽ Encourage players to experiment
- ⚽ Players score by dribbling or passing

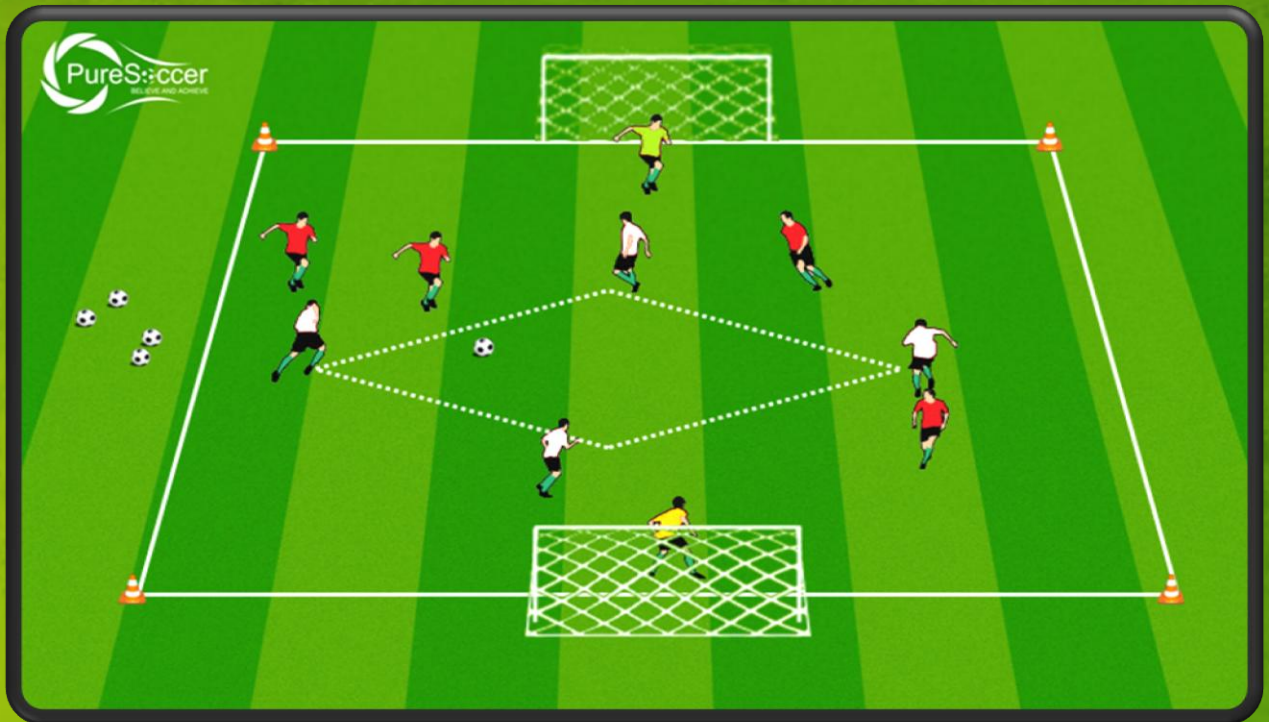
## 4. Shooting- EGA



- ⚽ Players love to score goals
- ⚽ Play 1 v 1, 2 v 2, 3 v 3
- ⚽ Encourage players to take plenty of shots
- ⚽ Keep tempo high
- ⚽ Don't forget to follow in re-bounds



# 5. 4 v 4 game - EGA



- ⚽ Concentrate on team shape
- ⚽ Diamond shape is best, width and depth
- ⚽ Creates triangles for player passing to team mates
- ⚽ Let the game be the teacher for the players
- ⚽ Players need to move to create space
- ⚽ Let them 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.8 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
- ⚽ Adding and Subtracting dribbling - Energetic Activity
- ⚽ Dribbling through gates – Energetic Activity
- ⚽ Juggling - Recovery Activity
- ⚽ 1 v 1 Attacking - Energetic 'game like' Activity
- ⚽ The Game 4 v 4 - Energetic 'game like' Activity

