



U.9 Guided Discovery Methodologies

Contents

Guided discovery coaching U.9.....	3,4,5
Guided discovery principles	6
Why is it important to ask questions?	7
Example of questions	8
Importance of questions	9
Goal of PureSoccer for 8 and 9 yrs	10
Target by end of nine years	11
Why is active learning important?	12
Telling v Empowering	13
Session planners	14
Dribbling	15
Dribbling –adding and subtraction	16
Passing –soccer darts	17
Dribbling –thru the gates.....	18
Dribbling thru the gates v 2 defender.....	19
Tag relay	20
Tag game	21
2 v 2	22
Numbers game.....	23
3 v 0 both ways	24
3 v 0 overlaps.....	25
3 v 1	26
3 v 1 both ways	27
3 v 1 & 3 v 2 both ways.....	28
3 v 3 both ways	29
3 v 3 + 3 possession	30
3 v 3 the game	31
3 v 3 shooting	32
Summary	33

Guided Discovery Coaching U.9

Young children learn from everything they do. They are naturally curious; they want to explore and discover. If their explorations bring pleasure or success, they will want to learn more. At the U.9 age group they have good large/small muscle coordination. The girls are still ahead of the boys. Children can work diligently for longer periods but can become impatient with delays or their own slowness. At 8 years the child is developing a sense of fair play and a value system of right and wrong. At 9 years he/ she is searching for identity. This is a marvelous opportunity for the Guided Discovery model to be introduced. This process can provide experiences that encourage young players creativity and self-concept. The desire to have status within the peer group becomes more intense. The child decreases dependence on adults. This is a good time to use small sided games to aid their development. Young players are beginning to realise there may be other valid opinions. They are becoming a reasoning person; beginning to think in terms of exploration. They think more conceptually and have a high level of creativity and intuition. This is a crucial period for the right combination of independence and encouraging support. Encourage active participation in learning and let the players have some fun experimenting. Praise and encouragement from adults is vital at this age. There is a clear window of opportunity for this process to take place. Guided Discovery coaching will have a positive influence on building awareness , responsibility and self esteem for young players. The player is placed at the centre of all our activities and programmes. The **Game** is the teacher, the Player is the Student, the Coach is the facilitator.

Guided Discovery Coaching U.9

Our approach is based on allowing the game become the teacher to improving technique and awareness. Grassroots soccer coaches of all levels should place an emphasis on coaching technique, setting aside a proportion of training to include repetition of this skill. It is this time that will allow the coach to support the growth of a players technical knowledge and help to in-grain the correct movements so they can be repeated at every training session. This will ensure that the technique skills become habitual. Technical focus must be adopted and developed through small sided games and not in static drills. Developing awareness requires experiences in game situations. Awareness training will develop players who are capable of thinking for themselves, solving problems and making correct decisions at the right time. The 8/9 year old player is easier to coach than the six/ seven year old. They have a higher level of concentration and are significantly physically stronger. They are learning the rules of engagement with the other kids and particularly with adults at this stage and will seek to challenge on occasions. One moment they may behave like a four year old and the next like a young adult. Discipline and good habits must be introduced to engender a relationship of mutual respect between coach and players. Patience is still the key word as the kids try to learn new skills it is very important the coach does not become frustrated.

Guided Discovery Coaching U.9

Praise is the key element in the player understanding what the coach wants from him/her e.g. 'great change of direction'. Players will differ greatly in physical and mental development. Those with big brothers or who play more on the street may be more advanced at 8 but we see this starting to level out by 9. The coaches should not get drawn into coaching for next Saturdays match but keep long term players development as his priority. It is also important for the coach to recognise the difference between potential and performance at this age. The bigger stronger athlete at this age may be more effective now but the smaller more skilful players may come through as better players. At this age group we will introduce more awareness coaching to compliment technique.

Do's

- ⚽ Do praise, praise, praise
- ⚽ Keep the players constantly active
- ⚽ More drills can be introduced for this age group
- ⚽ Do not be afraid to test the players with new techniques
- ⚽ Variety is important to prevent boredom
- ⚽ Discipline is important
- ⚽ Small sided games are the key.

Don'ts

- ⚽ Do not criticise, their self esteem will not take it.
- ⚽ Do not make speeches they are not interested.
- ⚽ Do not do drills requiring long queues
- ⚽ Do not shout

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.
- 🏠 The players will be educated to learn the game through the 3 v 3 , 4 v 4 game formats and game based drills specially designed for their age group

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. The answer the player gives will now allow the coach to explore what the player is thinking at that precise time. During training sessions and matches our coach guides (facilitates) the players, through effective age appropriate questioning, to self discovery. These questions allow for growth in exploration and problem solving and allows the players to grow in confidence. For the questions to be effective they must be asked at the time of the task or activity. This will enhance the learning experience. Do not ask the questions at the end of training they will have forgotten most of the answers.



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?
- ⚽ How do you feel about that pass?

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 3 v 3 game what's the best way to keep possession of the ball?
- ⚽ Why did you make that pass?
- ⚽ What were you thinking at that time?



Importance of Questions

PureSoccer Coaches will understand both the simple (first) and then some complex questions at this age group and apply them accordingly. Why and How questions enhance the players' ability to make decisions, one of the central goals of empowerment. Rudyard Kipling has a beautiful poem on the art of questioning.

I keep honest serving men.....

I keep six honest serving-men, they taught me all I know;
Their names are What and Why and When
And How and Where and Who.
I send them over land and sea,
I send them east and west;
But after they have worked for me,
I give them all a rest.



Goal of PureSoccer 8 and 9yrs

The goal of PureSoccer for the 8/9 year old player is to get the player to have as many touches of the ball to practice and improve technique. A lot of emphasis should be placed on improving awareness of space, team mate positions and opponent's positions. The 8 and 9 year olds will have grasped the basics of the game. They will still have a natural desire to run with the ball but will learn the concept of passing if coached in possession drills such as 3 v 1 and 4 v 2. Correct body position to receive the ball, opening out to play passes, change of direction with passes, distance of support can all be progressed with this age group. The stronger players will grasp the techniques and are able for 4 v 2 particularly at 9yrs while the less advanced players may need more time with 3 v 1 or 4 v 1. Training games should still be mainly 3 v 3 and 4 v 4 to maximise touches on the ball. However 7- a-side organised football kicks in at this age and players and parents will be keen to play this format. We believe that though this age group are playing organised 7-a- side or 9- a-side football, the matches should be treated by the coach and parents as non competitive. The main importance of the matches for the coach is it allows observation of the key technique and awareness issues that arise and sets the parameters for future coaching sessions. This process will help 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.

Target by end of Nine Years

Technical

- ⚽ They will control the ball with both feet
- ⚽ They will attempt to use both feet to pass and shoot
- ⚽ They will have good distance control
- ⚽ They will be able to run with the ball at speed

Tactical

- ⚽ They will understand the principles of attacking and defending positions
- ⚽ They will understand width and depth on a pitch or training area.
- ⚽ They will understand tracking back and winning the ball back.

Awareness

- ⚽ They will have been introduced to changing direction of play
- ⚽ They will have learnt the fundamentals of distance and angle of support
- ⚽ They will have started thinking about when to pass to feet or when to pass into space
- ⚽ They will love to play the game

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%

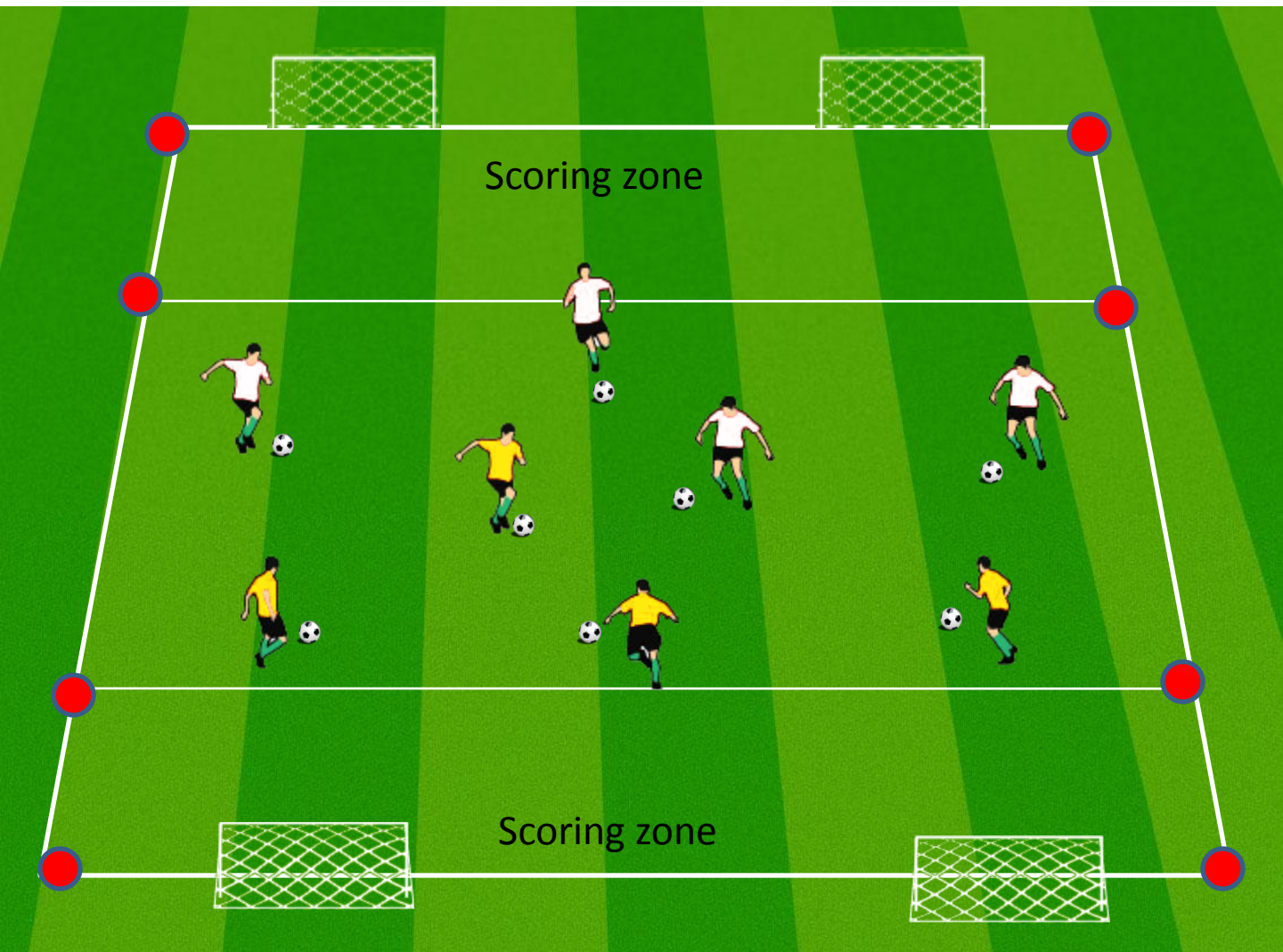


Session Planners

Training sessions should be planned in advance using observation of your previous sessions and games to design your future training sessions. Use variety from session to session to prevent boredom. The players must enjoy the training session to benefit from it. Remember the focus is on technique and awareness at this age not on tactical issues such as team systems. The role of the coach at the U.9 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. 3 v 3 and 4 v 4 are the preferred games format attacking two goals which gives the players more opportunities to get touches of the ball and create more scoring opportunities. Kids are more receptive to outside influences at this age (U9) so don't be surprised if they turn up to training with a trick or two they've learnt by watching a game on TV. So let them demonstrate these skills at every opportunity.

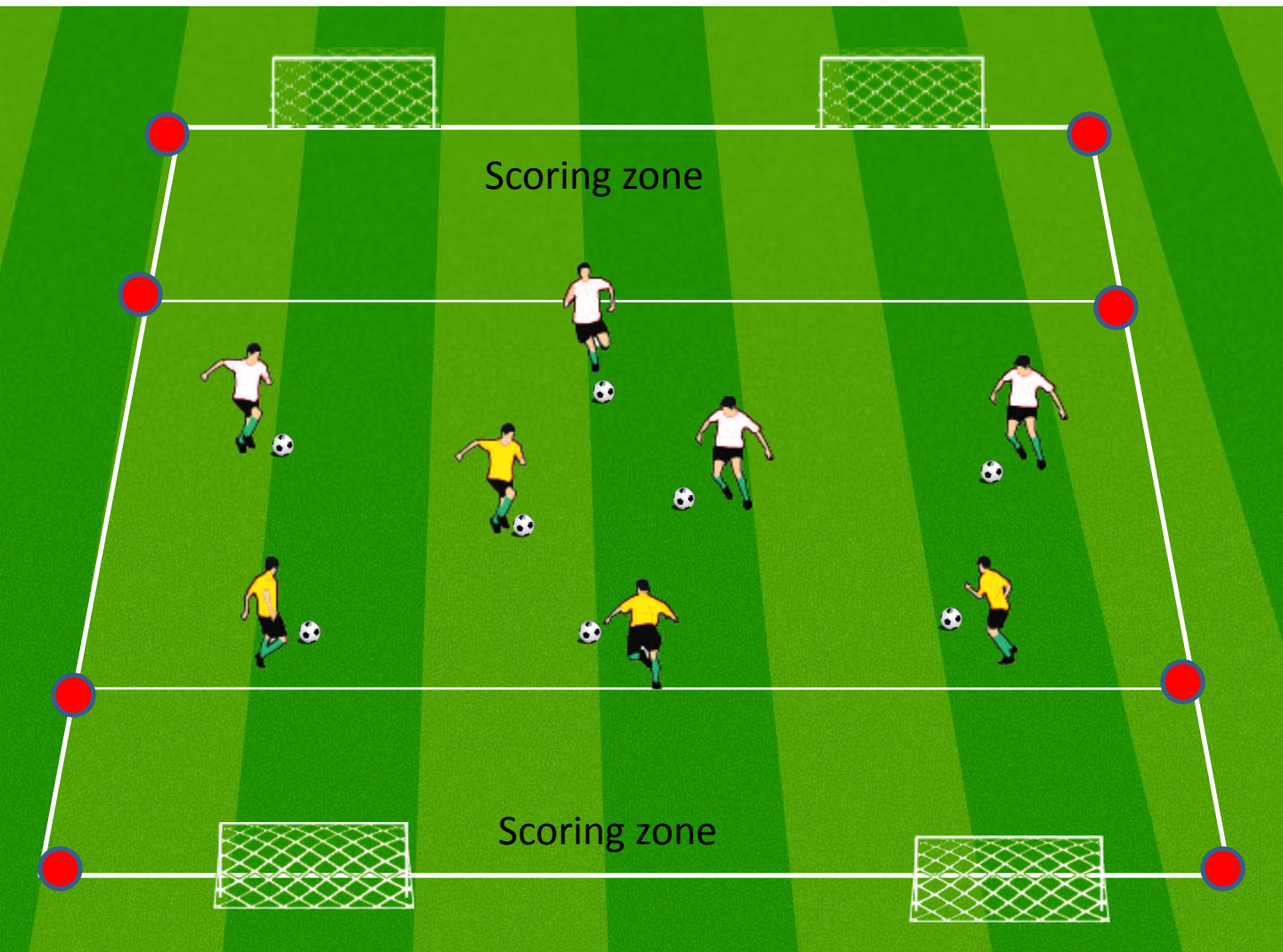


1.Dribbling



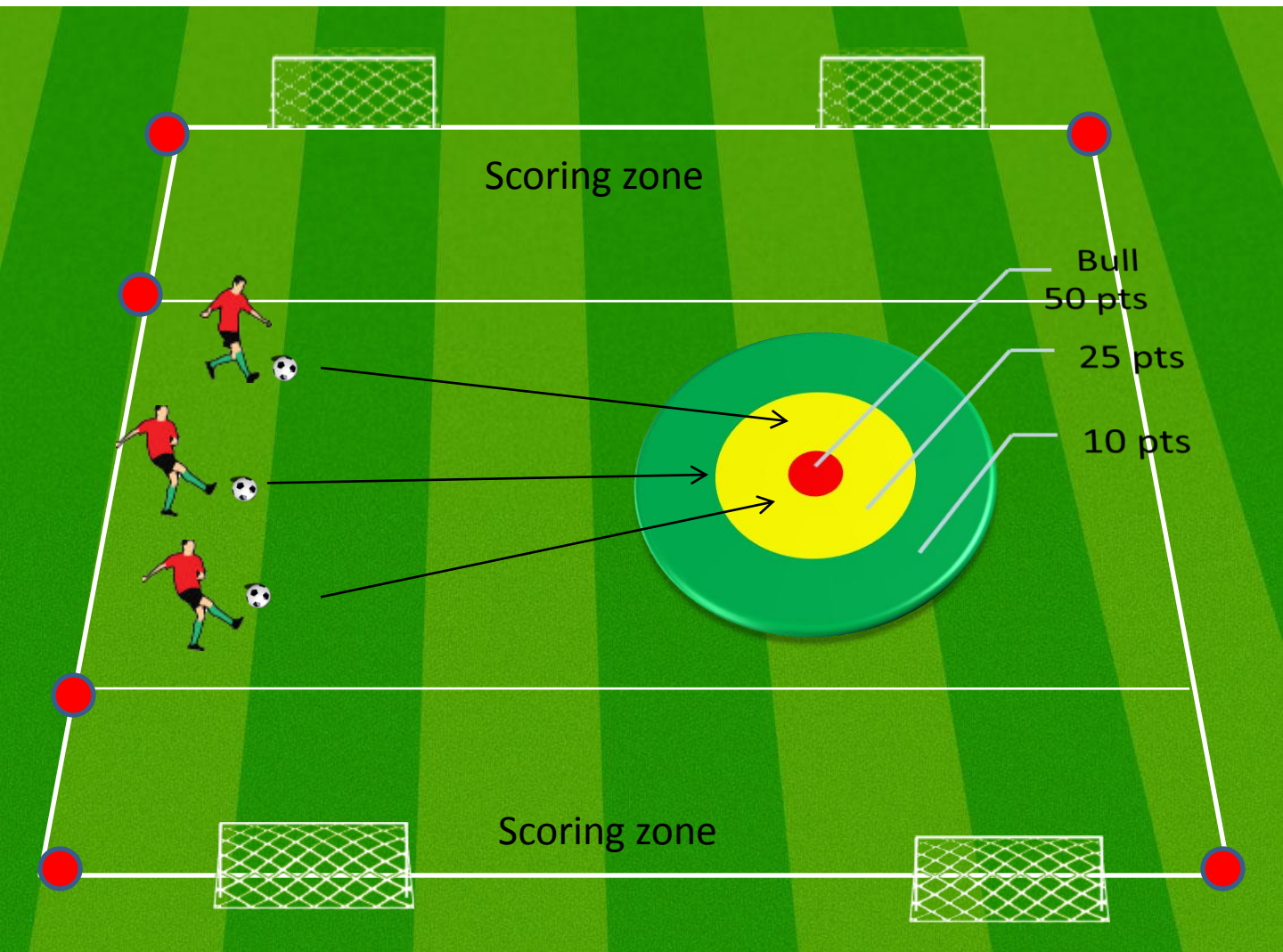
- ⚽ Dribble with your eyes up looking around at all times
- ⚽ Change pace and tempo of dribble
- ⚽ Try half turns with change of direction and pace, sole of foot, Cruyff turn and step over.
- ⚽ Any player who has a favourite move might like to try it
- ⚽ Let the players have free play and some fun
-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

2.Dribbling – adding & subtraction



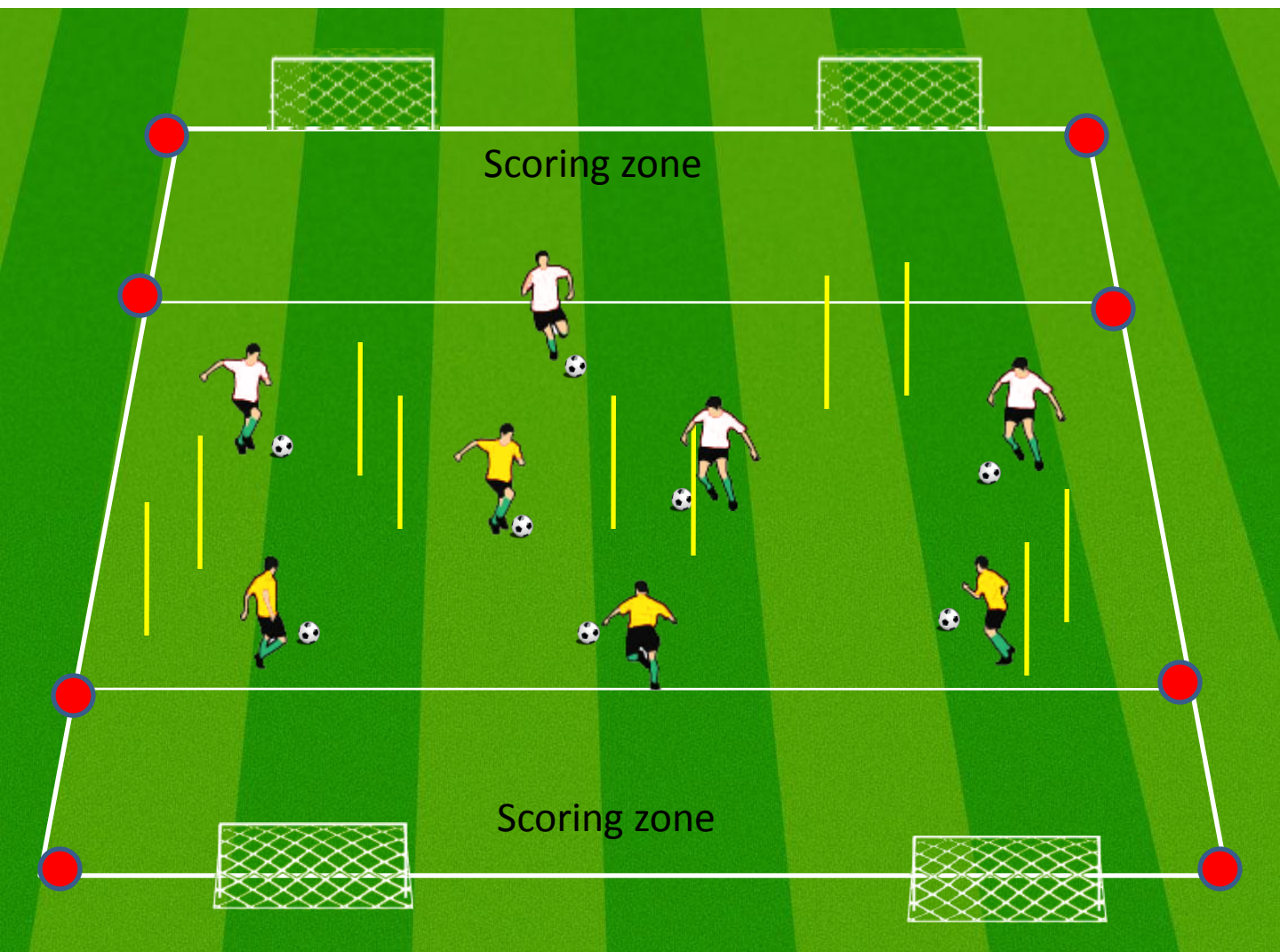
- ⚽ Dribble round grid until you hear coach yell out a number
- ⚽ If 3 is called the players should get in groups of 3s with their balls at their feet
- ⚽ Use maths equations e.g. $3+2$, $3+1-2$ to let players solve simple maths problems
- ⚽ Get different players to shout out numbers

3. Passing –soccer darts



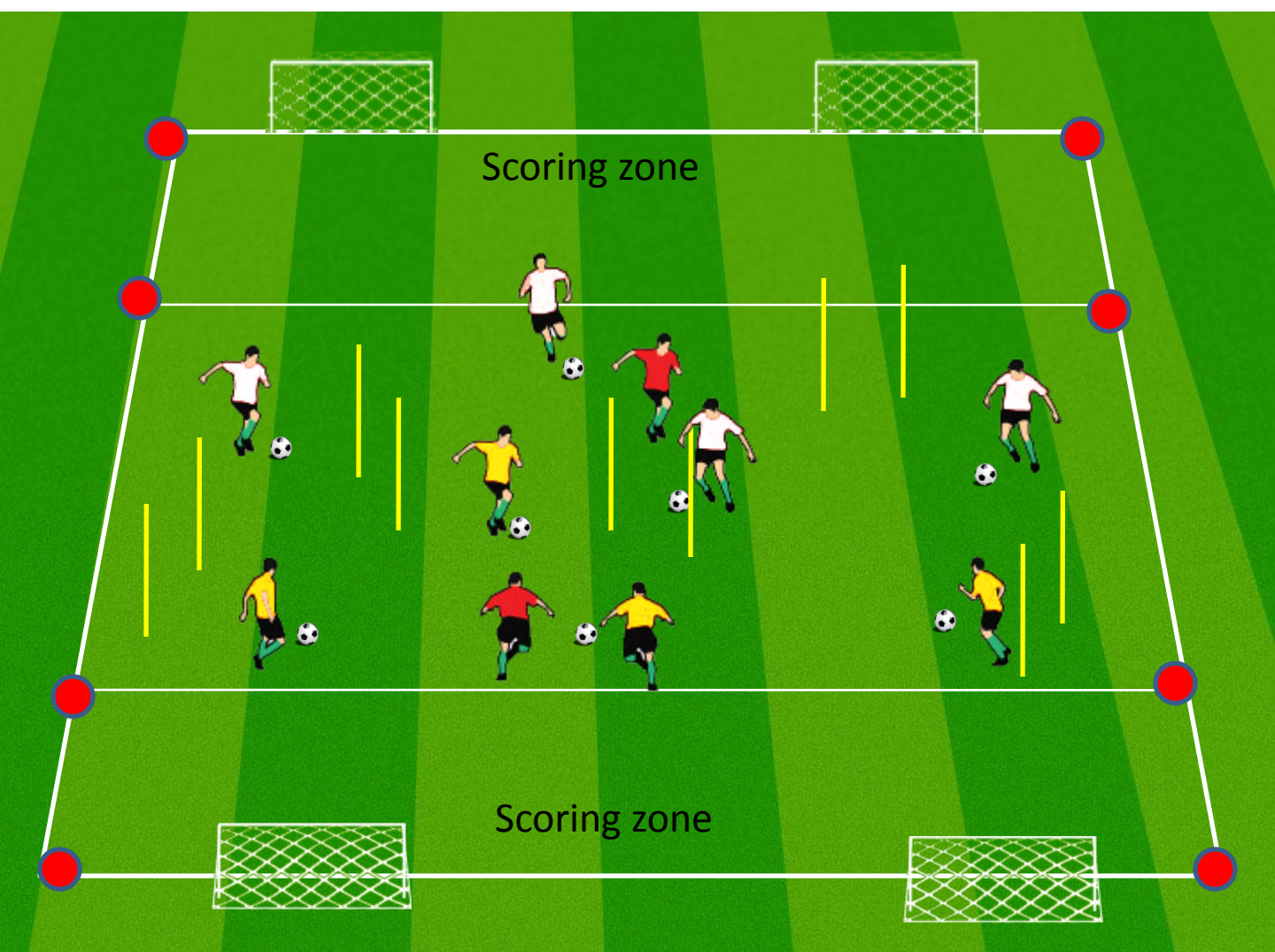
- ⚽ Players try to score as many points as they can
- ⚽ Concentrate on weight of pass
- ⚽ Use both feet
- ⚽ Time each round
- ⚽ Progress to chipping from short distance

4. Dribbling – thru the gates



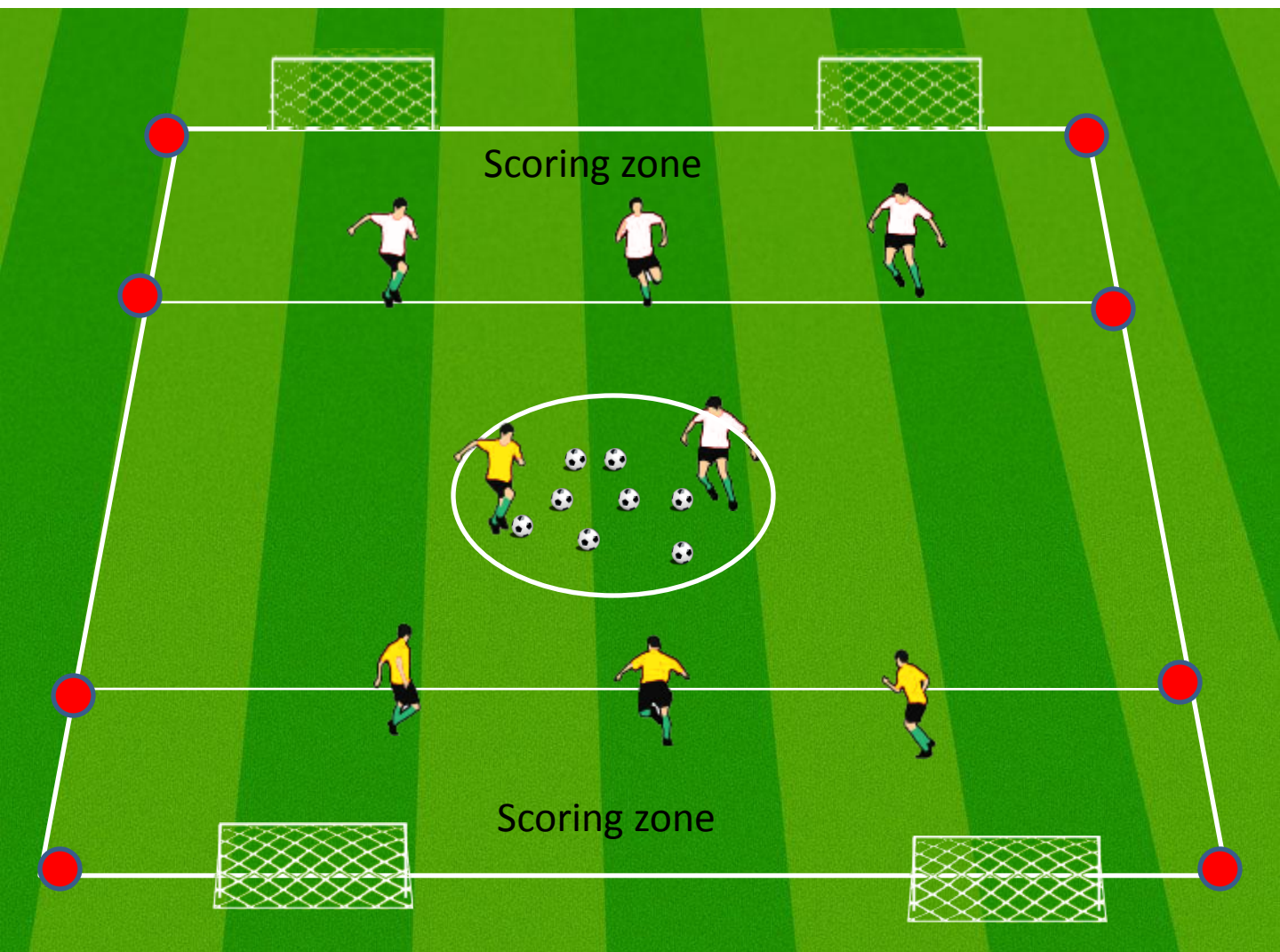
- ⚽ Players dribble through gates at various speeds
- ⚽ How many can the go through in 30 secs.
- ⚽ Let them try to beat their initial score (competing against themselves)
- ⚽ Players to look up when dribbling to see where the gates are located
- ⚽ Go through the gates front ways and back ways
- ⚽ After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

5.Dribbling – thru the gates v 2 defenders



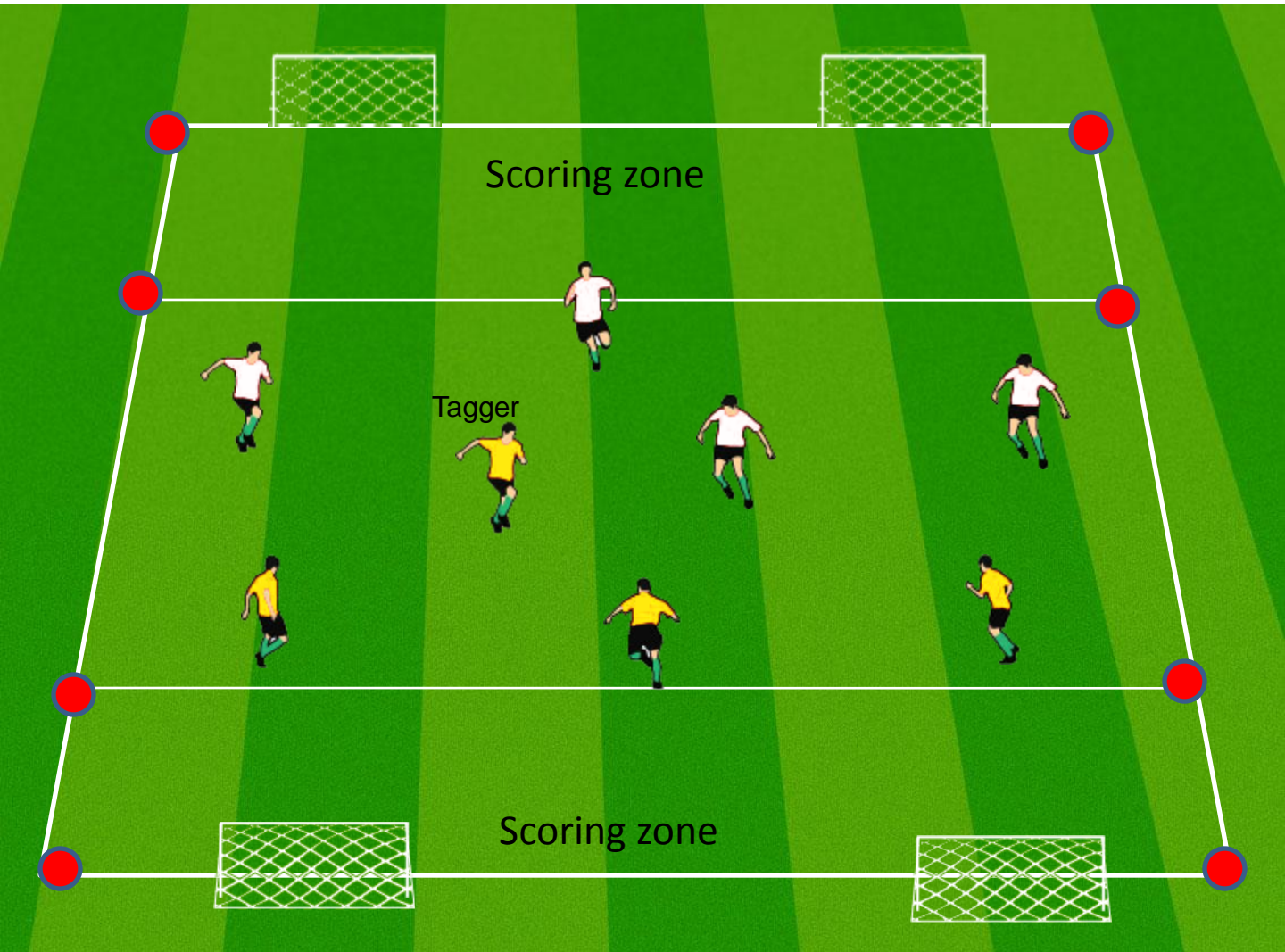
- ⚽ Players dribble through gates at various speeds
- ⚽ How many can the go through in 30 secs.
- ⚽ Let them try to beat their initial score (competing against themselves)
- ⚽ Players to look up when dribbling to see where the gates are located
- ⚽ Go through the gates front ways and back ways
- ⚽ After they go thru a gate can they score in zone
- ⚽ Add 2 defenders

6. Tag relay



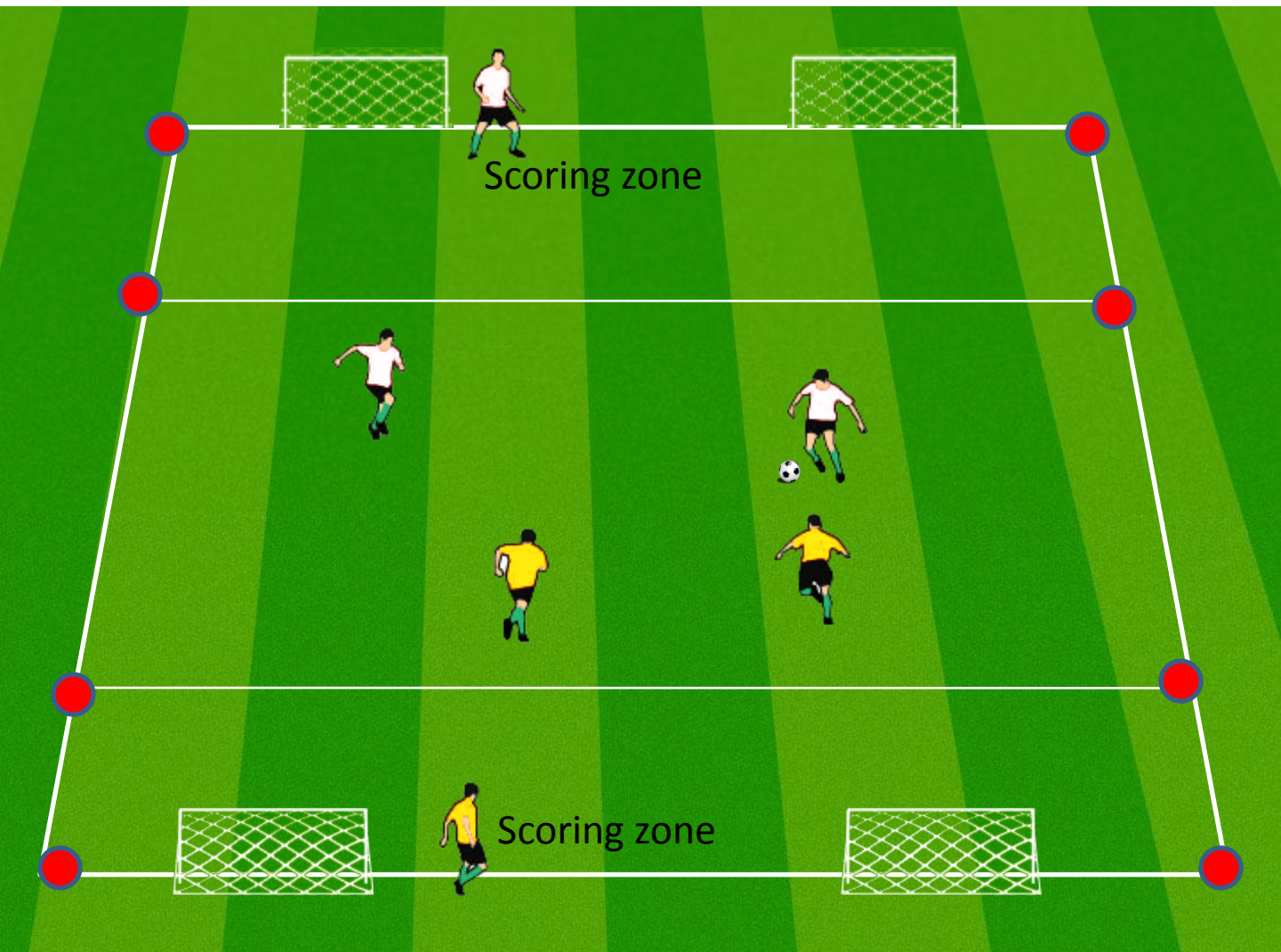
- ⚽ Divide players into 2 teams
- ⚽ Players can run, skip or hop into middle and dribble the ball back
- ⚽ Dribble, pass or chip ball back to corner
- ⚽ Players can steal team mates ball
- ⚽ Good preparation touches and keep eyes up
- ⚽ Fast half turns, and dribble
- ⚽ Progress to scoring in end zones

7.Tag game



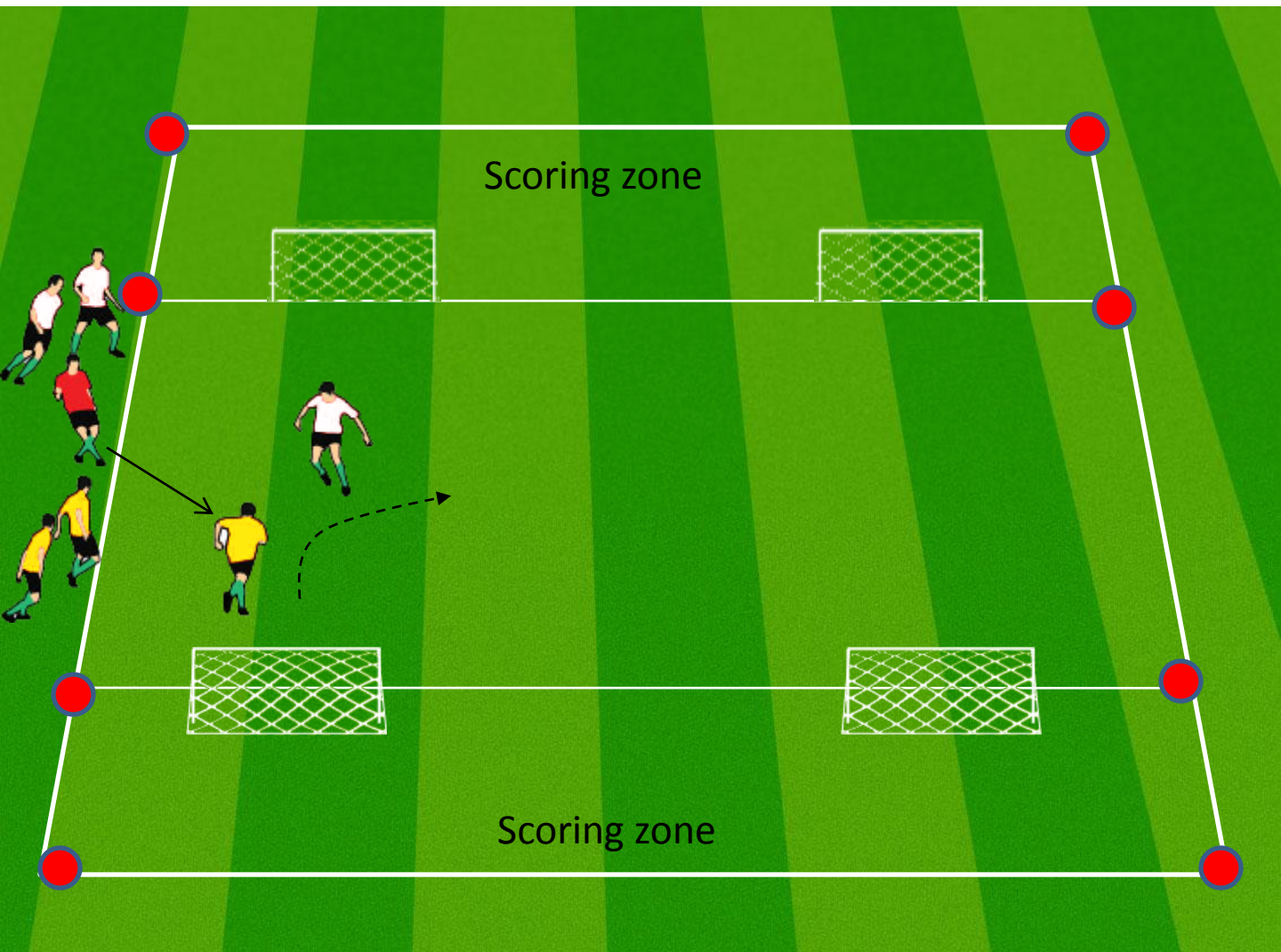
- 🏑 Nominate one player as tagger to begin
- 🏑 Once he tags another player he is now free
- 🏑 Every tagger must chase the players within the restricted area
- 🏑 Introduce a ball and the player in possession of the ball cannot be tagged
- 🏑 This will introduce the concept of support play

8. 2 v 2



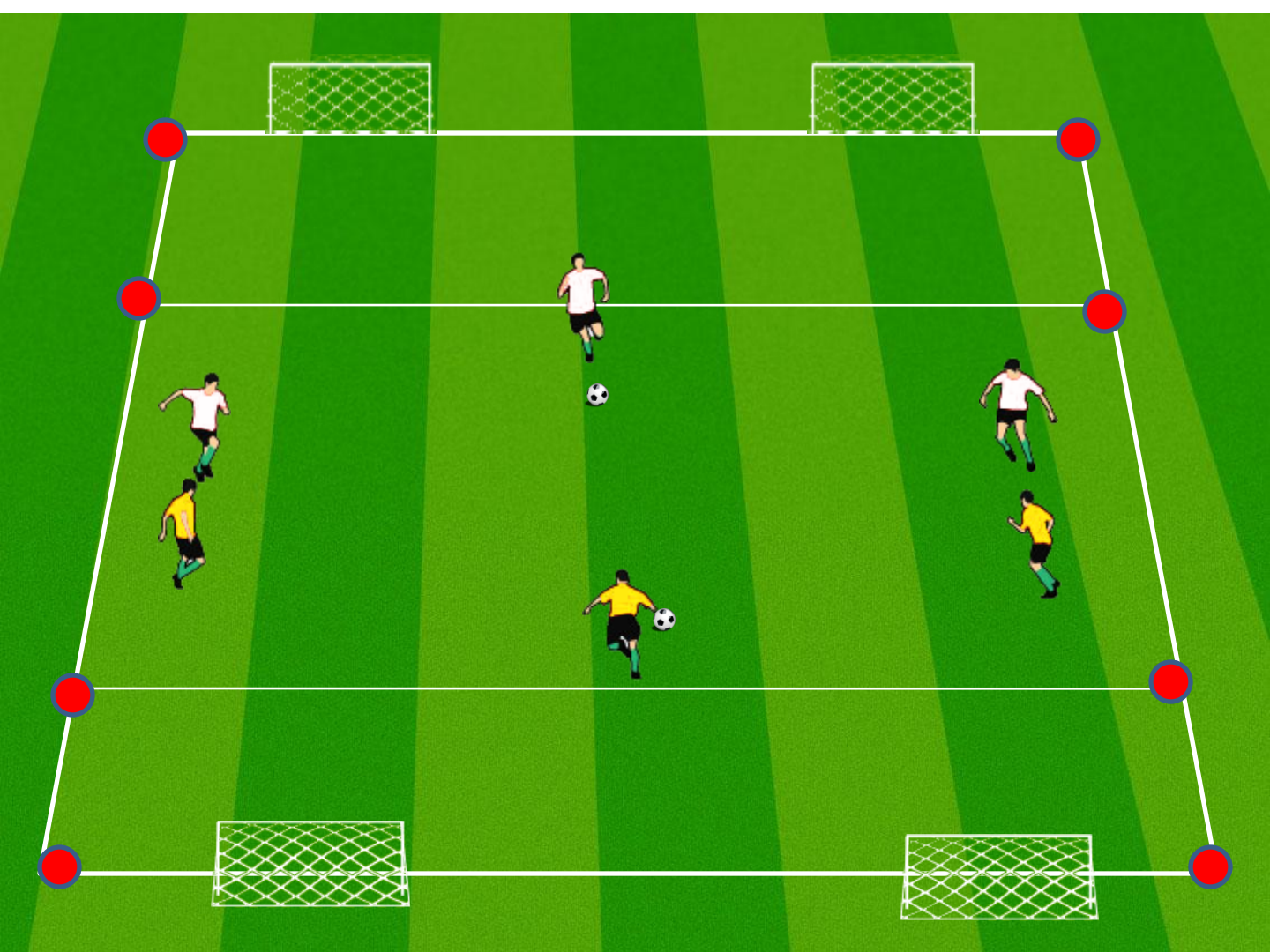
- ⚽ Play 2 v 2 to either goal
- ⚽ If the defenders win the ball they become the attackers
- ⚽ Let the players be creative and use their imagination

9. Numbers game



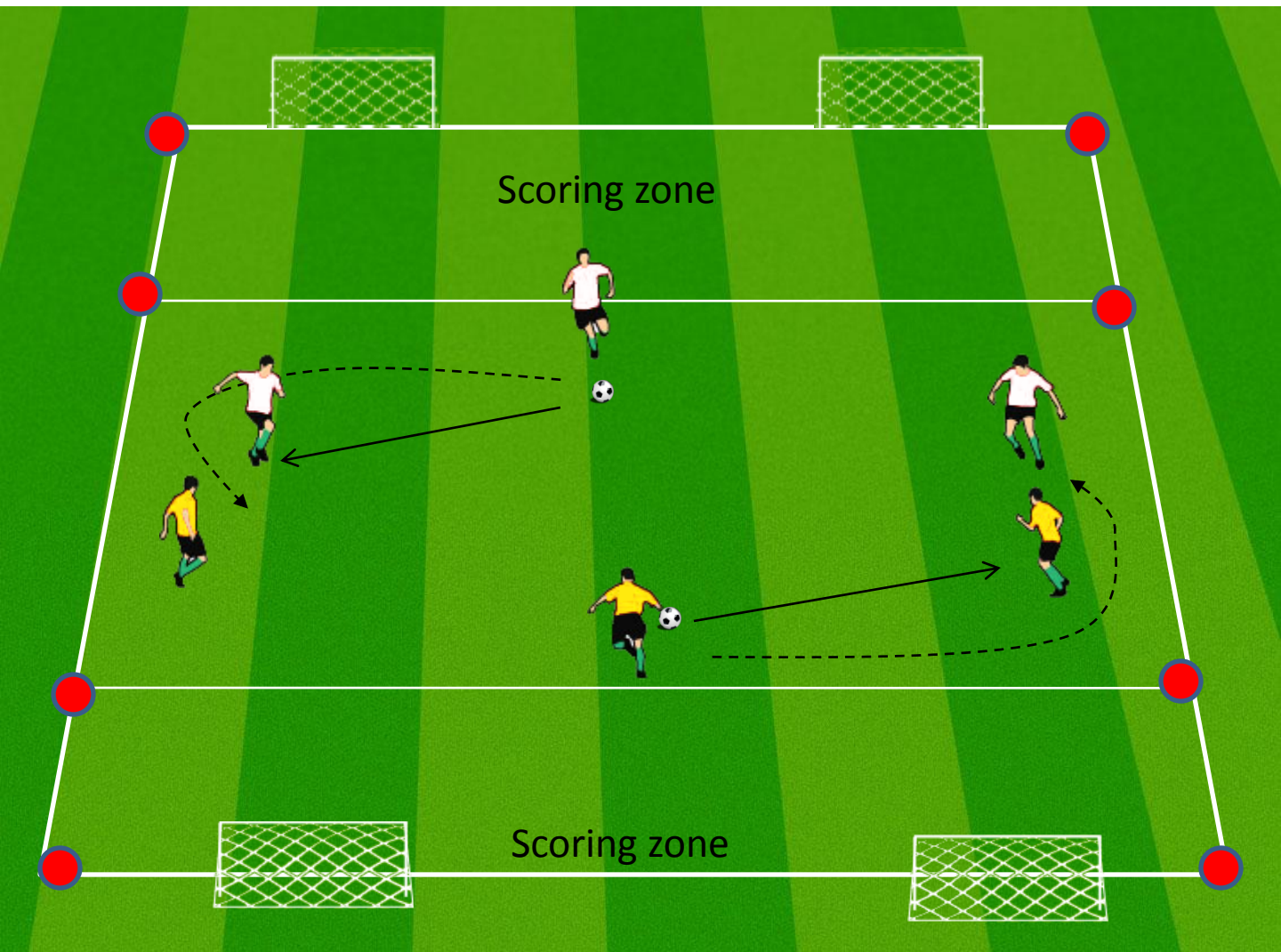
- ⚽ Each team numbers themselves 1-3
- ⚽ Coach calls out different combinations e.g. 2 and 3 etc
- ⚽ The game will allow 1 v 1, 2 v 2, 3 v 3
- ⚽ Let the players play and experiment
- ⚽ Let the players enjoy the game

10. 3 v 0 both ways



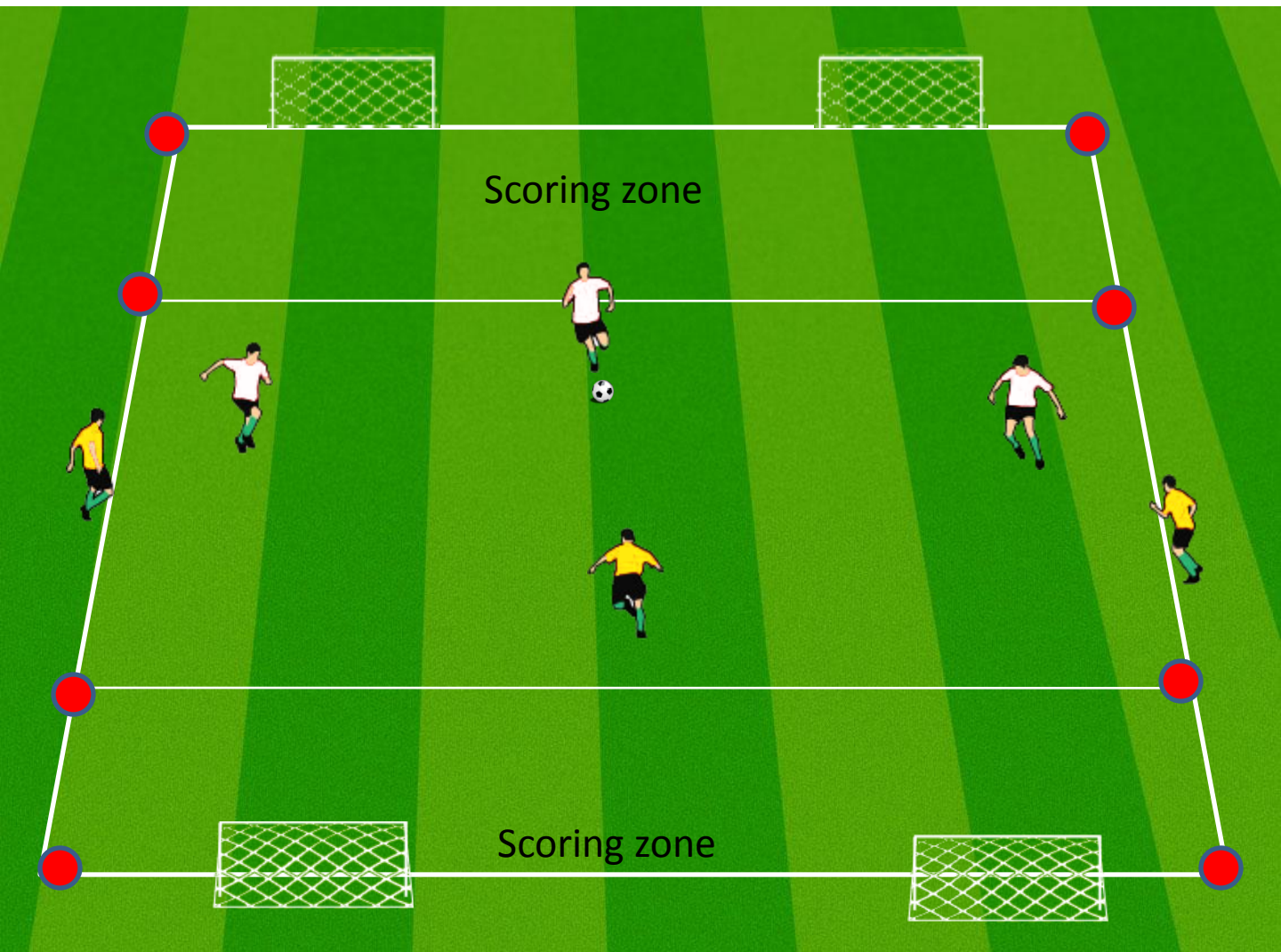
- ⚽ Both teams look to form triangle shape while going up the pitch
- ⚽ Passes need to be in front of players
- ⚽ Change ends after every turn
- ⚽ This exercise introduces triangular formation to players

11. 3 v 0 over laps



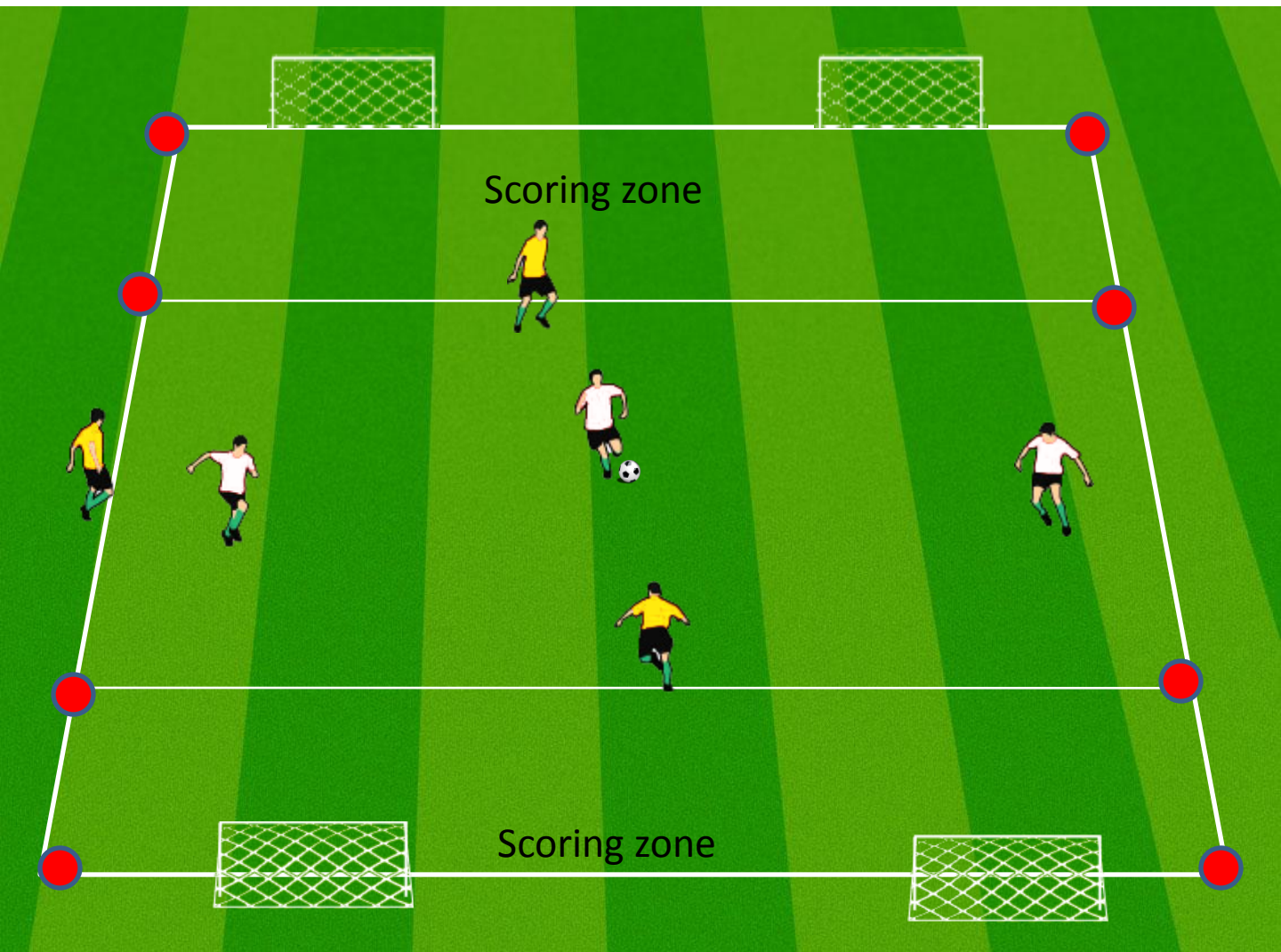
- ⚽ Pass to right or left and then over lap the player
- ⚽ Move down the pitch and finish with 1 or 2 touch
- ⚽ Time the movements
- ⚽ Passing needs to ahead of players

12. 3 v 1



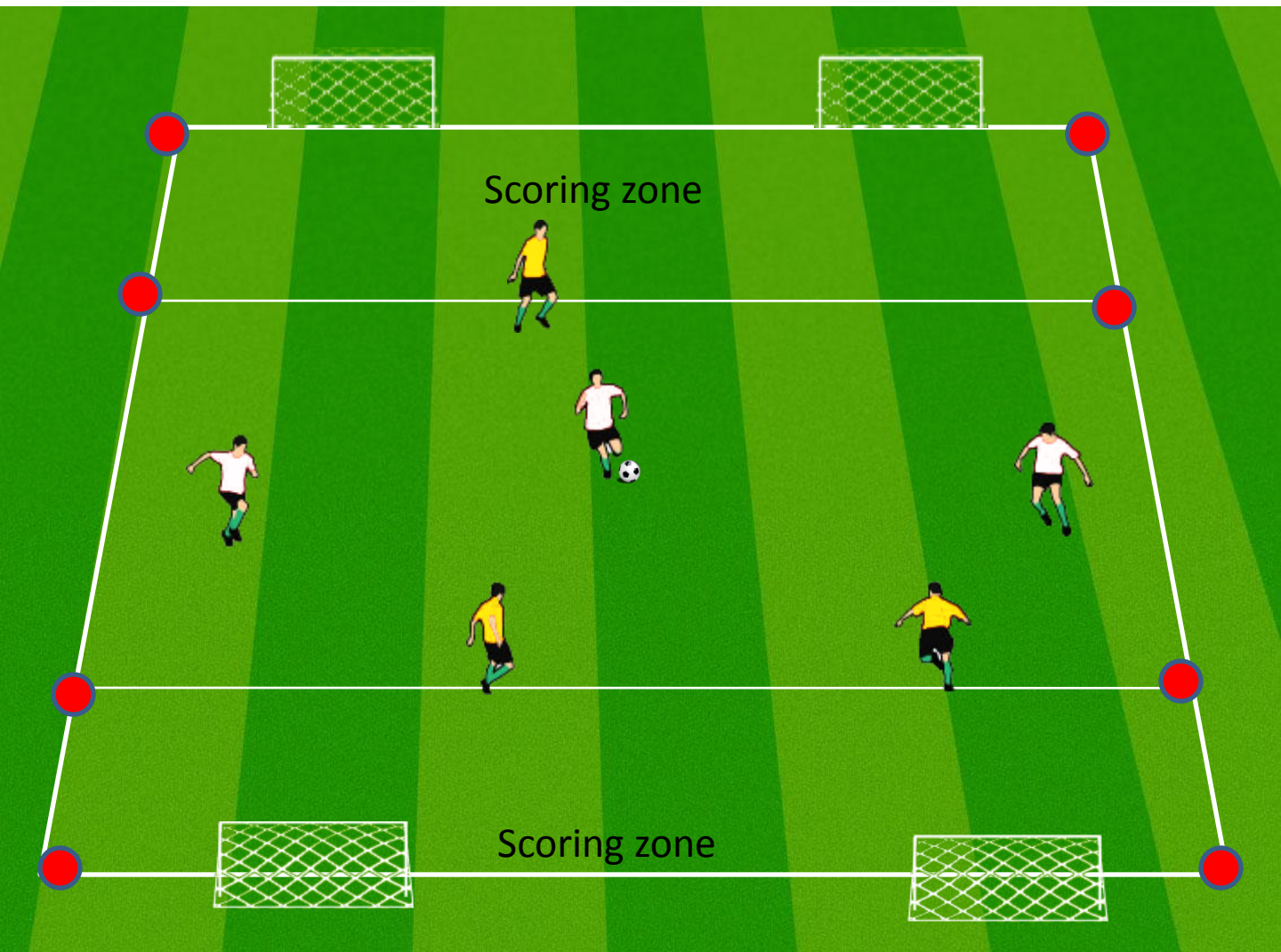
- ⚽ 3 white players have 8 attacks against yellow players
- ⚽ Rotate yellow defender every turn
- ⚽ White team to work out quickest way to score in end zone
- ⚽ After 8 attacks whites now defend

13. 3 v 1 both ways



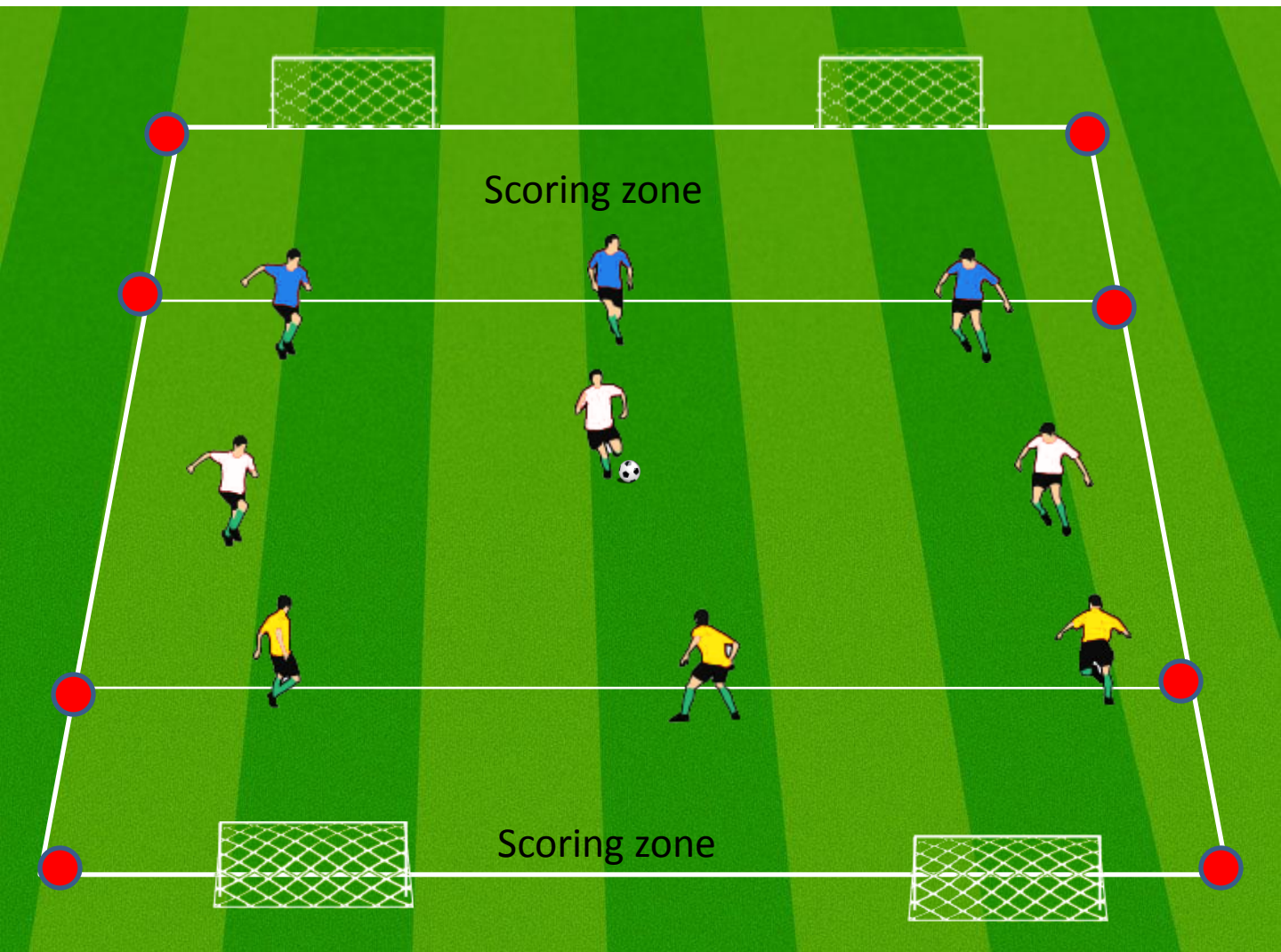
- ⚽ 3 white players have 8 attacks against yellow players
- ⚽ White players attack both ways
- ⚽ White team to work out quickest way to score in end zones
- ⚽ Rotate yellow defenders every end
- ⚽ After 8 attacks whites now defend

14. 3 v 1 & 3 v 2 both ways



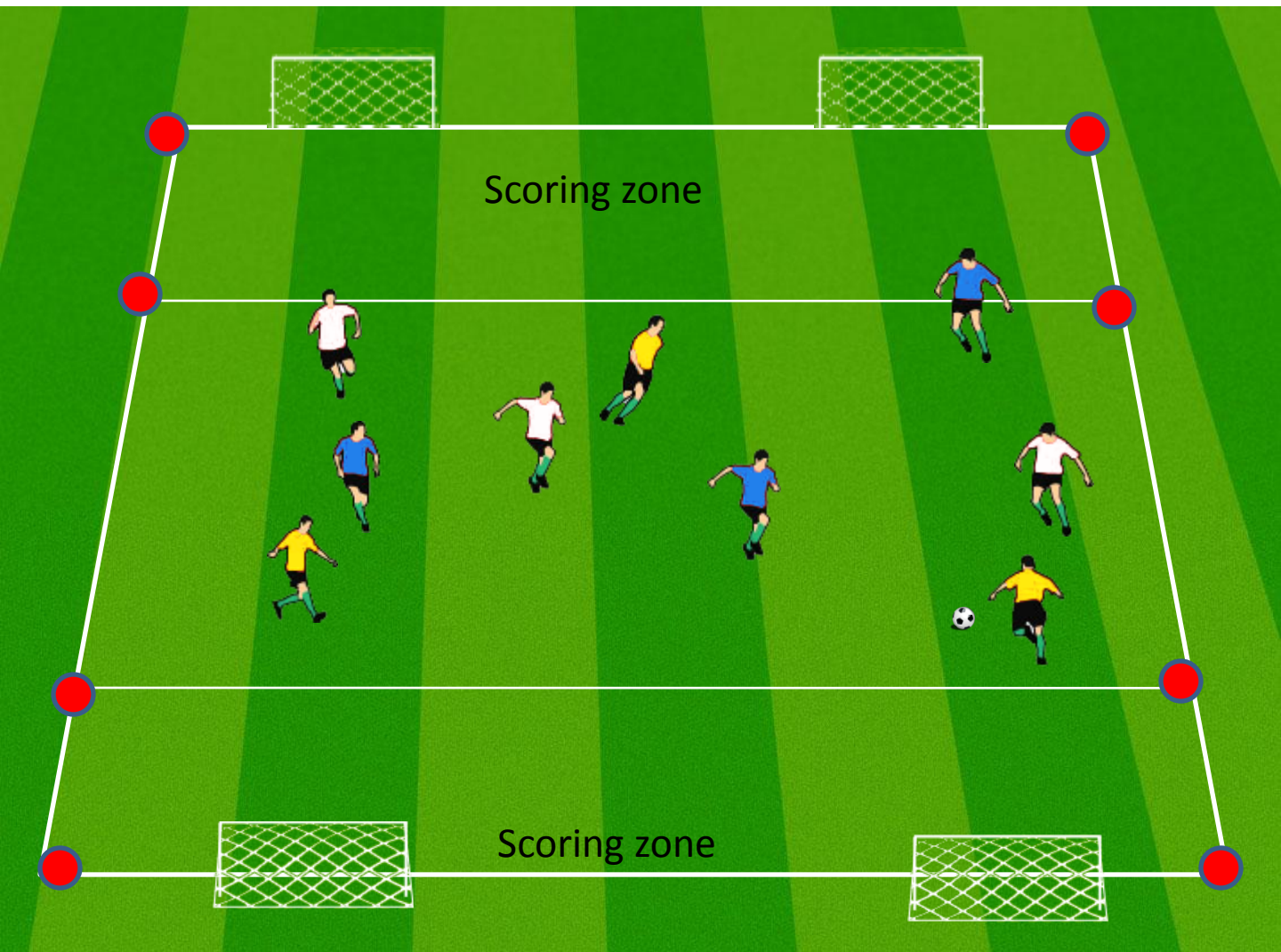
- ⚽ 3 white players have 8 attacks against yellow players
- ⚽ White players attack both ways v 2 defenders and then 1 defender
- ⚽ White team to work out quickest way to score in end zones
- ⚽ After 8 attacks whites now defend

15. 3 v 3 both ways



- ⚽ 3 white players have 8 attacks against yellow & blue players
- ⚽ White players attack both ways
- ⚽ White team to work out quickest way to score in end zones
- ⚽ After 8 attacks 3 teams rotate positions

16. 3 v 3 + 3 possession

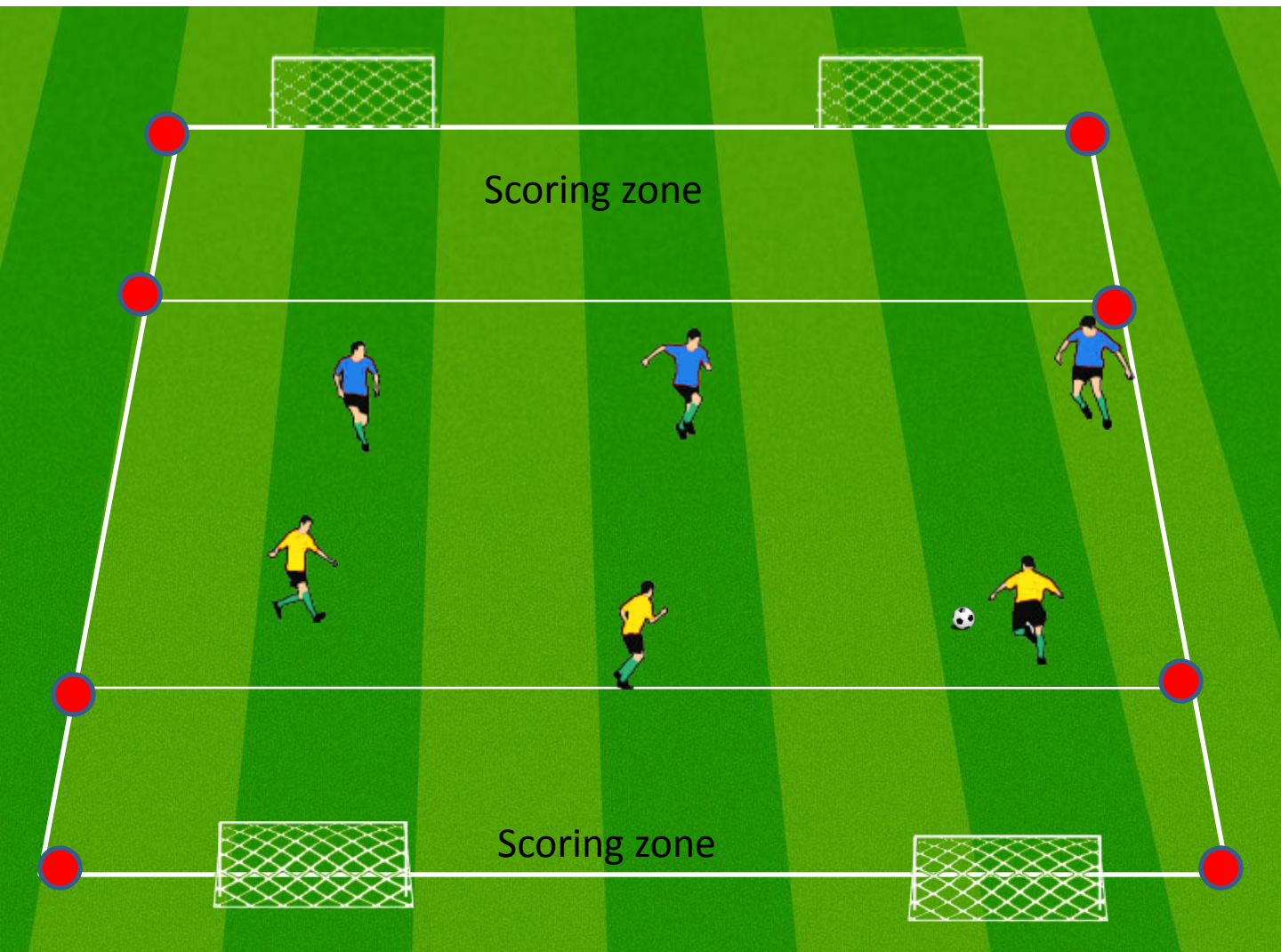


⚽ Blue team start in the middle defending against yellow & white team (6 v 3)

⚽ The team that losses possession become defending team

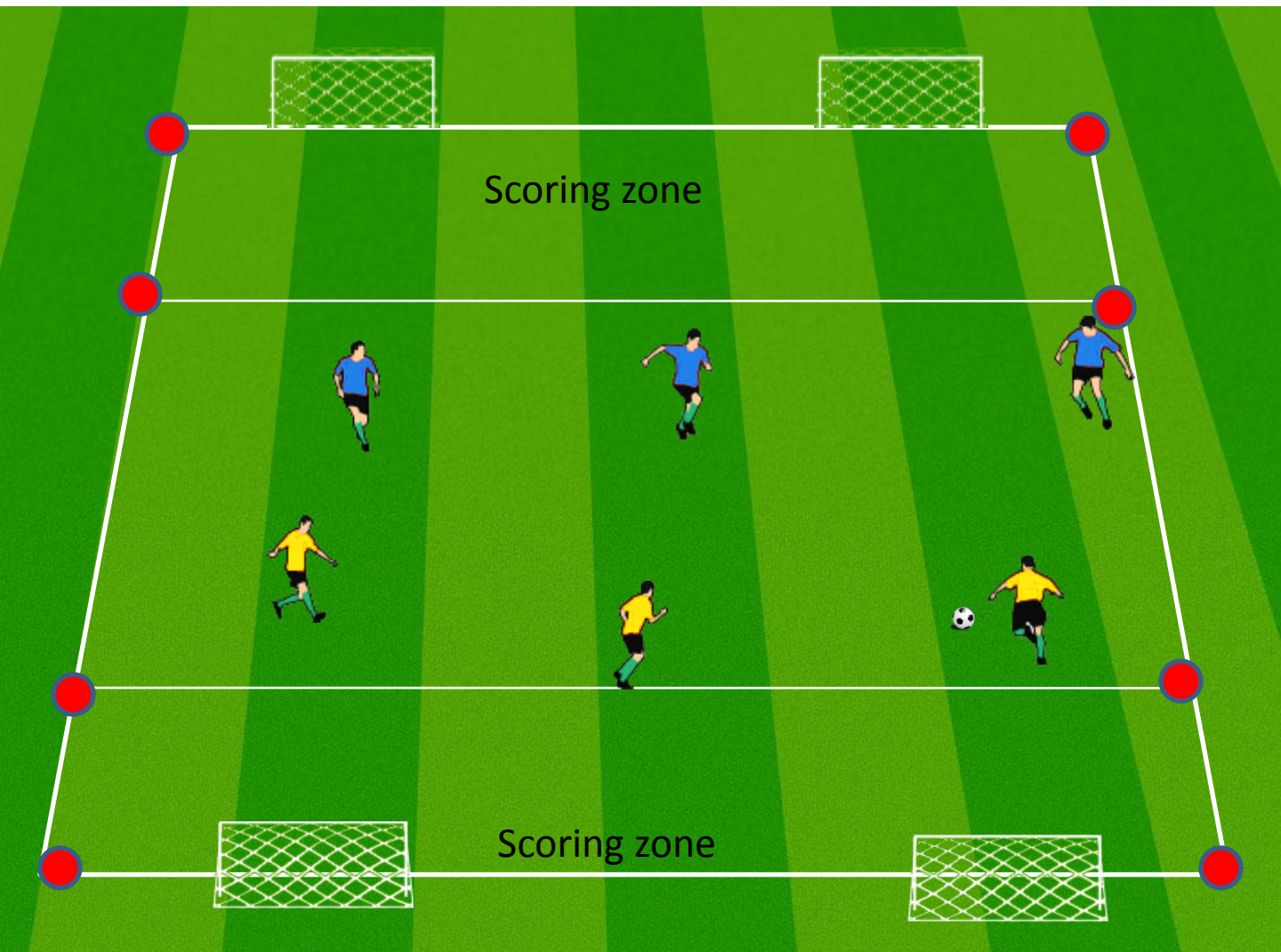
⚽ After a set number of passes the 2 teams in possession can break out into scoring zone to finish on 1 & 2 touch

17. 3 v 3 game



- ⚽ Let the teams play without restrictions
- ⚽ Encourage respect and fairplay

18. 3 v 3 shooting



- ⚽ 3 v 3 games with shots taken 1 touch in the end zone and 2 touch (long shots) in the middle zone
- ⚽ Encourage players to try both formats
- ⚽ Progress to adding GK on 1 or 2 goals

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.9 level training should take the form of a small sided game and any individual skill improvement should take place at the end of training. 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 small sided games to give players more touches on the ball. Encourage the players to lead some of the sessions. Give the players a licence to explore and experiment.

