



U.13 Guided Discovery Methodologies

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Guided Discovery Coaching U.13

The period from 11 to 13 is a transition period in the young person's development. They are moving from childhood to teenage/adulthood. They will begin to do activities they want and not just do them because the parents or coach thinks they should. The opinion of friends is more important than that of adults. They will question authority and each other and rebel against activities and instructions they see as not enjoyable or in their language 'this is boring'. If they are not enjoying the activity by the end of this phase they will give it up leading to the high drop off rates we see in sports at the 13/14 age. The role of the coach at this age is to allow players learn while enjoying the game but the coach must achieve this while maintaining a good level of discipline. It is at this age that Guided Discover coaches cope best. As they do not coach in a yell and tell manner they will not struggle to cope as much as other coaches who relied on authority to teach the kids. The players will have learned to love the game and will at this stage be actively teaching themselves and their peers. The coach must be adaptable as one day the players will act like eighteen year olds and the next like ten year olds. Puberty and peer pressure are issues for most players at this age. Growth spurts are an additional complication and the player who was highly skilled at eleven may go through a period of falling over his feet. On the plus side the players will have developed the ability to sustain complex coordinated skill sequences. They will be physically stronger and able to complete skills they will have tried at a younger age. Some will become self motivated to improve as players and can be a very useful asset to the coach in getting the group to respond. At this stage repetitive small sided games, technical, tactical and awareness sessions need to be developed in equal measures. Games will still be frantically paced and unpredictable but the skill learnt at a younger age will now come through consistently. The players will know how much fun it is to play the game skilfully. The players who have developed those skills will start coming to the fore and others who relied mainly on either pace or size only will be passed out and may even give up the game through frustration. Coaching at this level is a challenge because many of the players view themselves as real soccer players while others are at the point where they do not enjoy it anymore. Our challenge is to keep all the players engaged , involved and make them feel important to be the best they can be.

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 4 v 4, 5 v 5, 7 v 7, 8 v 8, 9 v 9, 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. 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. 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?
- ⚽ What do you think you should do after your 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 4 v 4 game what's the best way to keep possession of the ball?
- ⚽ Why did you make that pass?
- ⚽ What other options might you have had?
- ⚽ What were you thinking off at that time?



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. 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

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. PureSoccer looks to develop players in a fun, engaging environment. Winning has its place but must be balanced with the other goals of teaching them to play properly. Some decisions will need to be made that might not necessarily lead to wins (i.e. having players play different positions, or asking players to try to play the ball "out of the back".) Smaller, skilled players cannot be ignored. Although it may be tempting to "win" by playing only the bigger players in key positions, the smaller, skilled players must be put into areas of responsibility. Encourage creativity and taking risks. Small-sided games are still the preferred method of teaching the game. This makes learning fun and more efficient.

Target by end of Thirteen Years

Technical

- ⚽ They will be able to strike the ball with both feet.
- ⚽ They will have good control of the ball at speed.
- ⚽ They will be able to head the ball competently.
- ⚽ They will be able to cushion the ball with appropriate body surface.
- ⚽ They will understand and be competent in the skills of defending

Tactical

- ⚽ They will understand team shape.
- ⚽ They will understand their role in the team.
- ⚽ They will be able to adjust from their team being in possession to the opponents having the ball.
- ⚽ They will understand more complex ideas such as compactness and squeezing the play.

Awareness

- ⚽ They will be on the way to reading the game.
- ⚽ They will look to change direction of play.
- ⚽ They will be proactive in making things happen the pitch not just reacting to team mates and opponents play.
- ⚽ They will be aware of covering for team mates.
- ⚽ They will show improvement in their perception and decision making ability.

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. U.13 players are stepping out of the window of opportunity in their development and have an even greater intellect and physical ability than they possessed at U.11. Therefore the focus must be on technical/ tactical/ physical/ mental proficiency in equal measures. The role of the coach in the U.13 age group is to be a patient motivating teacher. At this level in addition to understanding the game, 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.13

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

Basic Defending U.13

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

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

- ⚽ Width
- ⚽ Depth
- ⚽ Soccer Intelligence
- ⚽ Improvisation
- ⚽ Tactics/ Technique

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

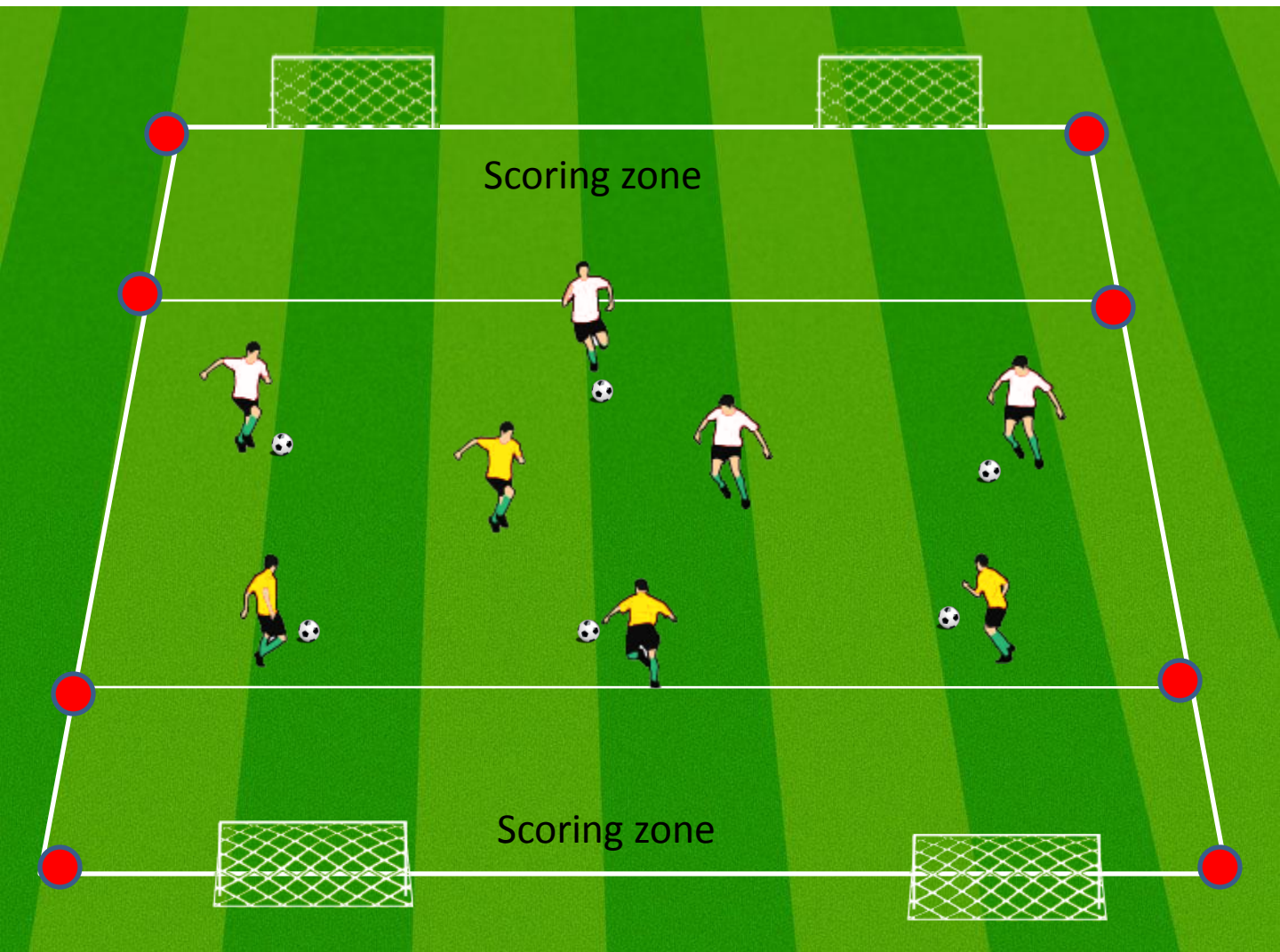
- ⚽ Compactness
- ⚽ Recovery
- ⚽ Counter attacks
- ⚽ Individual and group defending

Tactical Periodisation

This U.13 phase will be the start of the Tactical Periodisation Principles that players will need to understand. Coaches will be able to use guided discovery coaching while developing these principles.

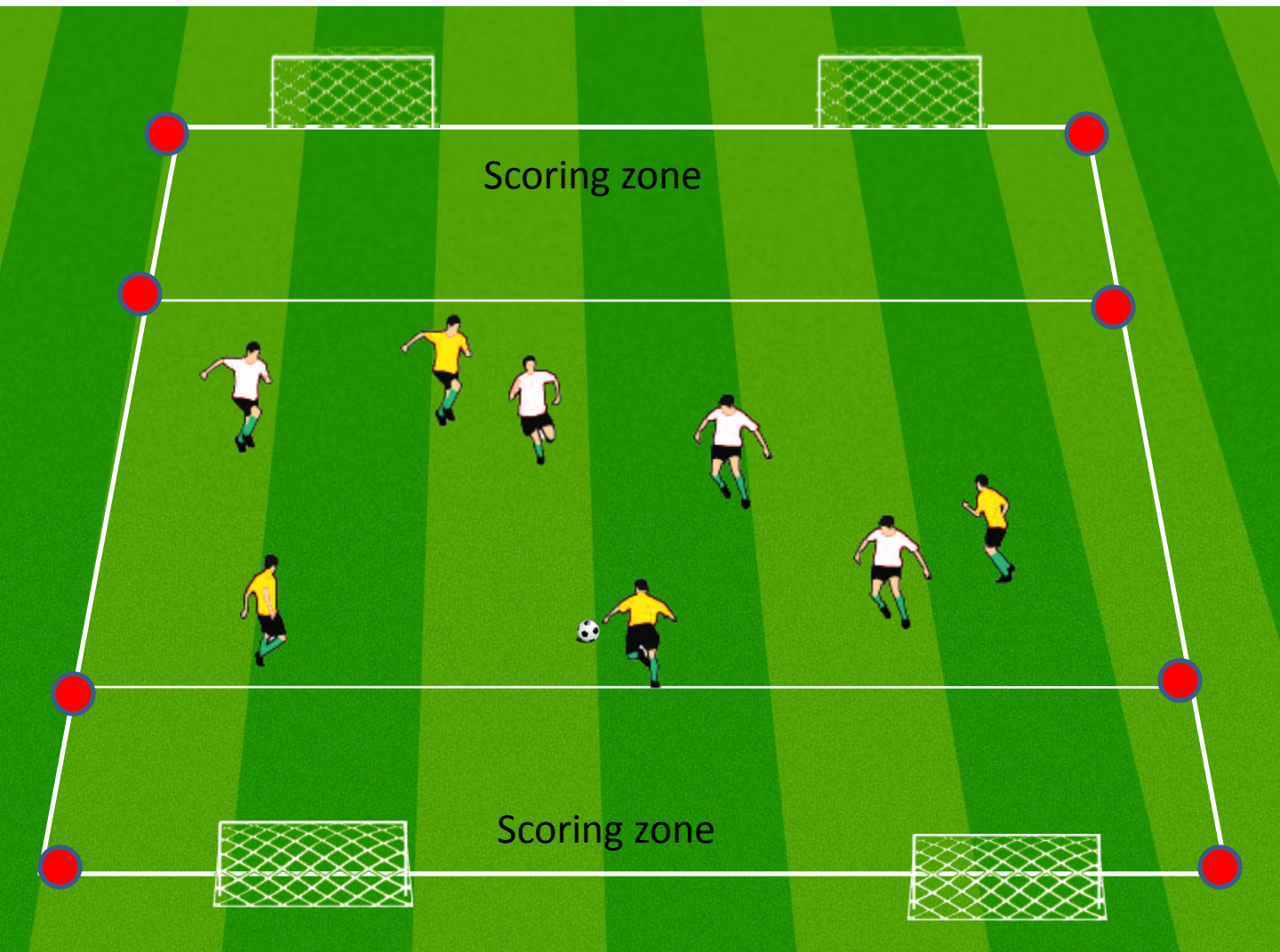


Dribbling to any goal



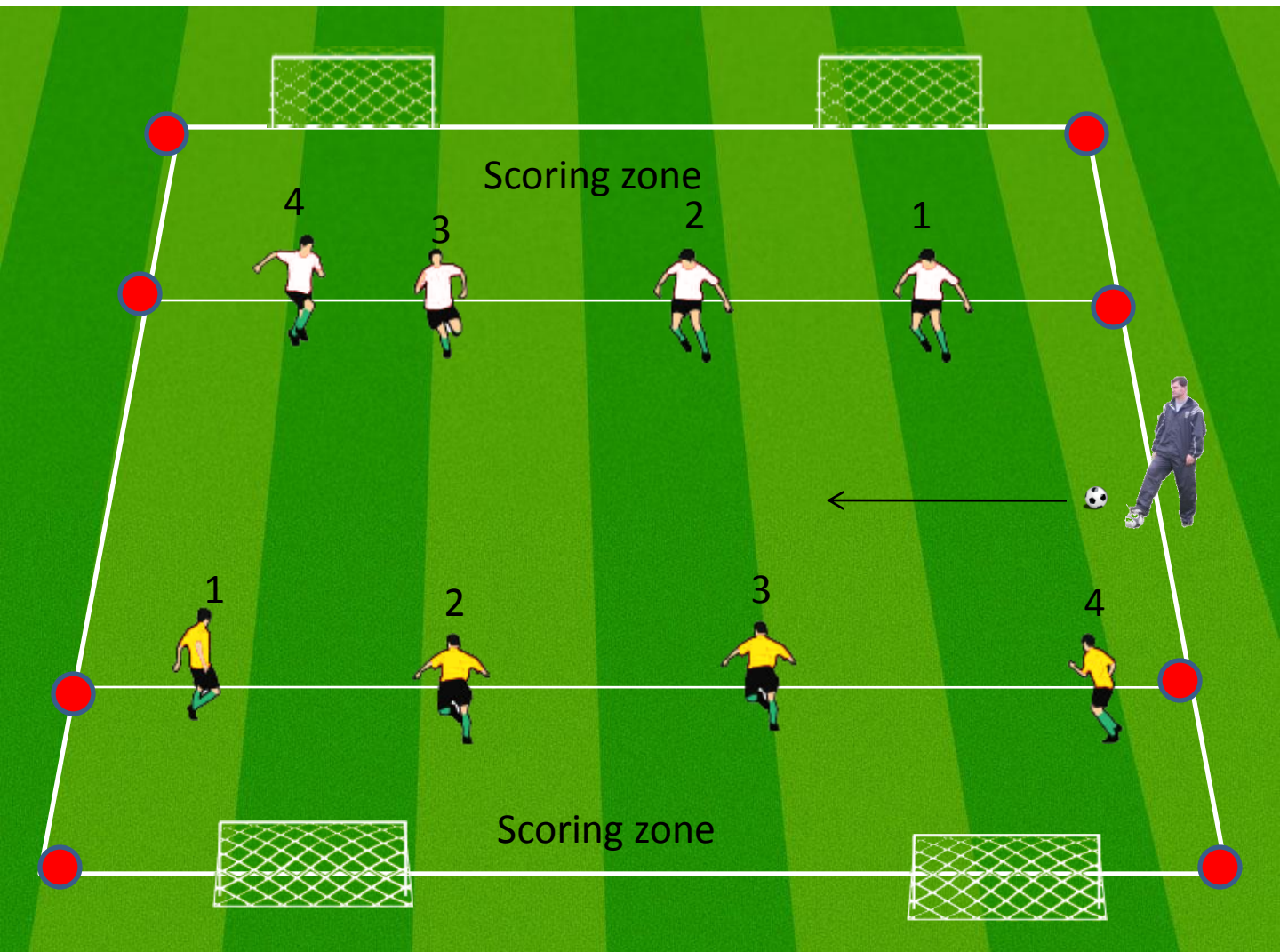
- ⚽ Dribble with your head up
- ⚽ Use stop and go moves
- ⚽ Half turns with change of pace, sole of foot chop etc.
- ⚽ Can we work on splitting players – change of pace
- ⚽ Introduce takeovers
- ⚽ On a players shout can you score in any of the goals

Possession to goal



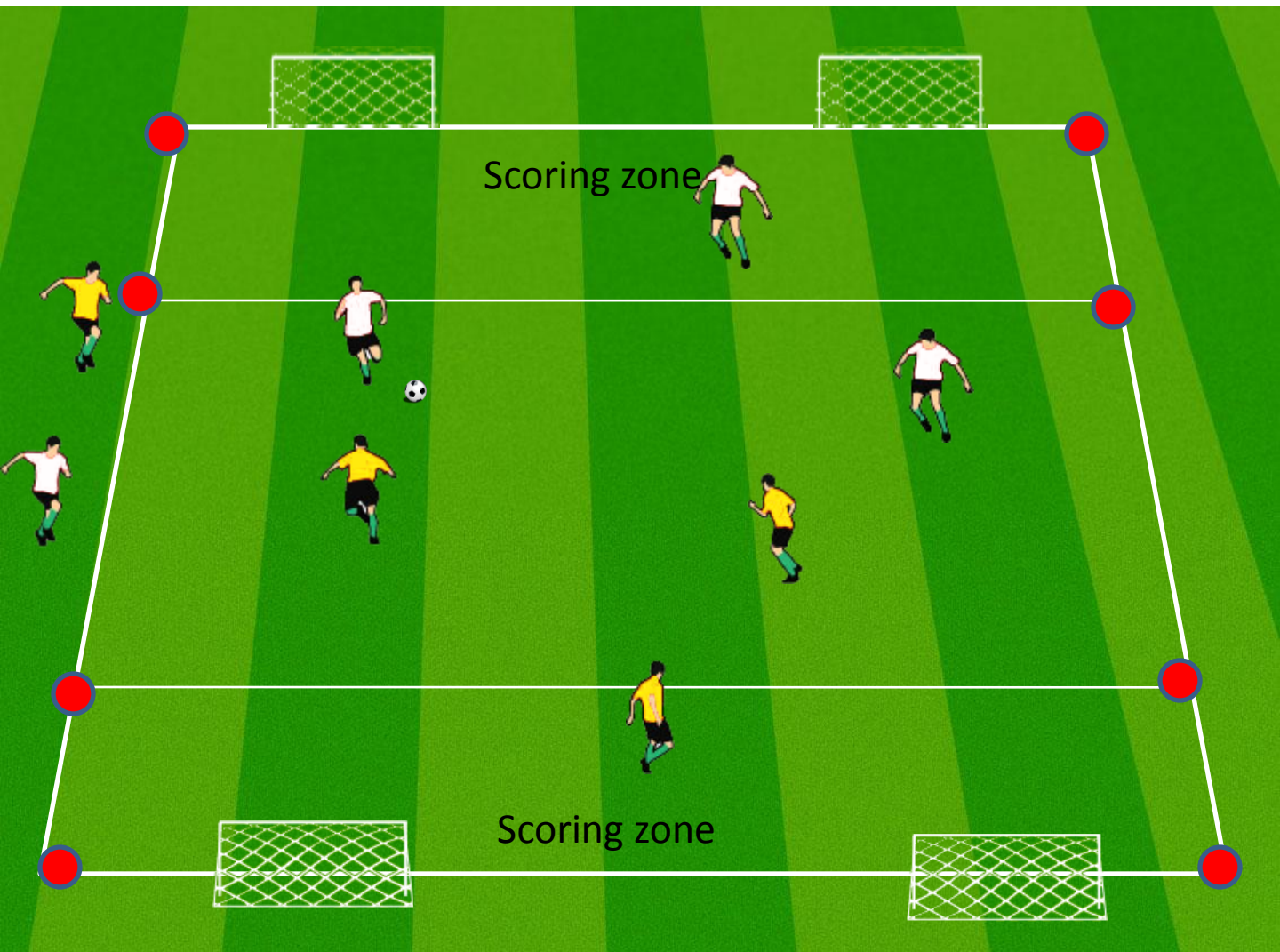
- ⚽ Yellows or whites keep possession for 6-8 passes in middle zone
- ⚽ When passes are complete progress to scoring on any goal
- ⚽ Good perception and decision making ability is required from all the players

Numbers game



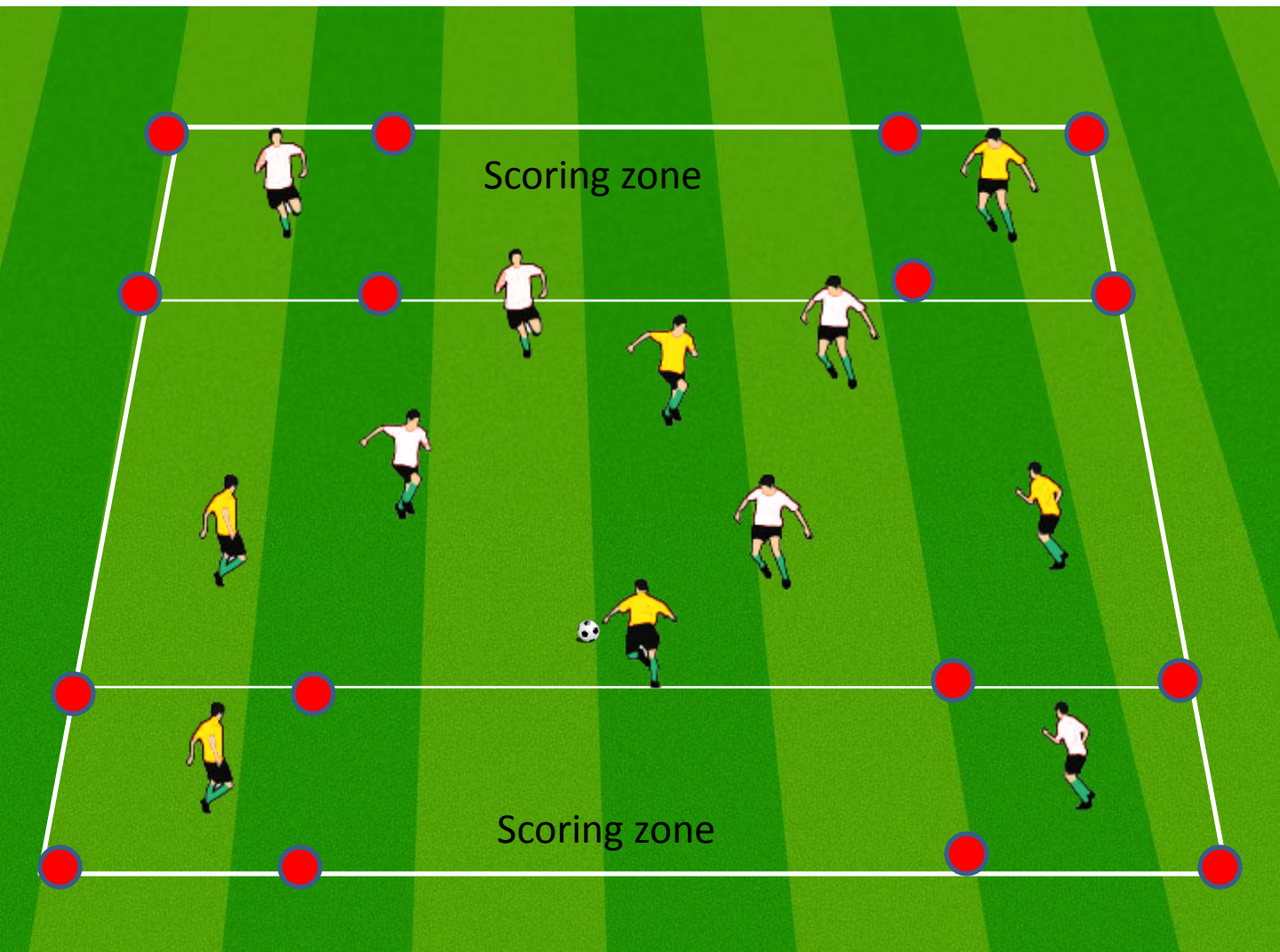
- ⚽ Whites attack yellows for 6-8 attempts
- ⚽ Yellow defenders have a chance to win the ball and counter attack
- ⚽ Good perception and decision making ability is required from all the players
- ⚽ Rotate players and teams
- ⚽ 1 player from each team stays in defending scoring zone creating triangle formation
- ⚽ Defender can only play when his team have possession
- ⚽ The dynamics of the games works on transitioning and fitness and demands on the players can be intense at times

3 v 2 challenge



- ⚽ Whites attack yellows for 6-8 attempts
- ⚽ Yellow defenders have a chance to win the ball and counter attack
- ⚽ Good perception and decision making ability is required from all the players
- ⚽ Rotate players and teams
- ⚽ 1 player from each team stays in defending scoring zone creating triangle formation
- ⚽ Defender can only play when his team have possession
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2 corner possession

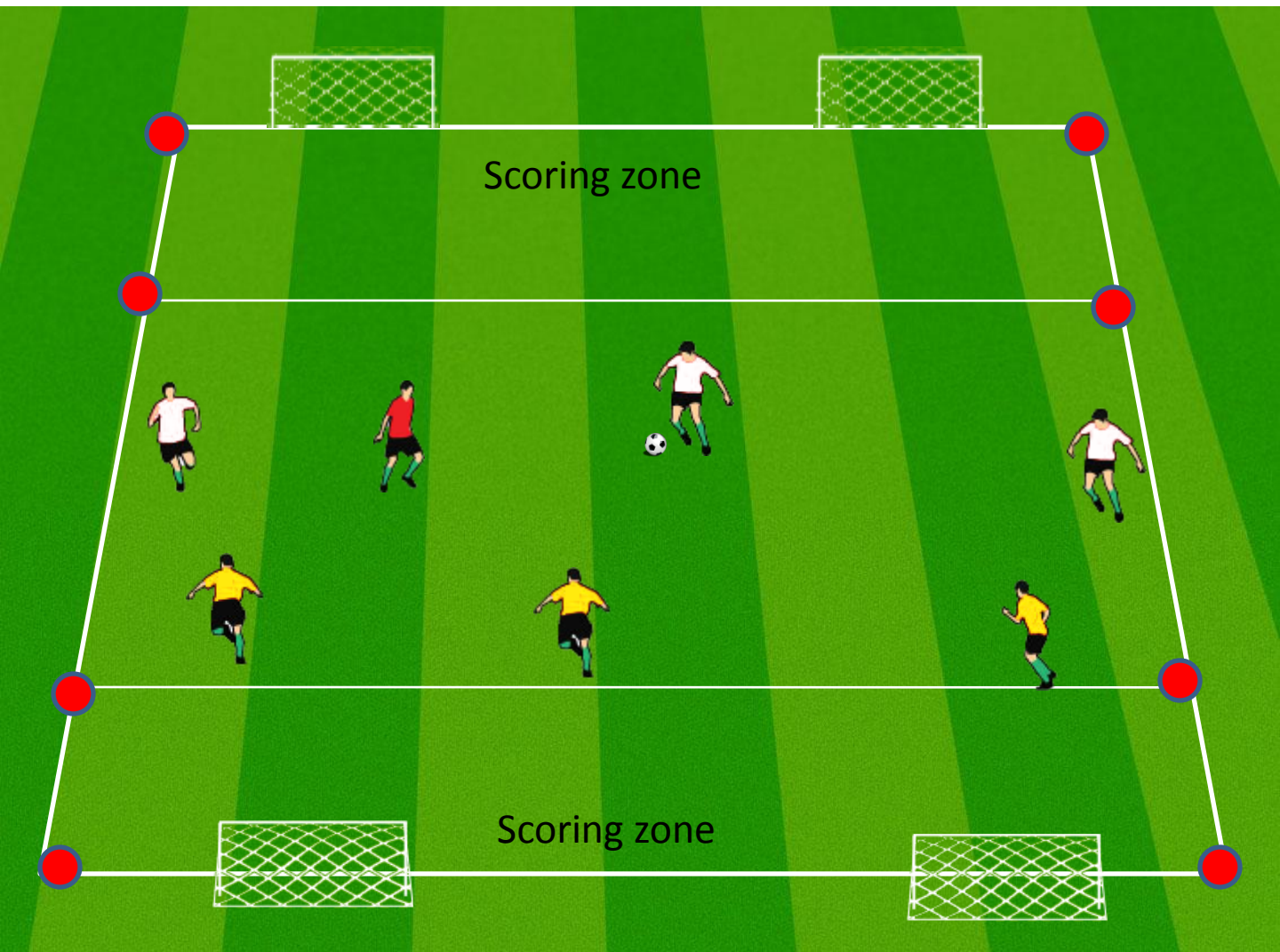


⚽ 6 v 4 possession game using same colour outside players to keep possession

⚽ Players pass among their team to keep possession while attempting to score a point by passing the ball to a teammate that is inside one of the smaller grids.

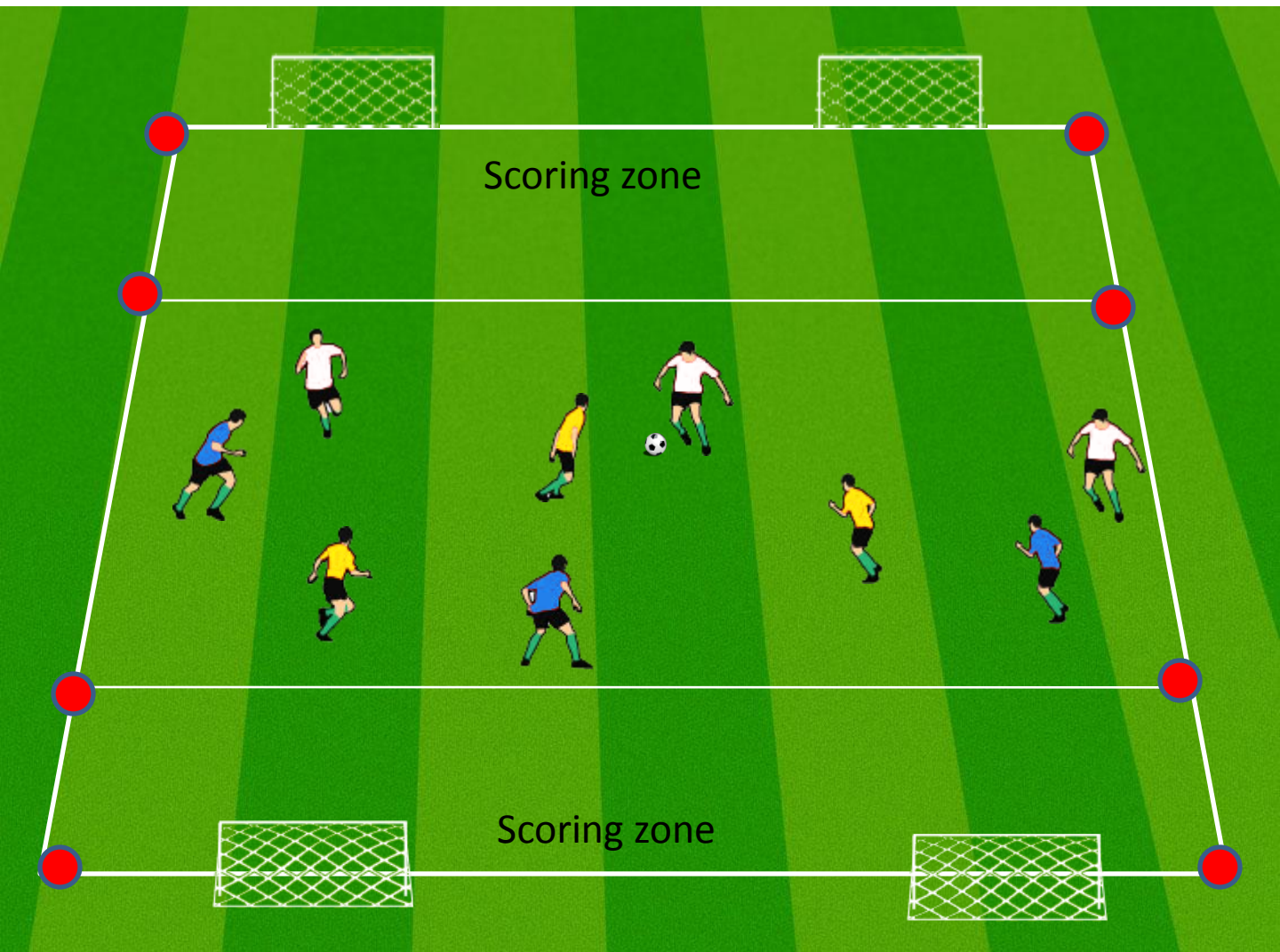
⚽ Progress to changing position with the player when you pass into a corner

3 v 3 + 1



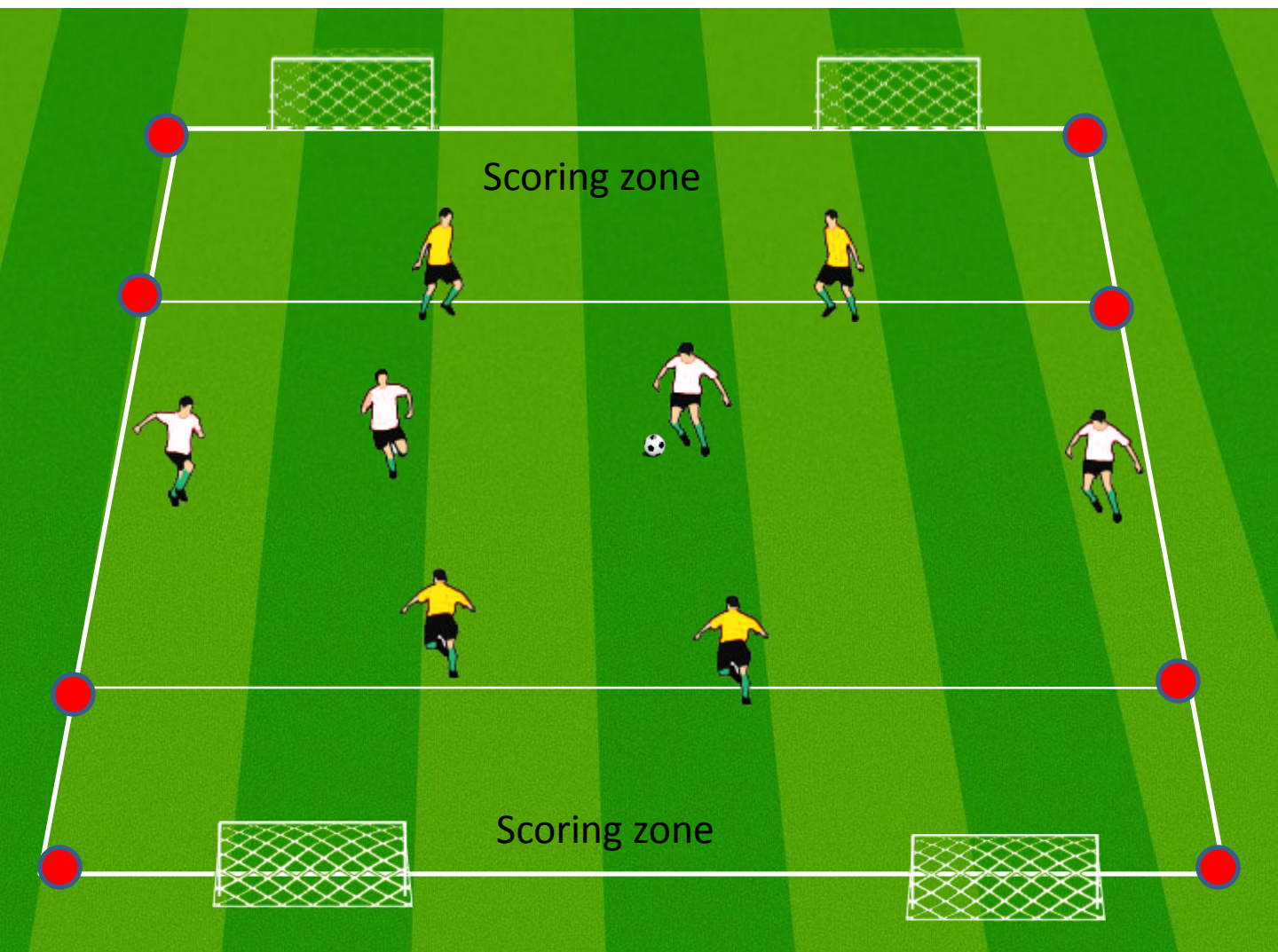
- ⚽ Play 3 v 3 attacking and defending with red middle player playing for both teams when in possession
- ⚽ Use the overload player to build up attacks
- ⚽ Defend as normal with pressure, support and cover as the main defending points
- ⚽ Attackers look for combination plays to score in scoring zones
- ⚽ The dynamics of the games works on transitioning and fitness and demands on the players can be intense at times

3 v 3 + 3 transition



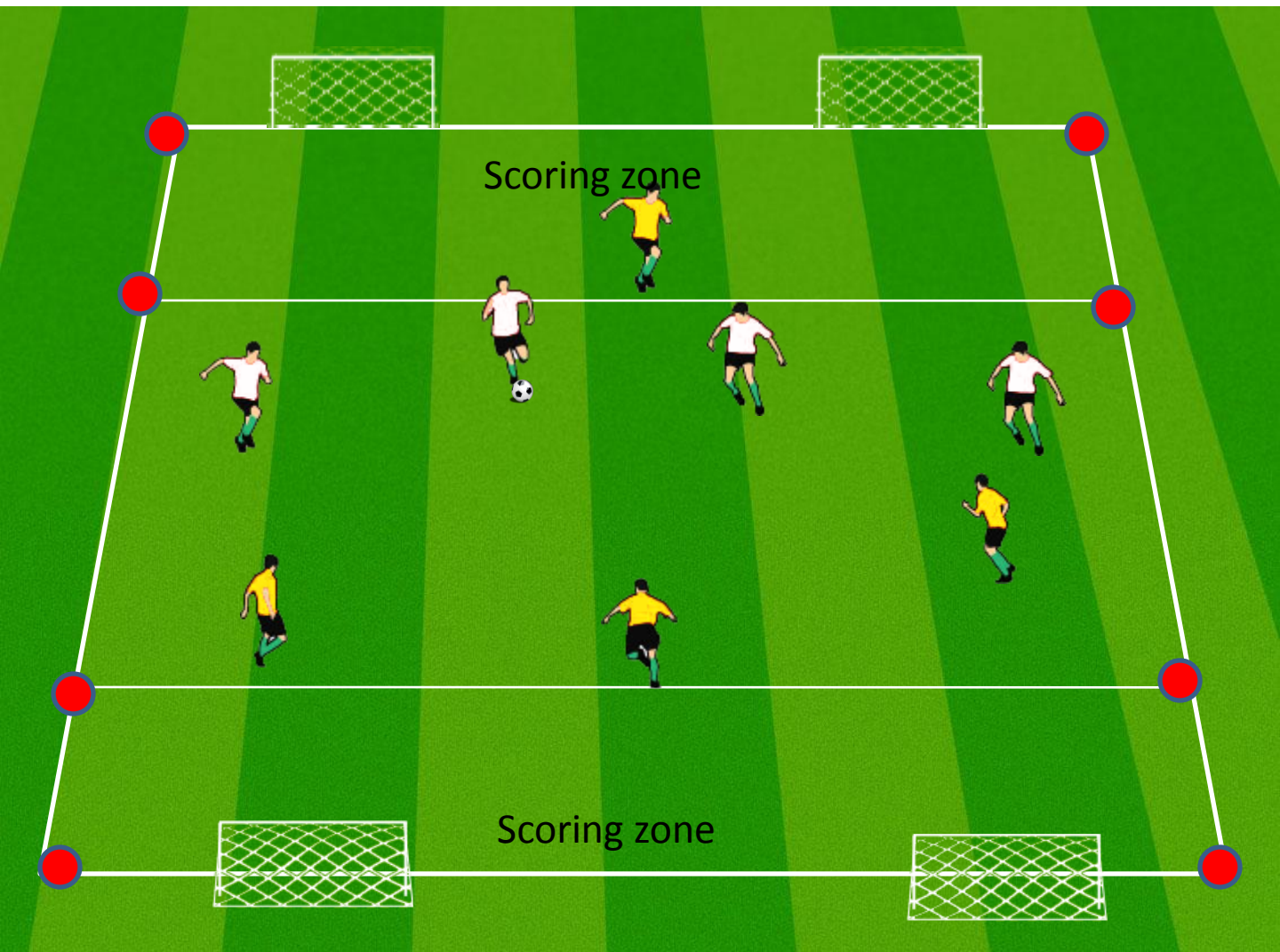
- ⚽ Start with whites and blues v green
- ⚽ Play 2 teams v 1
- ⚽ The team that losses the ball goes in the middle
- ⚽ Establish shape early after transition
- ⚽ Concentrate on 1st touch
- ⚽ Good accurate passes
- ⚽ Keep width & depth while maintaining possession

4 v 2 both ways



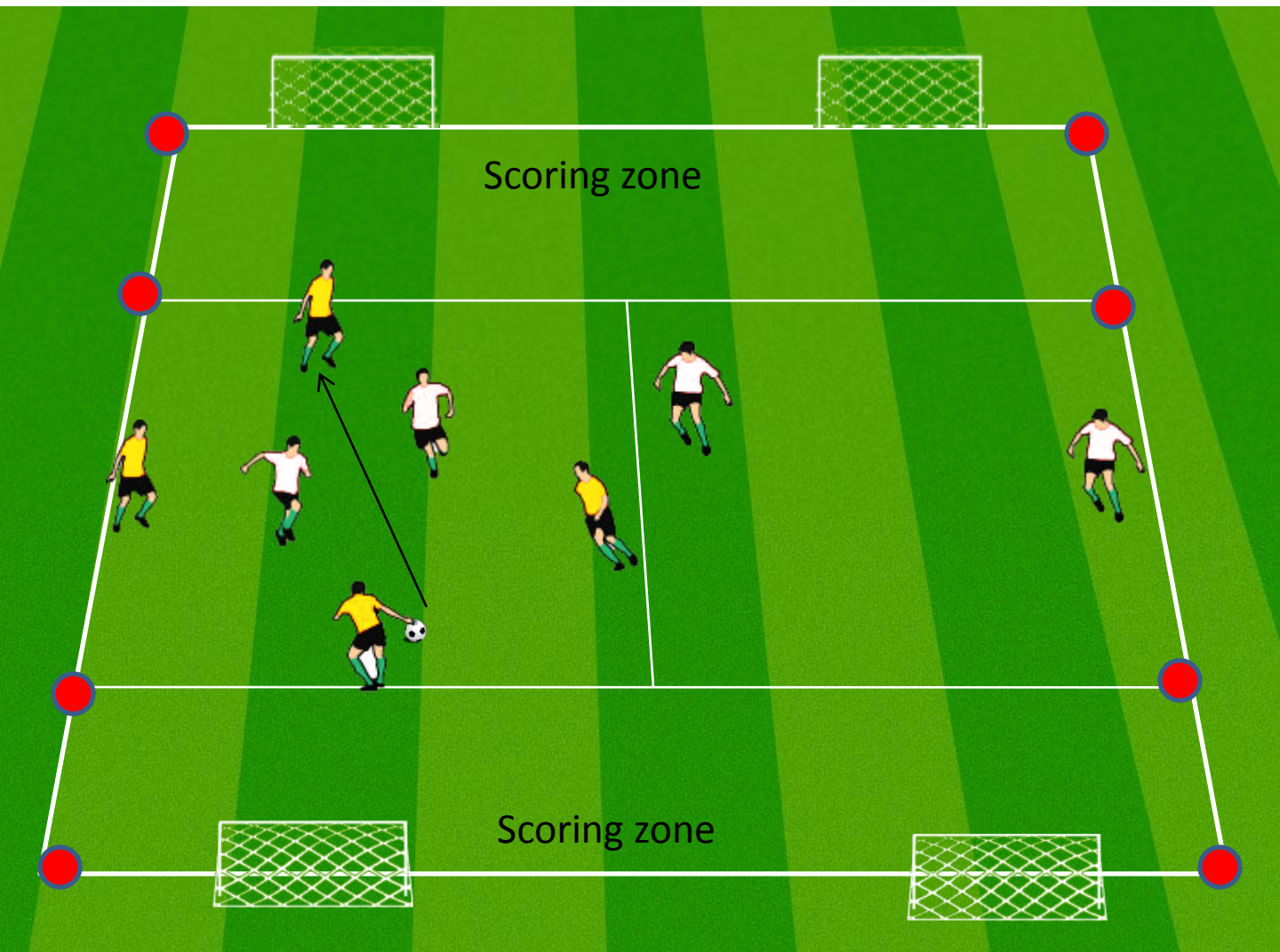
- ⚽ Whites attack 2 yellows at each end for 8 attempts
- ⚽ Defenders at each end to work on pressure , support and cover
- ⚽ Defenders need to communicate with each other
- ⚽ Attackers need to use various combination plays to break thru the lines
- ⚽ All players to make clever decisions in defending and attacking
- ⚽ Rotate 2 teams
- ⚽ The dynamics of the games works on transitioning and fitness and demands on the players can be intense at times

4 v 3 attack v defence



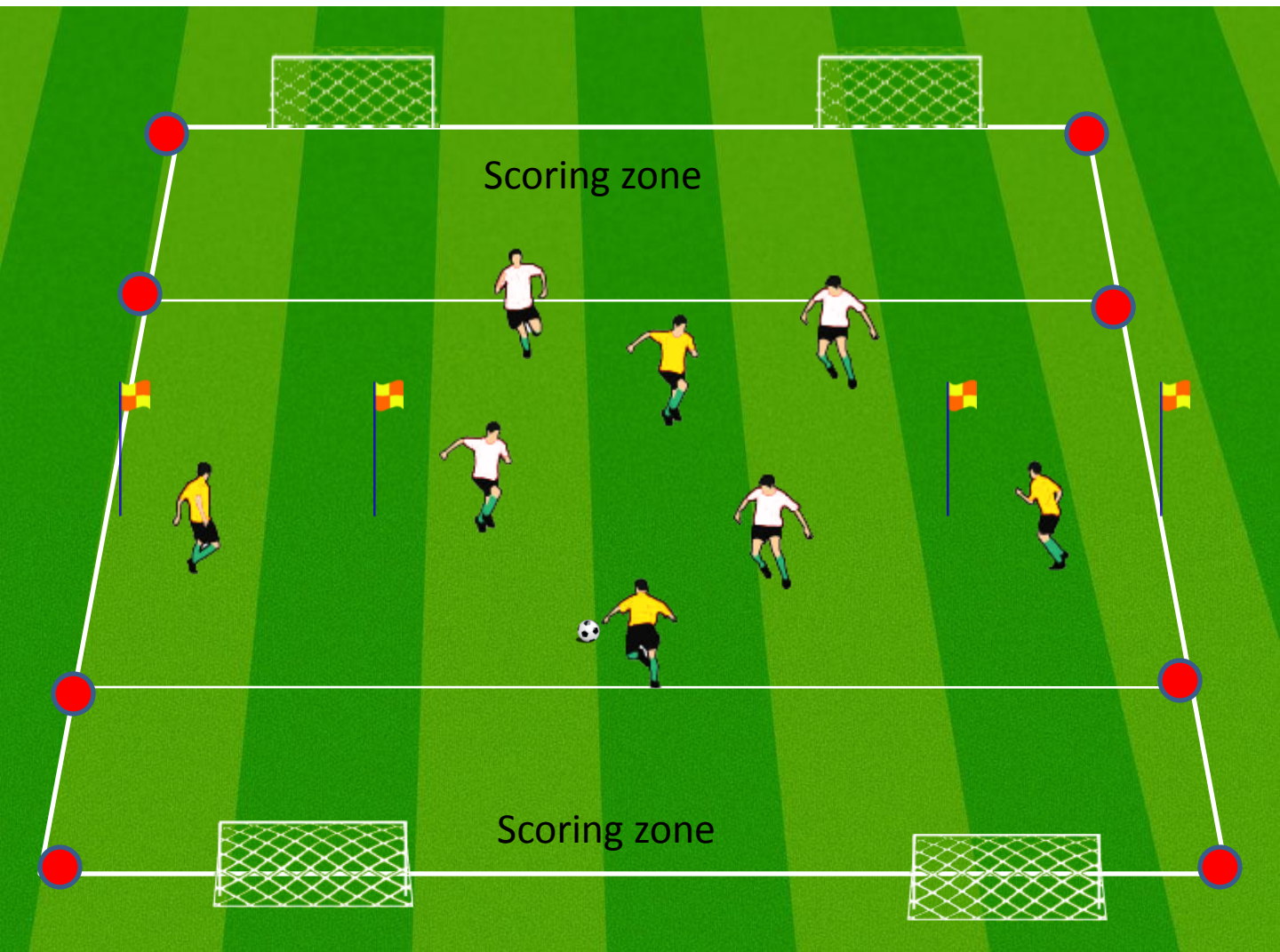
- ⚽ Whites attack yellows for 6-8 attempts
- ⚽ Yellow defenders have a chance to win the ball and counter attack with 1 striker in other scoring zone
- ⚽ Good perception and decision making ability is required from all the players
- ⚽ Rotate players and teams
- ⚽ Attackers have the numerical advantage, they should learn how to exploit their advantage and finish with a shot on goal

4 v 2 split defenders



- ⚽ 4 yellows work together on the inside of the grid against the 2 defenders
- ⚽ The four yellow players keep possession and make intelligent decisions with their passing
- ⚽ The yellow team scores a point when the ball is passed between two defenders (SPLIT) and is received by their teammate across the grid
- ⚽ If white defenders win the ball they transfer it to the other grid and creating a 4 v 2 in their favour
- ⚽ You can also start the practice with the 4 yellows standing outside the grid with the defenders inside the grid- depending on the intelligence of the players

4 v 4 playing wide



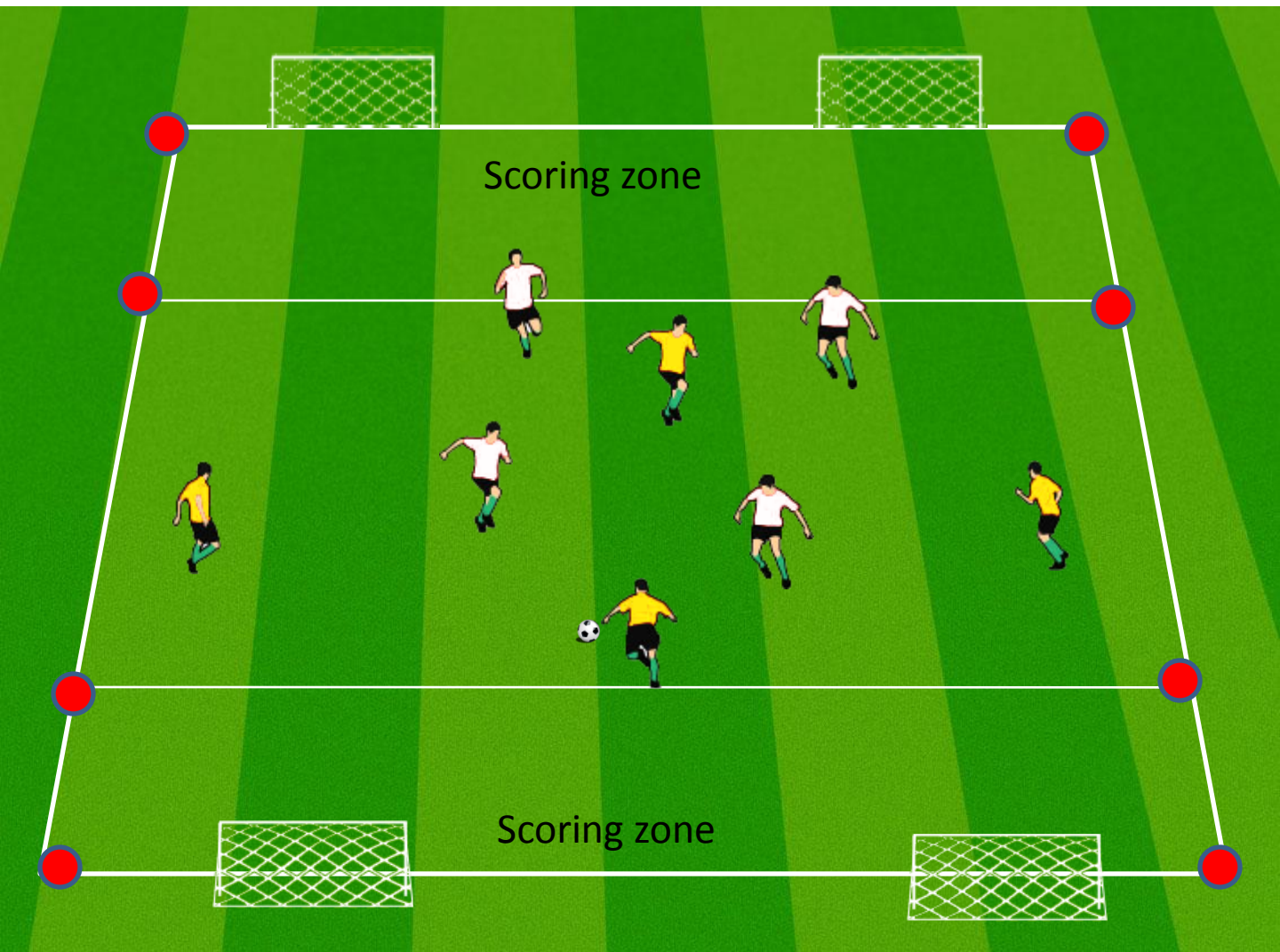
⚽ Goals can only be scored when the ball is won in the back half of the field and played wide through the flags located in wide channels.

⚽ Players are not allowed to go forward unless it is passed or dribbled through the channel first.

⚽ These channels will help players build up play from the defensive third

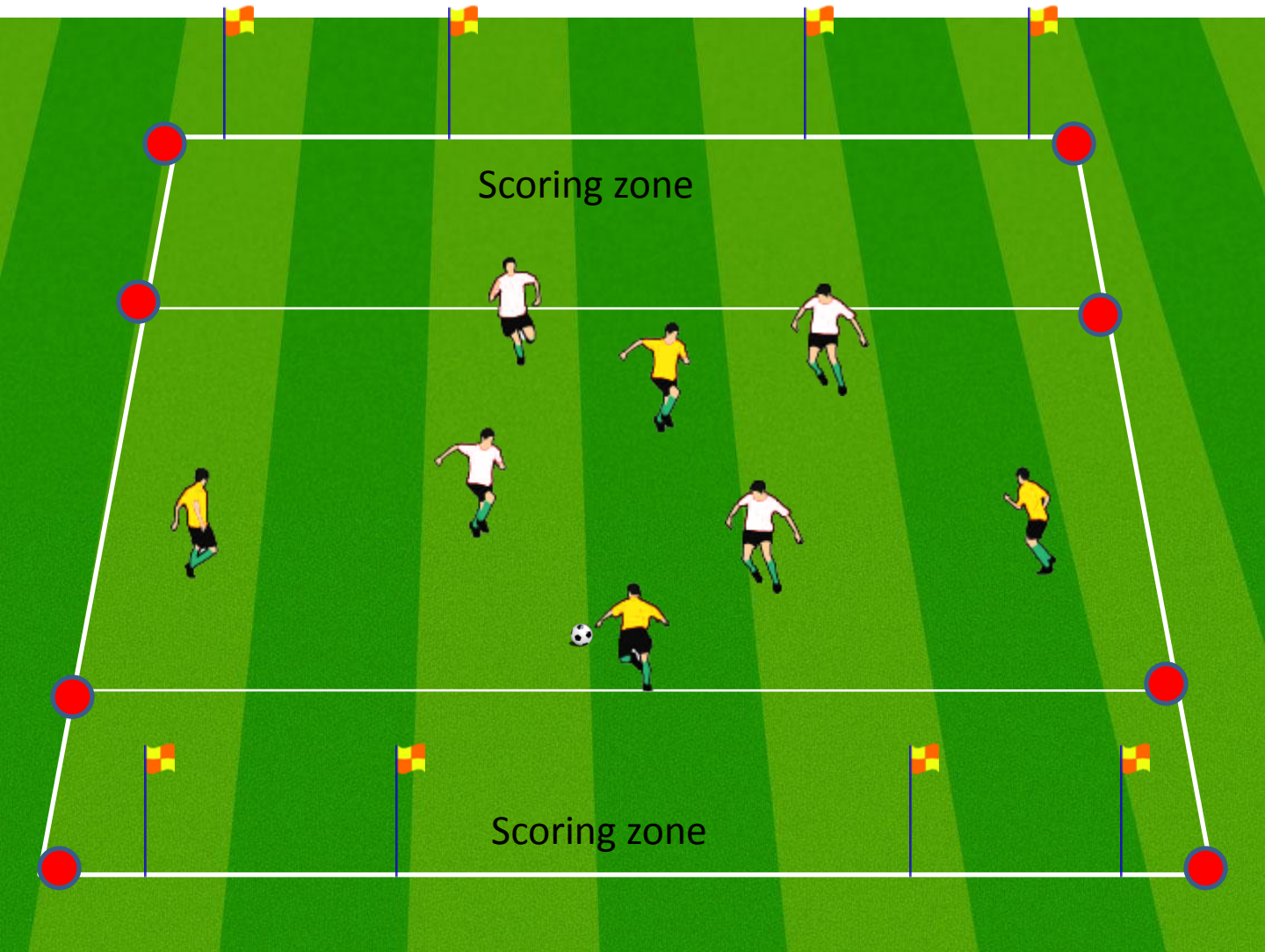
⚽ Players should be thinking a step ahead of the play

4 v 4 thru pass



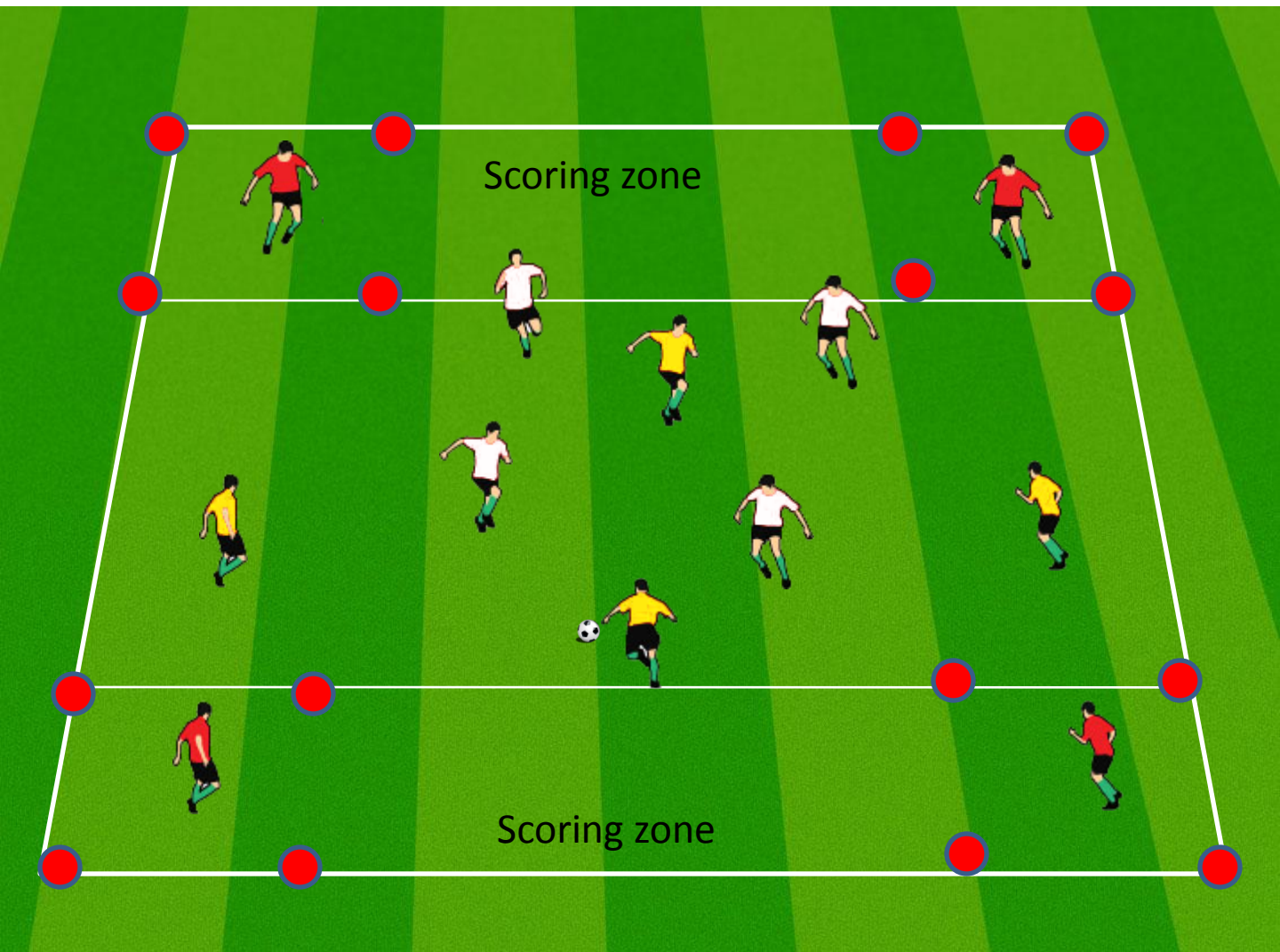
- ⚽ Goals can only be scored when the ball is played with a thru pass into the scoring zone and then finished by a teammate 1 or 2 touch
- ⚽ Players look for opportunities to split defenders with passes
- ⚽ Players look to improve their perception and decision making ability
- ⚽ Players should be thinking a step ahead of the play

4 v 4 dribble over end line



- ⚽ Goals can only be scored when the ball is dribbled over the end lines or thru wide gates
- ⚽ Players need to beat defenders when opportunities arise
- ⚽ Players look to improve their perception and decision making ability
- ⚽ Players to keep their eyes up when dribbling to look at all options
- ⚽ Players should be thinking a step ahead of the play

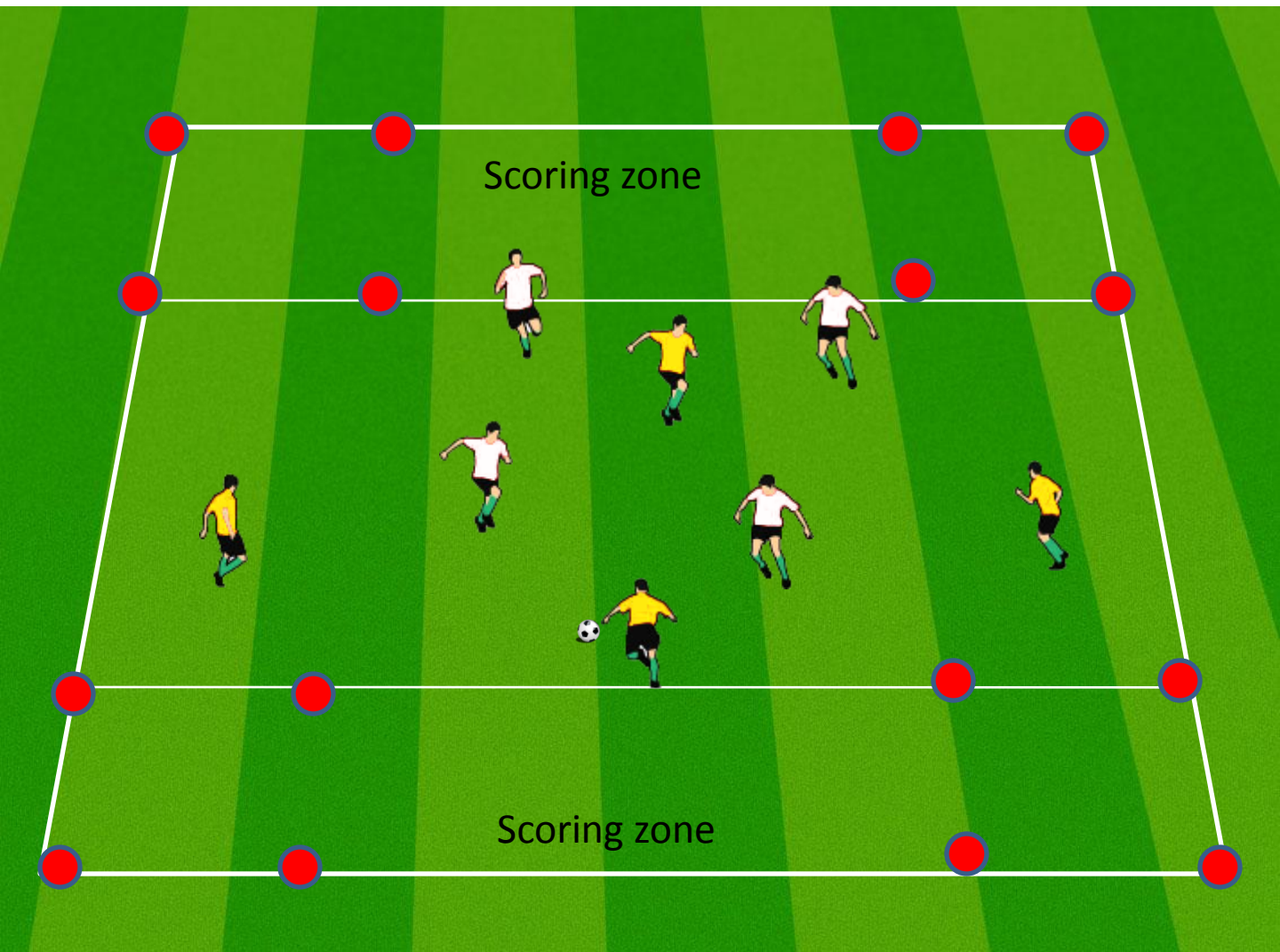
Four corner possession



⚽ 8 v 4 possession game using outside players to keep possession

⚽ Players pass among their team to keep possession while attempting to score a point by passing the ball to a teammate that is inside one of the smaller grids. The teams can score in any of the corners, however, they cannot score in the same corner twice in a row.

Four corner thru pass



⚽ 4 v 4 possession game

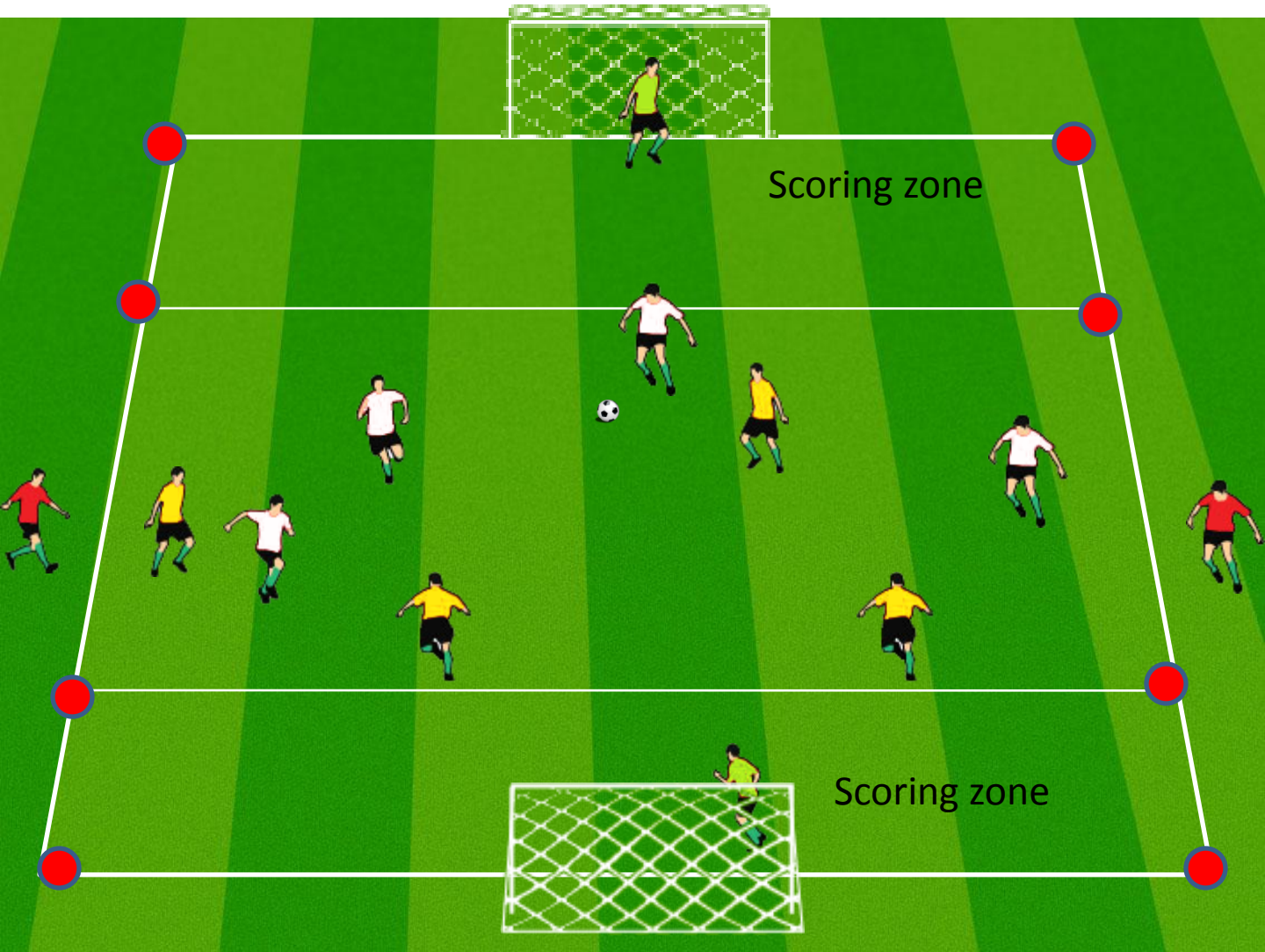
⚽ Players pass among their team to keep possession while attempting to score a point with a thru pass to a teammate who is timing a run into any corner

⚽ Focus on the weight and accuracy of the passing

⚽ Make sure players without the ball are supporting the player with the ball at all times

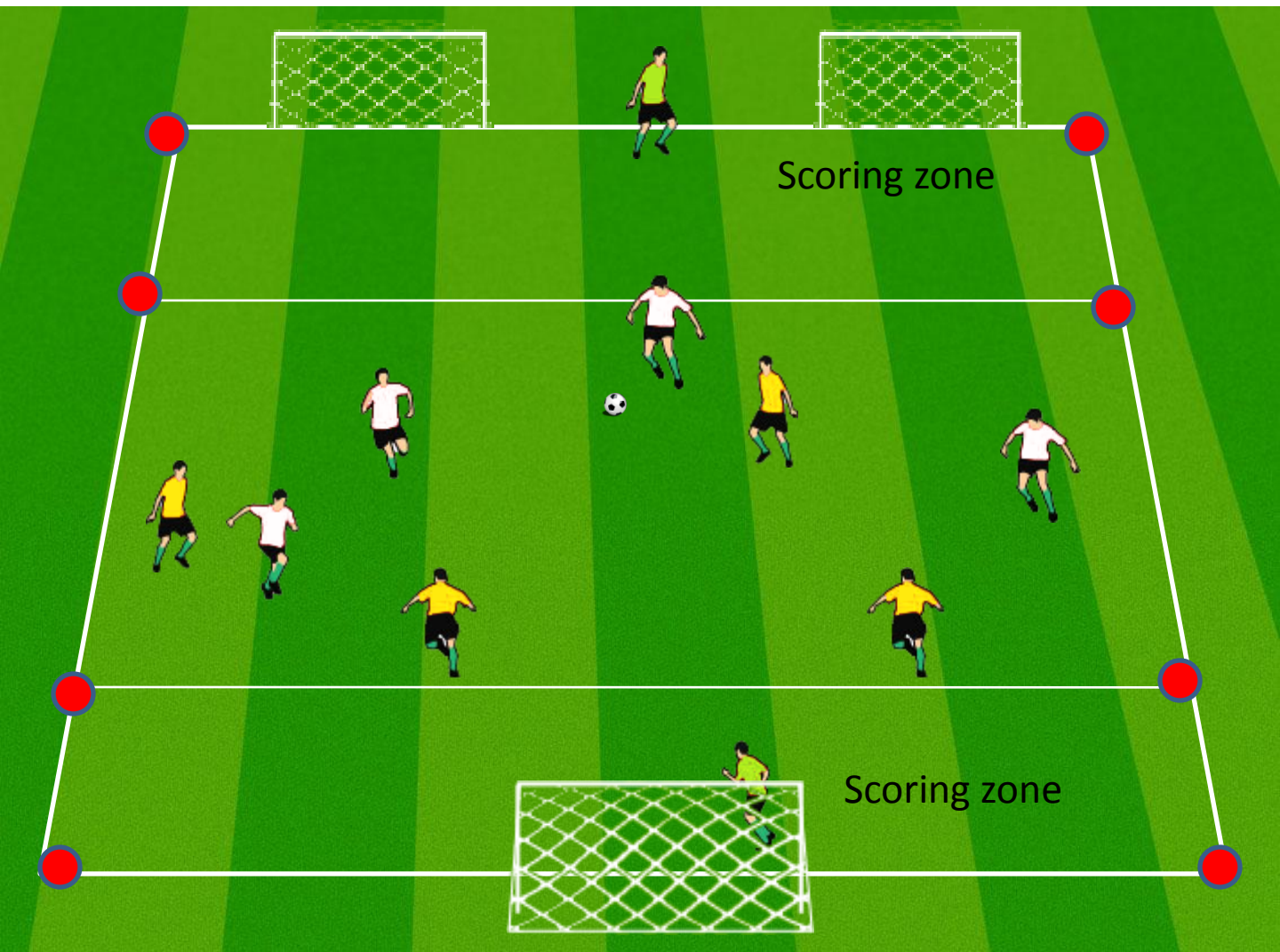
⚽ Make sure the timing of the runs and timing of the pass are in sync.

4 v 4 with wingers



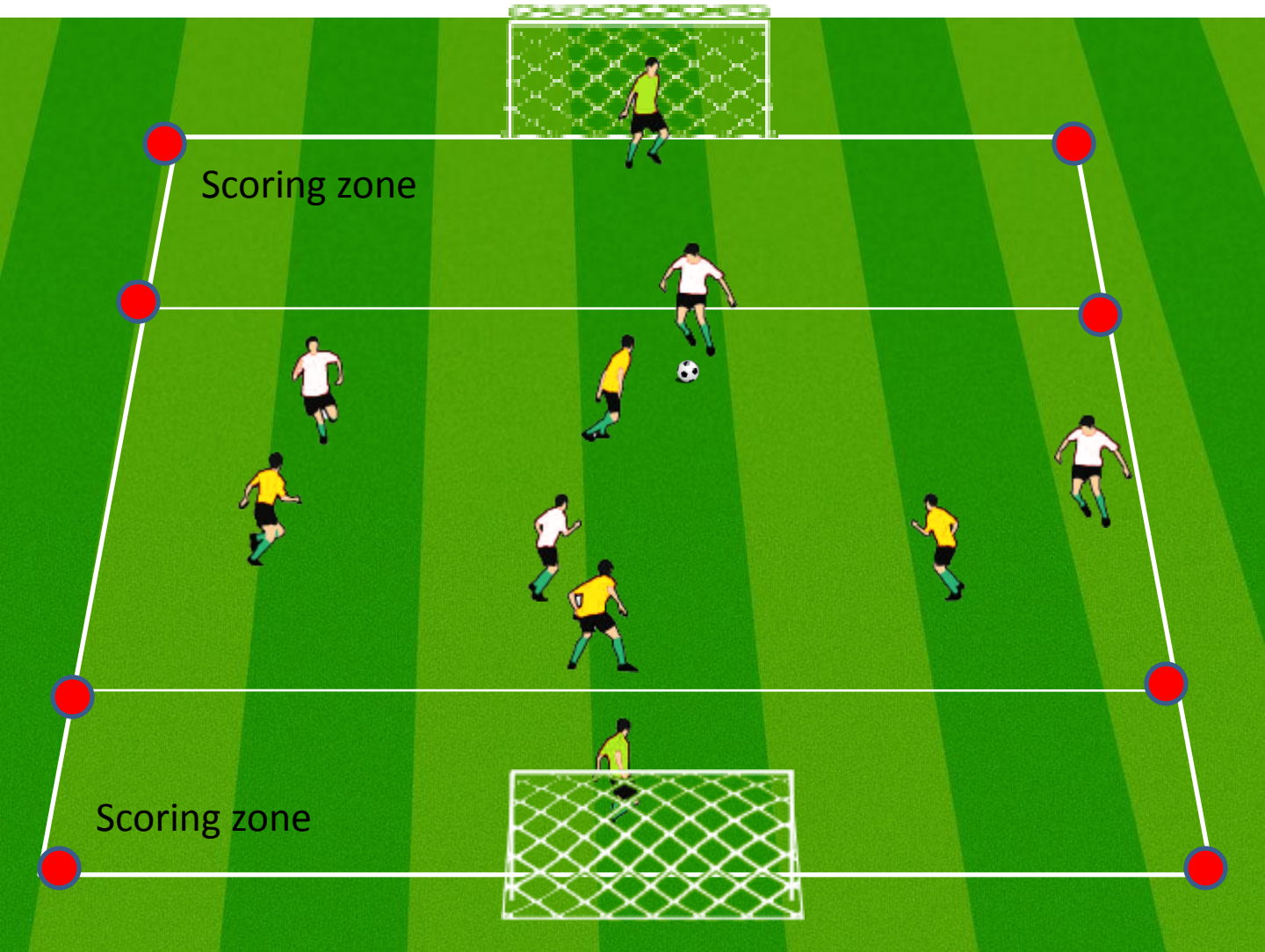
- ⚽ Players play 4 v 4 in the middle with wide players playing for both teams in the flank
- ⚽ Encourage players to pass wide so as to create crossing opportunities
- ⚽ Wide players have a total of three touches
- ⚽ The free wide players will help us get more crosses into the game
- ⚽ Encourage positive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

4 v 4 attacking on separate goals



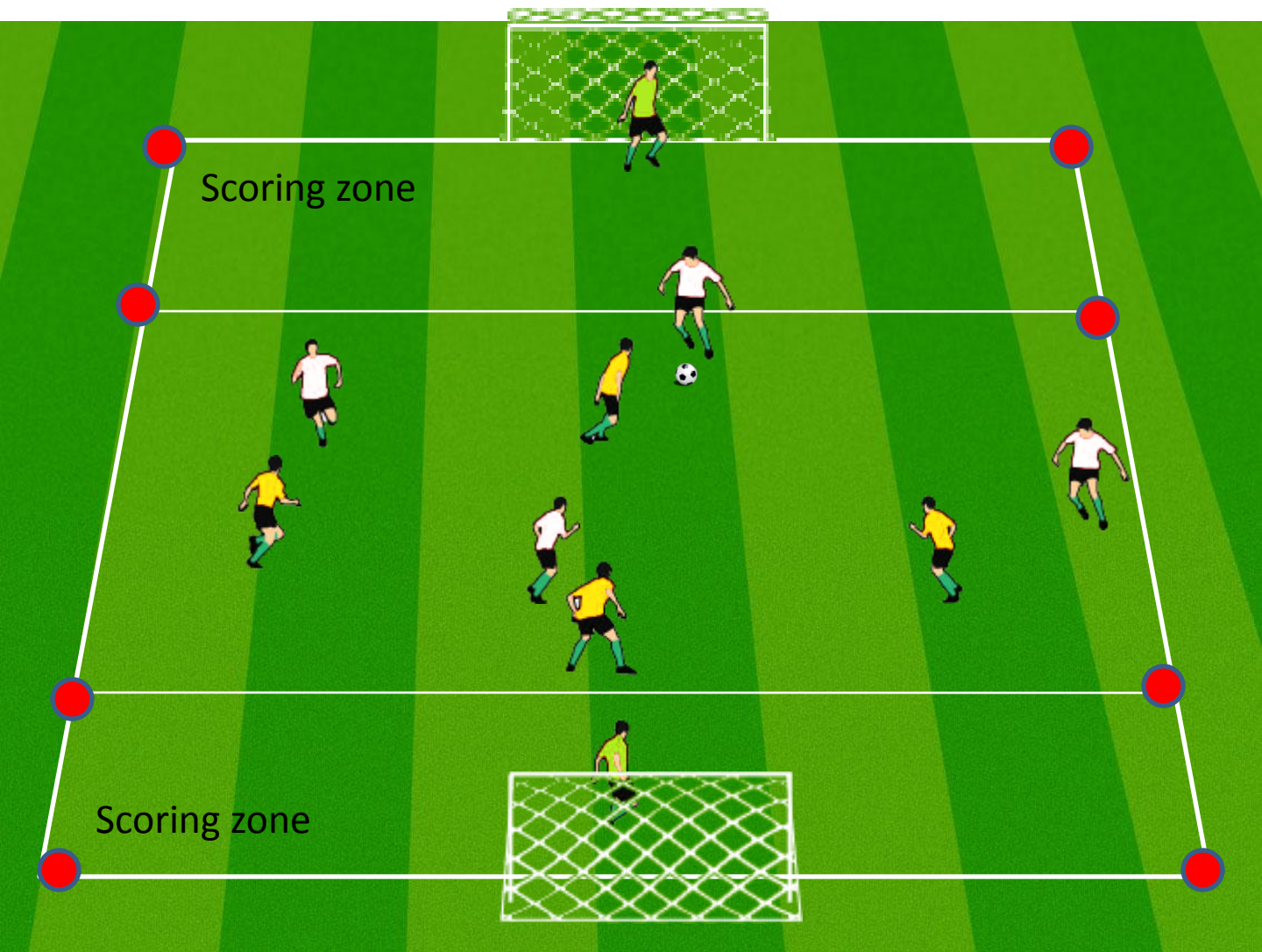
- ⚽ Players play 4 v 4 attacking on 1 main goal and then on 2 smaller wide goals
- ⚽ Keepers can rotate every 4 mins
- ⚽ Play quick combination plays on main goal
- ⚽ Look to build up play on 2 wide goals

4 v 4 + 2 neutrals players



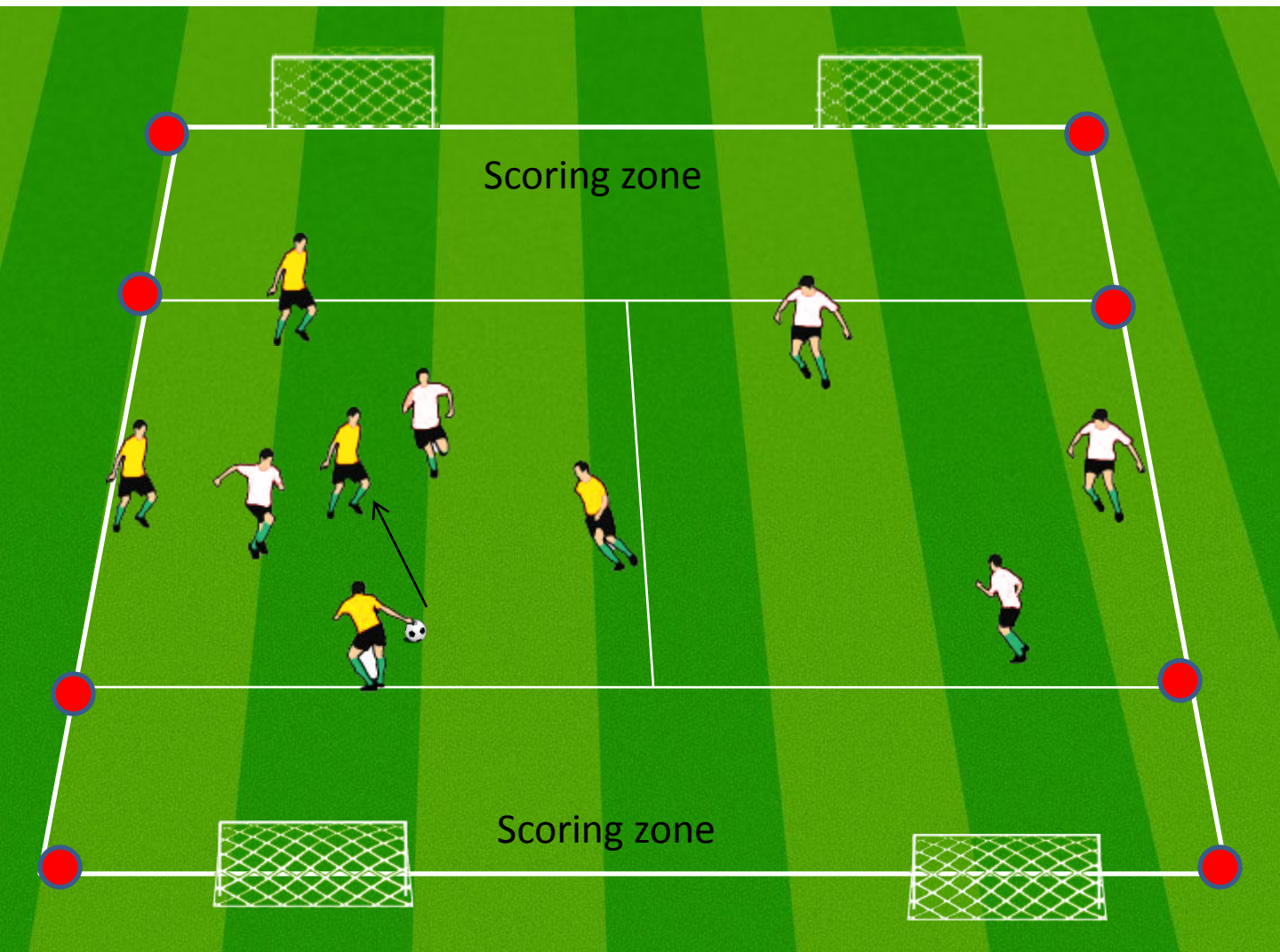
- ⚽ Play 4 v 4 + 2 pass and move game
- ⚽ Overload the attacking phase with extra 2 players
- ⚽ Encourage attacking team to use combination plays to score
- ⚽ Defending team concentrate on principles of defence
- ⚽ Players to make right decisions in attack and defence

4 v 4 game



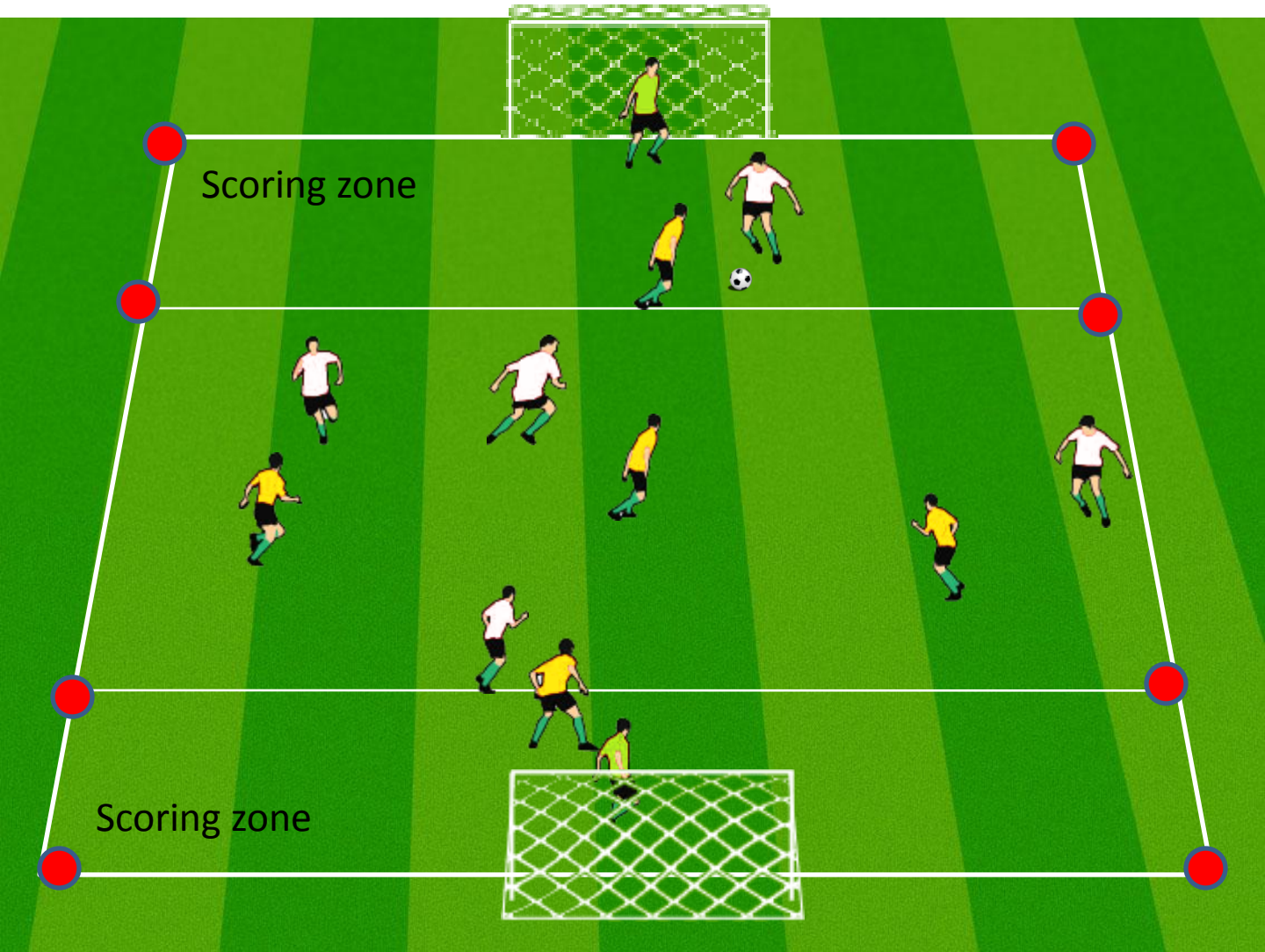
- ⚽ Play 4 v 4 pass and move game
- ⚽ Let players experiment for a while
- ⚽ The team in possession of the ball should have a different shape (wide and long to give options) to the defending team (short and tight as a group)
- ⚽ Encourage players to sort shape out for their team

5 v 2 with link player



- ⚽ Five players in the grid try to keep the ball away from the two defenders
- ⚽ If the defenders win the ball they transfer a pass back into their teammates
- ⚽ 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

5 v 5 game



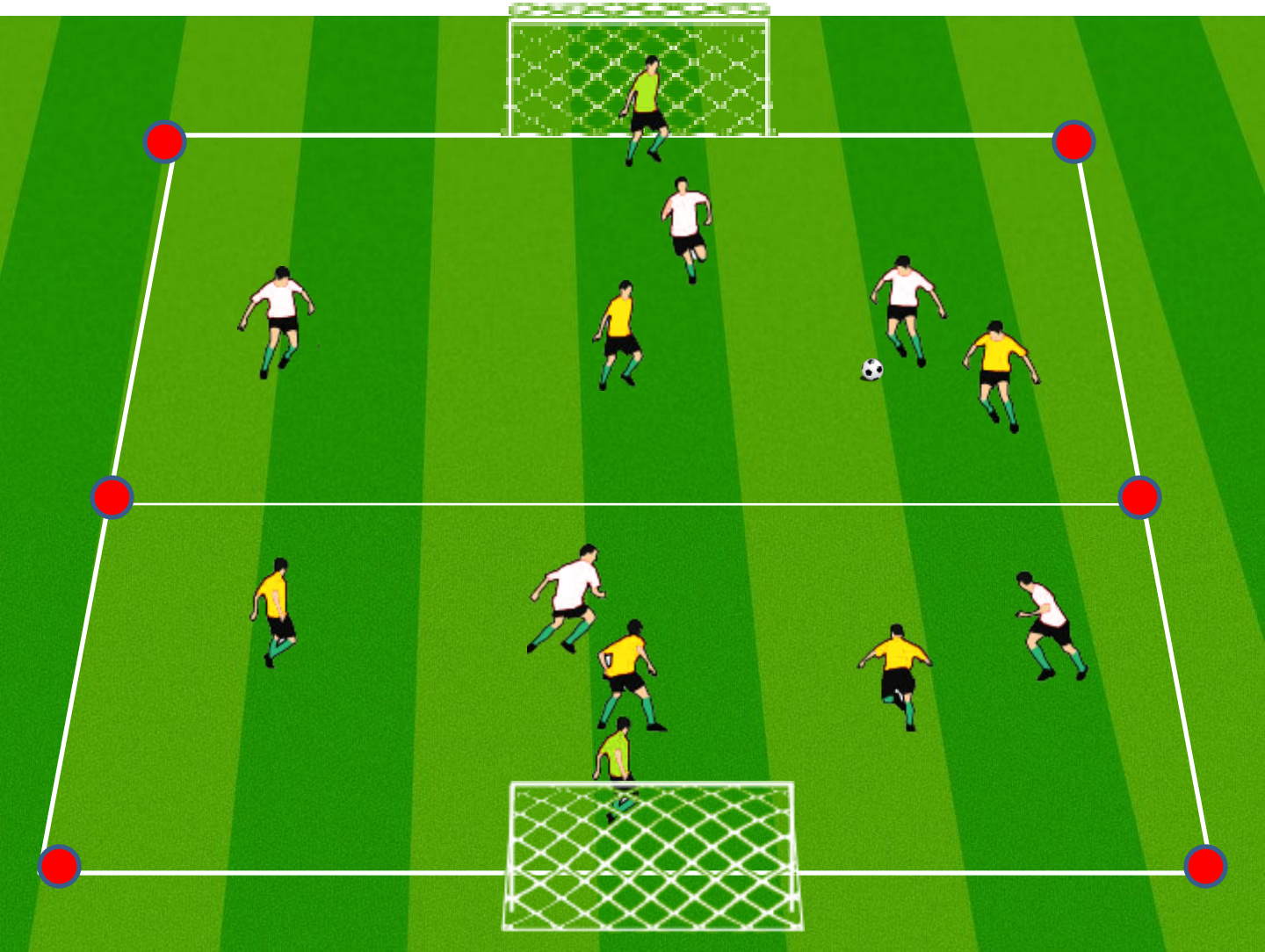
- ⚽ Play 5 v 5 pass and move game
- ⚽ Use midfield link player to build up play
- ⚽ Encourage attacking team to use combination plays to score
- ⚽ Defending team concentrate on principles of defence
- ⚽ Players to make right decisions in attack and defence

Combination play with 1 striker



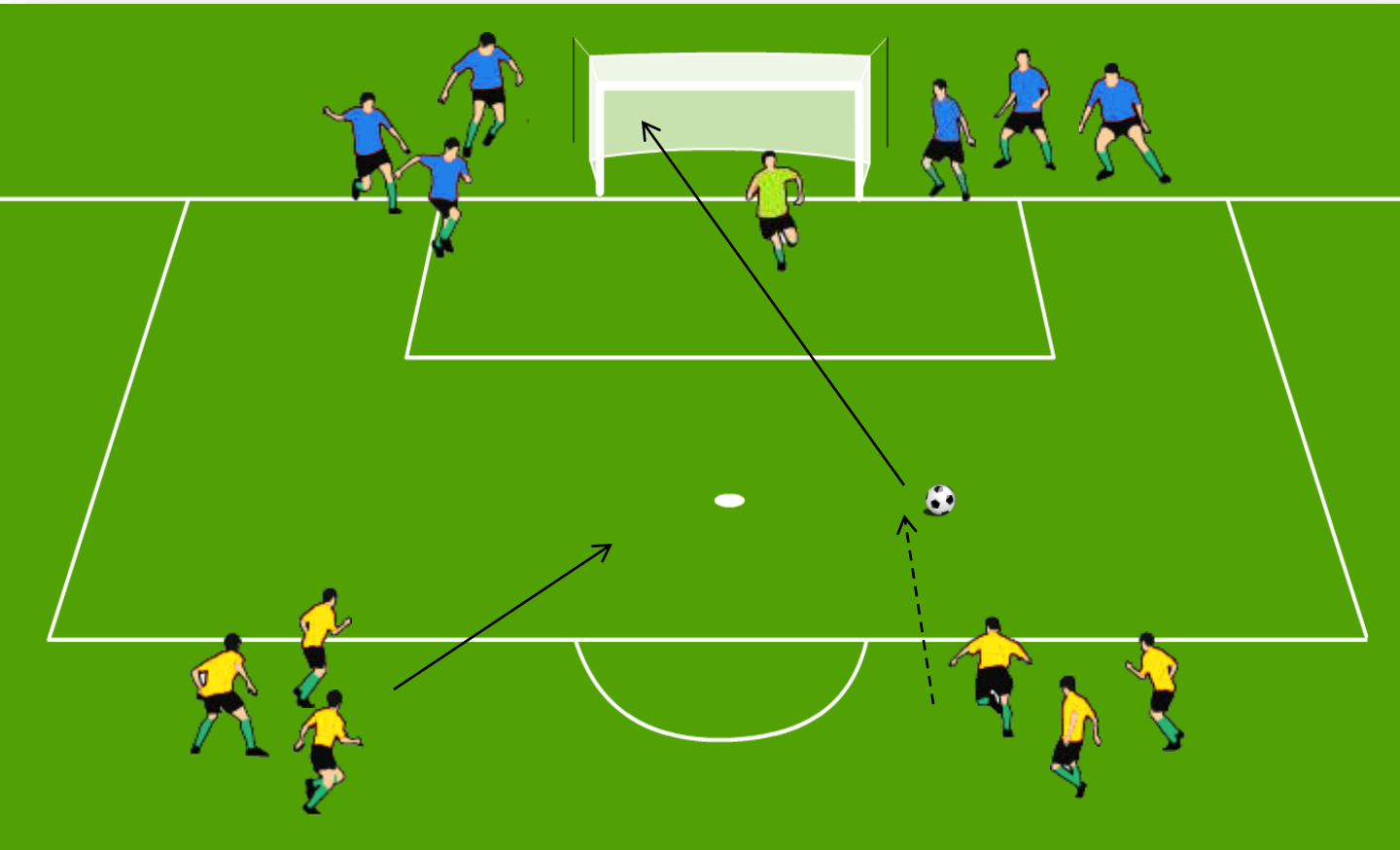
- ⚽ Front men look to score at every opportunity
- ⚽ Play within your own half
- ⚽ Create a 2 v 2 after pass
- ⚽ Encourage players to open up their body position
- ⚽ Use the keeper to create a 3 v 1 in building up
- ⚽ Coach the front man to get behind the defenders and show for the ball late (right time)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

Combination play with 2 strikers



- ⚽ 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 3

Shooting and defending



- ⚽ Make sure the attack is quick, controlled and the player gets the shot off quickly
- ⚽ Put the shot on target even when under pressure.
- ⚽ Dribble with speed
- ⚽ 1st yellow player takes a shot on goal with no pressure
- ⚽ After the shot he becomes a striker and receives a pass from other yellow to create a 2 v 1
- ⚽ Defenders to defend after 1st free shot
- ⚽ Play 3 v 2, 3 v 3 etc

The diagram shows a soccer field with various players in red, blue, and yellow jerseys. A black arrow labeled '1' indicates the ball's path from the bottom left towards the center. A dashed line labeled '2' shows a player's movement path from the bottom right towards the center. A dashed line labeled '3' shows a player's movement path from the center towards the top right. The field is marked with white lines, including the center circle, half-way line, and goal areas. Goals are visible at the top and bottom edges.

- ⚽ 3 yellows link up to pass to wingers first unopposed then against 2 defenders
- ⚽ Make sure the attacking finishers make curved runs to their spots and that their runs are timed to get to the 6-12 yard area as the ball is arriving.
- ⚽ Quick finish with one touch volley, header, or quick turn/shot.
- ⚽ Blues can build up usually 2 wingers to score on the opposite 2 goals

Crossing and finishing phase 2



- ⚽ The outside fullbacks are the only players that are allowed in the lane.
- ⚽ The 4 v 4 game is played in the centre zone and attackers need to earn the right to play to the wide players
- ⚽ The winger will decide whether to cross early or dribble to the end line
- ⚽ The attackers need to frame the goal (i.e. front, middle and back runs)
- ⚽ Rotate teams every 8 attacks
- ⚽ Blues can build up usually 2 wingers to score on the opposite 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 meaningful questions to facilitate this process in other words use **GUIDED DISCOVERY**. Remember that at the U.13 level training should consist of small sided games and some tactical phase of plays. 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.

