



U.11 Guided Discovery Methodologies

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Guided Discovery Coaching U.11

Once we begin to understand the following general characteristics of this age group it will help you plan age appropriate activities for your training sessions. Players at 10, 11 have a lengthened attention span, improved coordination, significant differences between genders, are usually eager to learn, are internally motivated to play and their popularity influences their self-esteem. The Emphasis –should be placed on Individual technical development, group/team activities which encourage decision making. Exposure to as many game like situations as possible during training is paramount. Understanding basic team concepts such as depth, width, balance and individual player responsibilities are improving and should be continually developed through the small sided games formats. Players can be exposed and asked to play in any position. As we go into U.11 some players begin to look effective in certain positions. Having come through a first growth spurt, some players develop physical attributes that allow them to be successful in some areas of the field. One example is the child who gains height, suddenly becoming the number one choice for goalkeeper. As he/she is able to stop the high shots, which at U11 is how a large amount of goals are scored. The U.11 player is in the “golden age of learning,” finding an environment that prioritises player development and focuses on teaching excellent soccer technique is paramount. Furthermore, during the U.11 age the team coach is often the most important element in this environment. The 10,11-year-old player is still emotionally dependent upon his /her parents. As such, parents maintain the status of a role-model figure. Healthy nutritional choices and an active lifestyle are very often reflected in children's choices of food and activities. Players between 9 to 11 years of age are generally less egocentric than when they were younger and as such should find gratification and pleasure helping others.

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 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?
- ⚽ 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 knew;
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 for 10 & 11yrs

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. Coaching at this age level is a challenge because many of the players view themselves as real soccer players, while others are at the point where it is not as much fun as it used to be because they feel that their lack of skill development does not enable them to have an impact on the game. They see their skillful friends able to do magical things with the ball and since they can not do this themselves, they start to drop out. Our challenge then, if the players are willing, is to keep all of the players engaged, involved, and make them feel important. Technique still needs to be the primary focus of training and players need to be put into environments where they are under pressure so that they learn how to use their skills in a variety of contexts. 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 from the back".) Training is now best if it focuses on one, perhaps two topics a session. Activities should be geared to progressing from fundamental activities that have little or no pressure from an opponent to activities that are game like in their intensity and pressure. Small sided soccer can be used to heighten intensity and create some good competition. Play 4v.4 up to 8v.8. Be creative. Play with 4 goals, or 2 balls. Play with or without boundaries.

Target by end of Eleven Years

Technical

- ⚽ They will be able to strike the ball with control with their stronger foot and be prepared to use their other foot when appropriate
- ⚽ They will be able to control the ball off with a number of body surfaces
- ⚽ They will have started to head the ball during play
- ⚽ They will be competent in one and two touch passing
- ⚽ They will be able to tackle properly with both feet

Tactical

- ⚽ They will be introduced to team shape for eleven a side football
- ⚽ They will begin to understand positional play
- ⚽ They will learn how to play in possession and without the ball
- ⚽ They will understand offside

Awareness

- ⚽ They will understand distance and angle of support
- ⚽ They will be able to keep possession for a number of passes
- ⚽ They will have learnt to change the direction of play
- ⚽ They will understand the need to cover their team mates in defensive situations
- ⚽ They will love the game and be introduced to competition

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 in the U.11 age group is to be a patient and motivating teacher. At this level in addition to understanding technique, coaches should be able to provide environments conducive to problem solving or decision making by the players utilising **Guided Discovery** methodologies. Play a variety 1 v 1 up to 7 v 7 games to maximise game intelligence.



Principles of Play U.11

Basic Attacking U.11

- ⚽ Penetration
- ⚽ Support
- ⚽ Mobility
- ⚽ Width
- ⚽ Depth
- ⚽ Improvisation
- ⚽ Technique

Basic Defending U.11

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

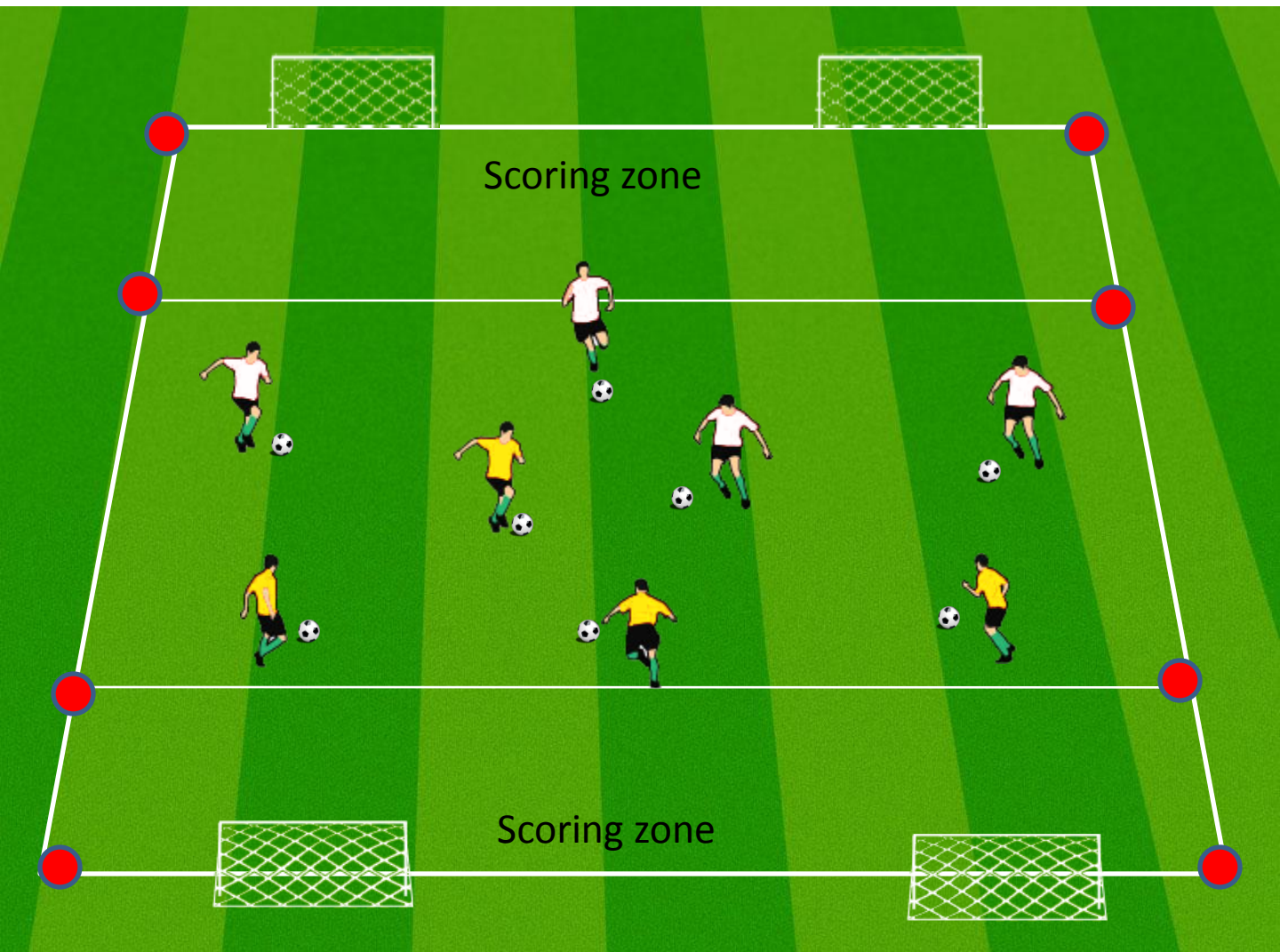
The Attacking principles that we focus on at this age group are:

- ⚽ Penetration
- ⚽ Support play
- ⚽ Improvisation
- ⚽ Technique

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

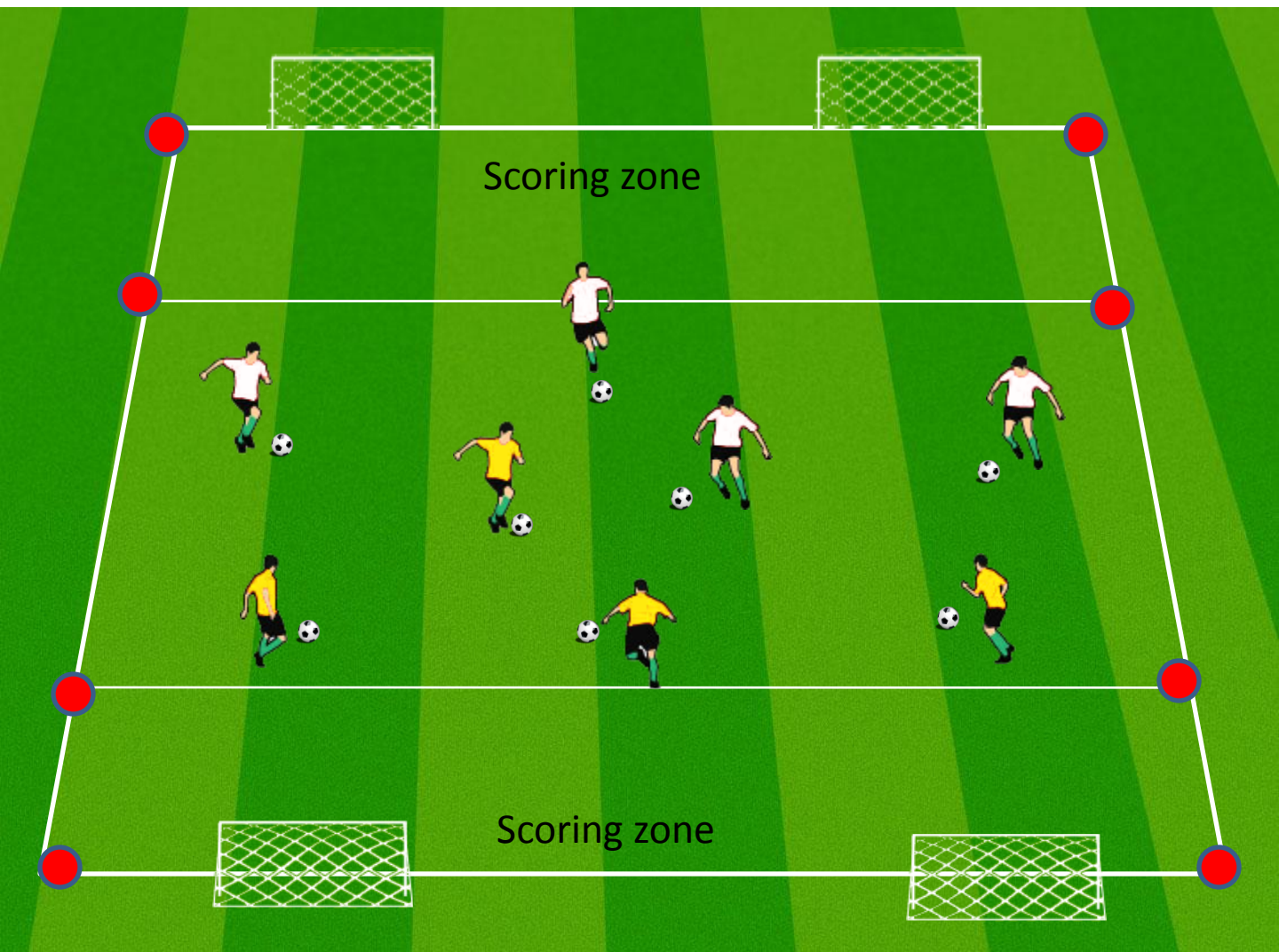
- ⚽ 1 v 1, 2 v 2, 3 v 3, 4 v 4 defence
- ⚽ Recovery
- ⚽ Pressure
- ⚽ Cover

Dribbling



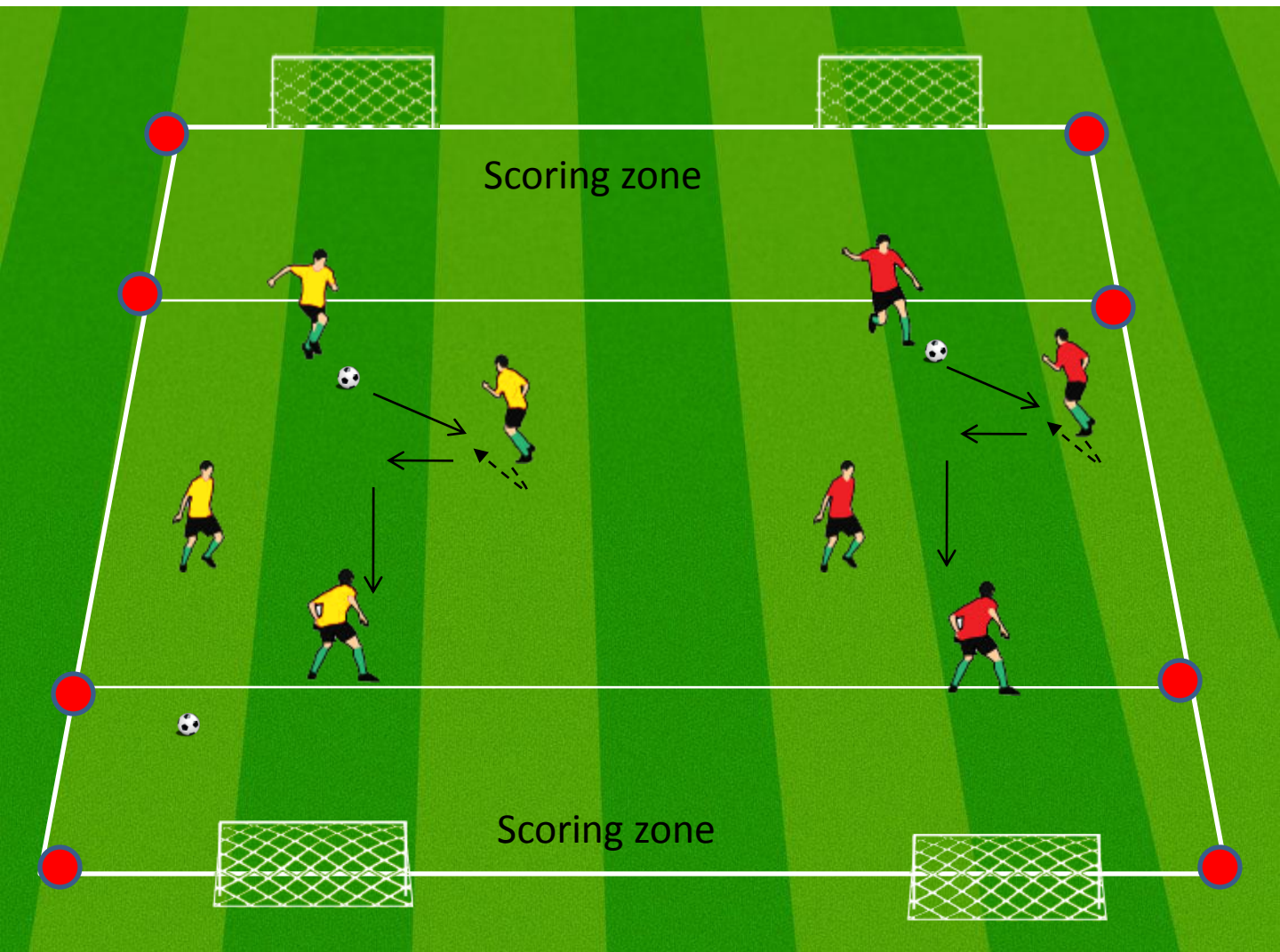
- ⚽ Dribble with your head up
- ⚽ On signal change direction
- ⚽ Half turns with change of pace, sole of foot chop etc.
- ⚽ Prior to turning check who is behind you (always look before you turn)
- ⚽ Dribble around flick ball up and dribble around again
- ⚽ Pressure causes decisions to change
- ⚽ Be creative on the dribble, try things

Fast Foot work



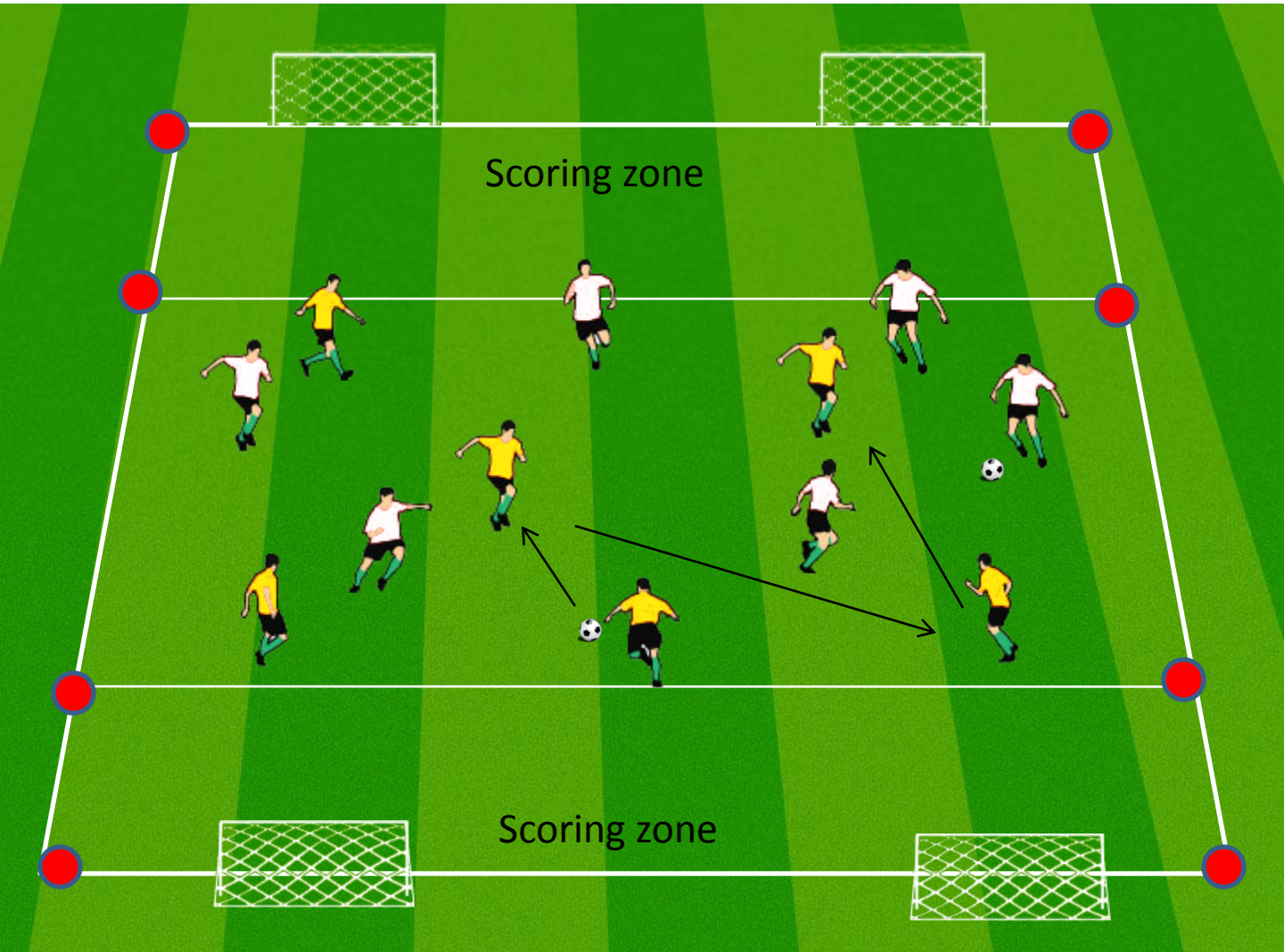
- ⚽ Start with toe tapping on the ball and a quarter turn
- ⚽ Use both feet all times
- ⚽ Inside of feet quick touches and quarter turn
- ⚽ Touch your ball, then change places with your team mate
- ⚽ See how many balls you can touch in a minute

Passing in groups of 4



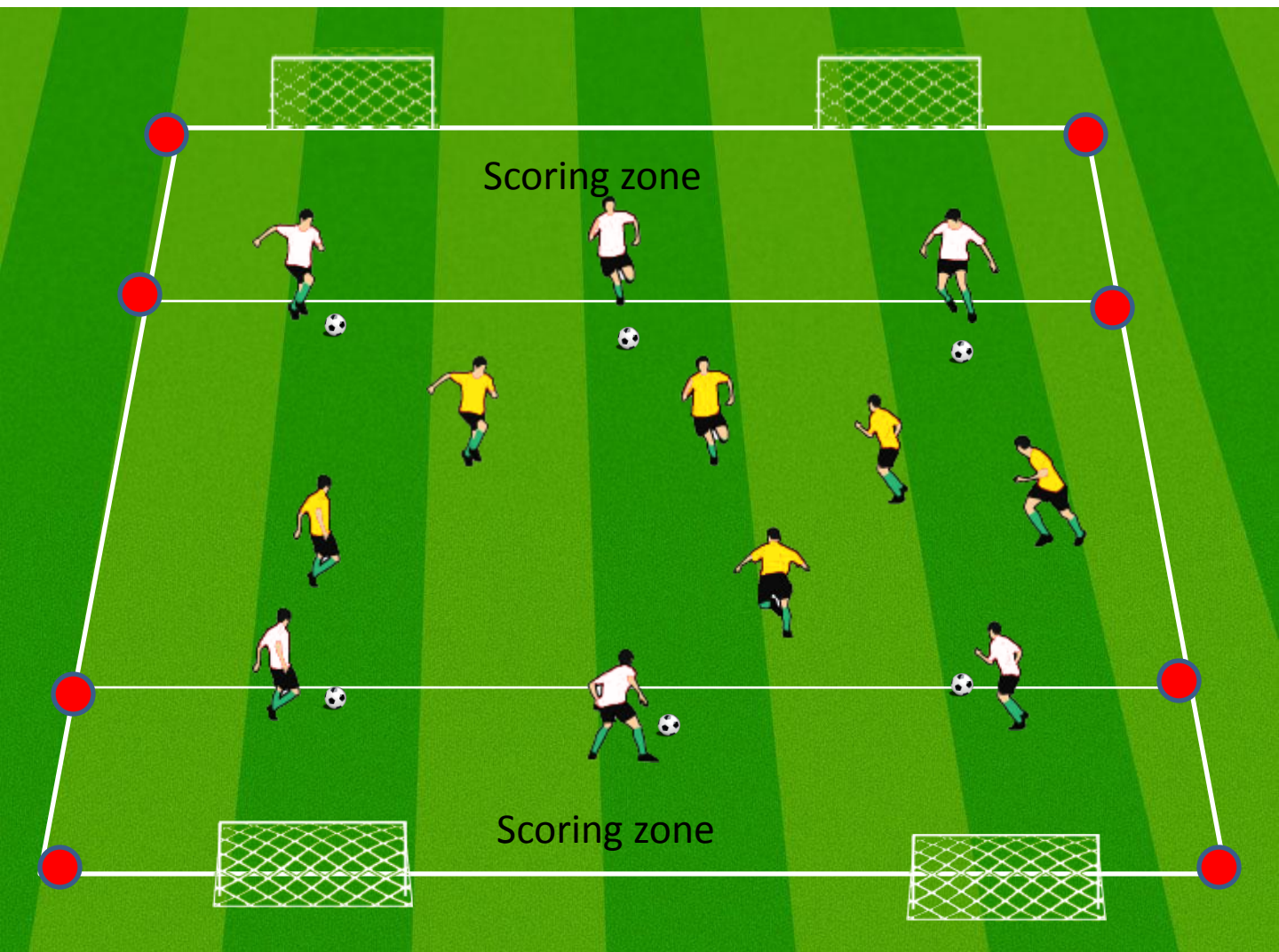
- ⚽ 1-2 with a forward pass
- ⚽ Play 1-2 with player and then thru pass to other side
- ⚽ After pass change places
- ⚽ Concentrate on passing techniques and preparation touches
- ⚽ Use both feet
- ⚽ Repeat exercise both ways

Passing by numbers



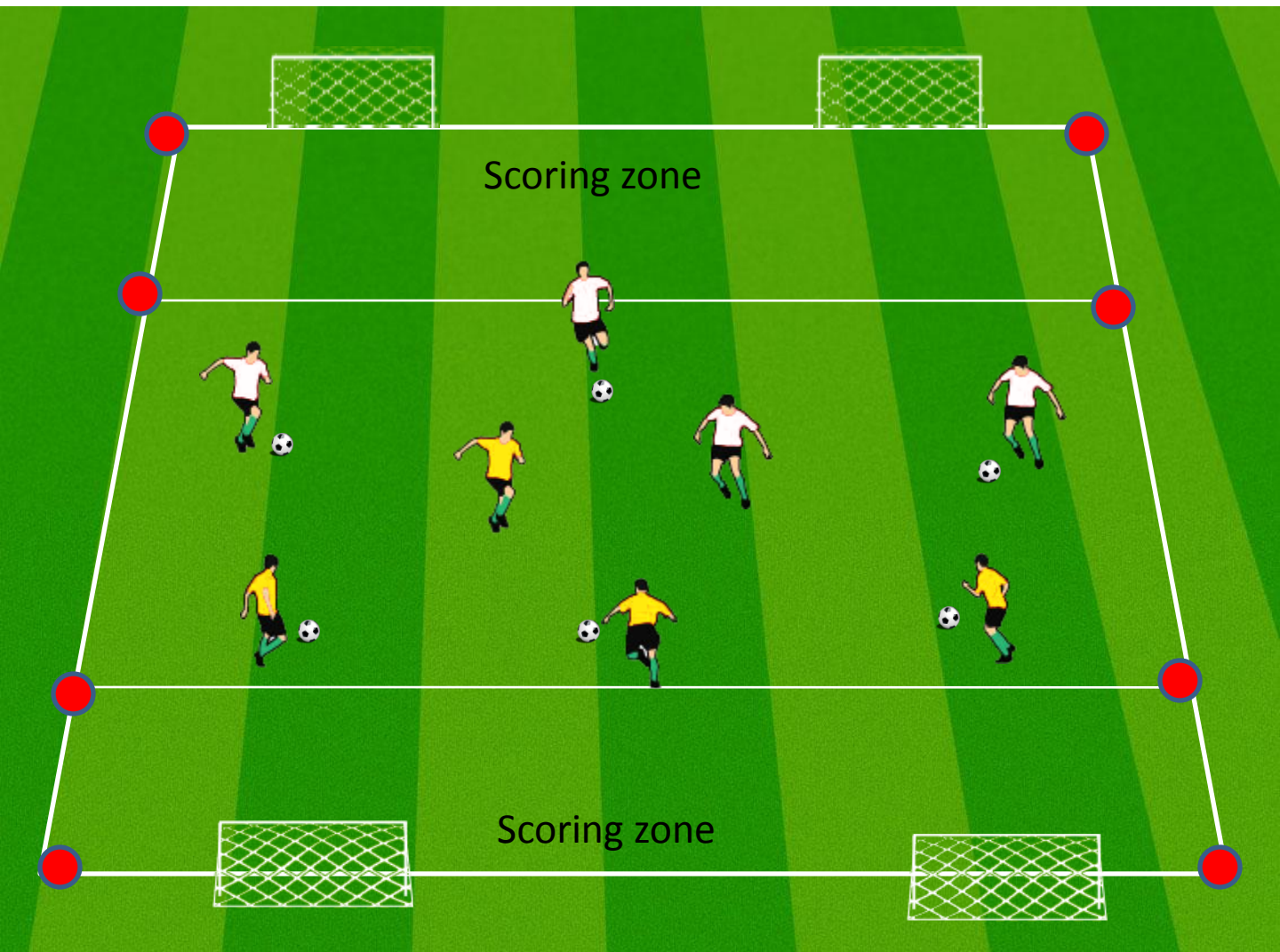
- ⚽ Two teams number themselves 1 – 6
- ⚽ This drill will get kids to think ahead and communicate with each other
- ⚽ Ball starts with number 1 who passes to 2 and so on. When 6 gets it he passes back to 1.
- ⚽ Check out the body position of the player who has the ball and next player to get in his line of sight

Spin turns for 1st touch



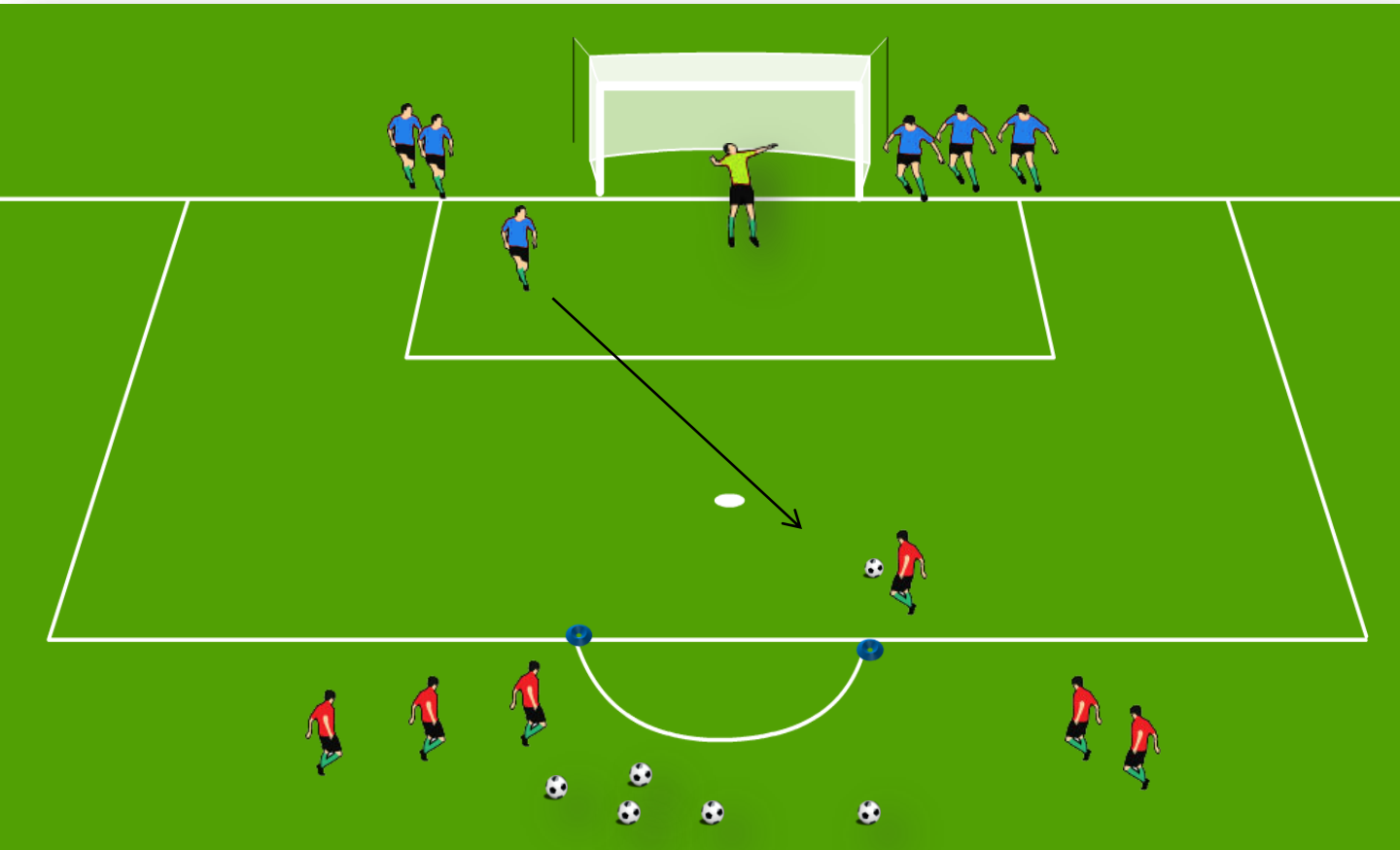
- ⚽ Players in middle are working on preparation touches and players on outside serve (swap over)
- ⚽ Players need to cushion the ball bending the knees at all times
- ⚽ Introduce heading and volleying and be patient with players technique
- ⚽ Players need to have open body position at all times
- ⚽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

Soccer Robbers



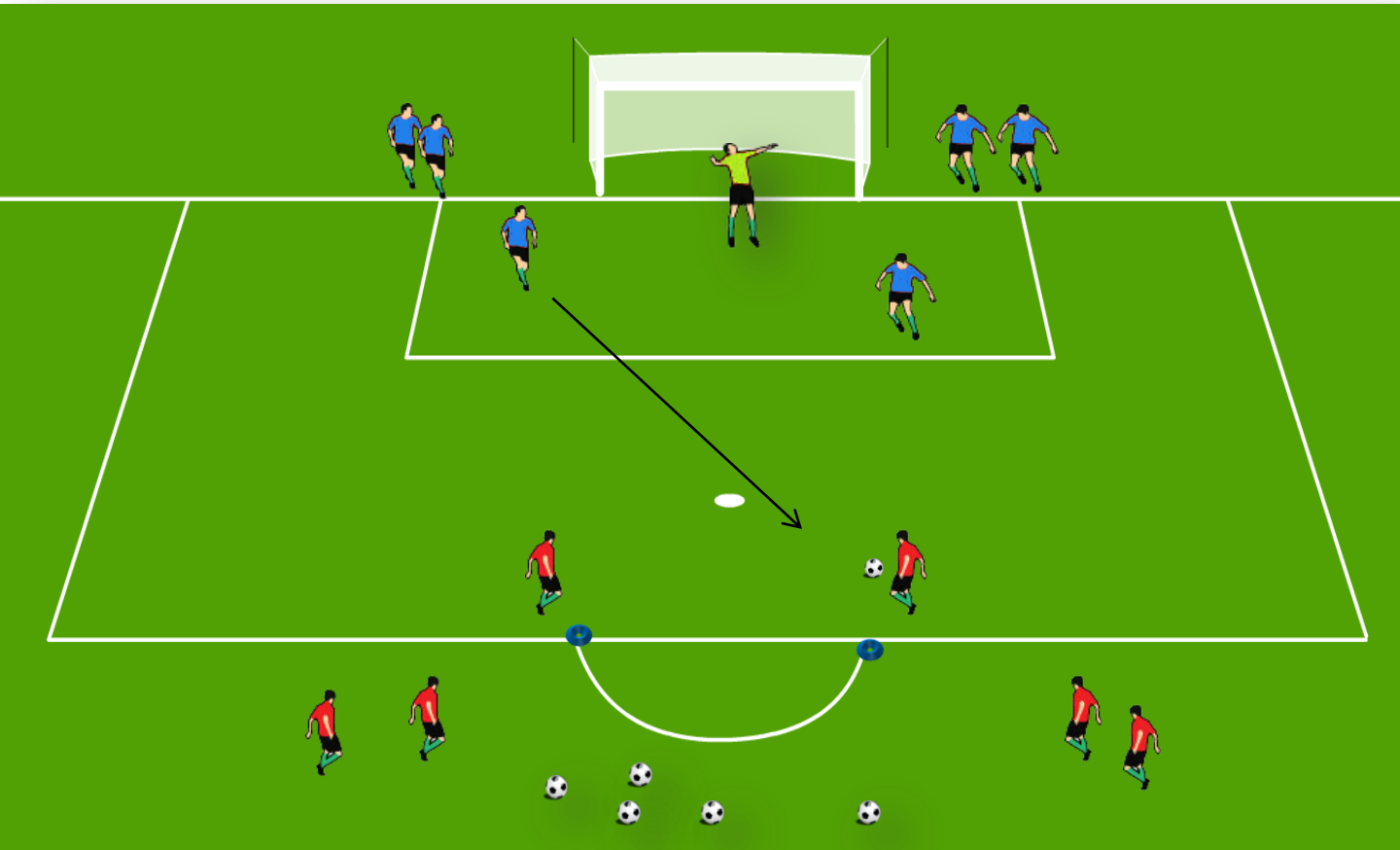
- ⚽ Get players to win soccer balls (robbers)
- ⚽ Encourage winning the balls over knocking them out of the grid
- ⚽ Time each round
- ⚽ 2 robbers start without a ball and then try to win a ball
- ⚽ Give points to players who finish with a ball
- ⚽ Encourage the players to protect their ball
- ⚽ Encourage players to use both feet and inside/outside of foot

1 v 1



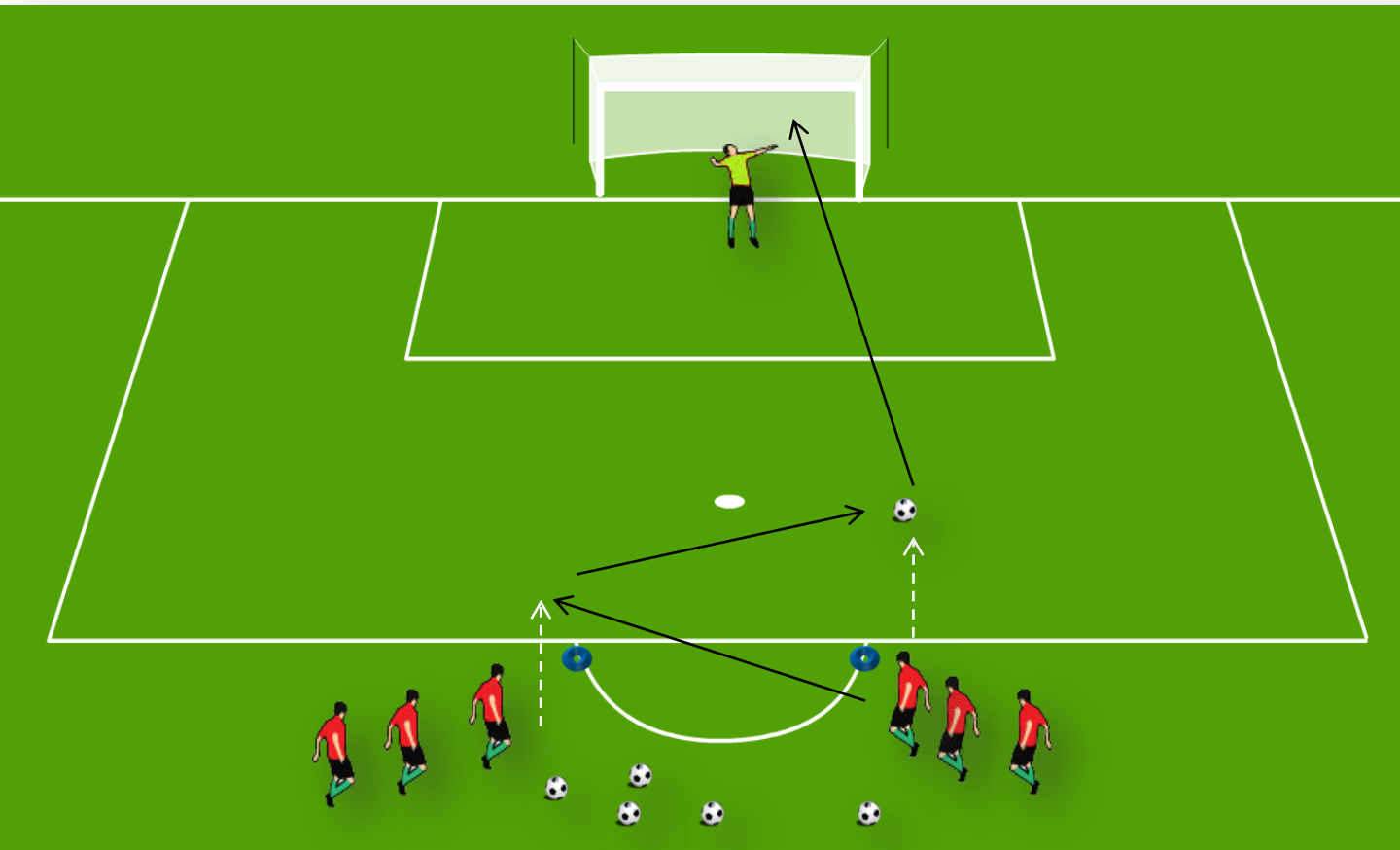
- ⚽ Players play 1 v 1
- ⚽ Play for 30 seconds and ball can go anywhere in the box
- ⚽ Swap players regularly
- ⚽ Keep all the players working
- ⚽ If player doesn't close down encourage long shots
- ⚽ If player does close down encourage speed of play to take on opponent
- ⚽ When you beat your opponent close the door quickly (stop opponent getting back at you)
- ⚽ Progress to 2 v 2

2 v 2



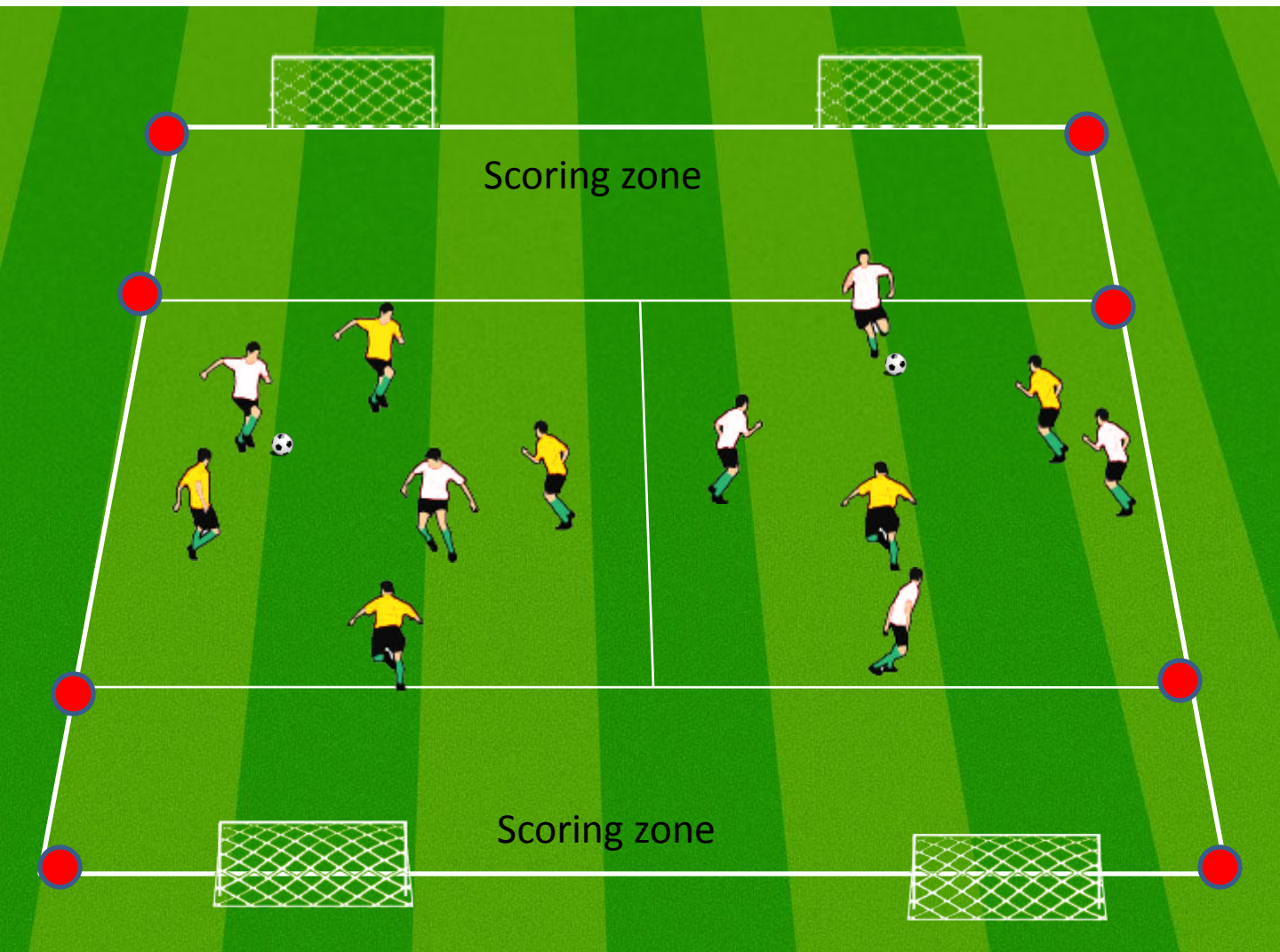
- ⚽ Players play 2 v 2
- ⚽ Play for 30 seconds and ball can go anywhere in the box
- ⚽ Swap players regularly
- ⚽ Look for pressure, support, cover from players
- ⚽ If player doesn't close down encourage long shots
- ⚽ If player does close down encourage speed of play to take on opponent
- ⚽ When you beat your opponent close the door quickly (stop opponent getting back at you)
- ⚽ Progress to 3 v 3

Combination Shooting



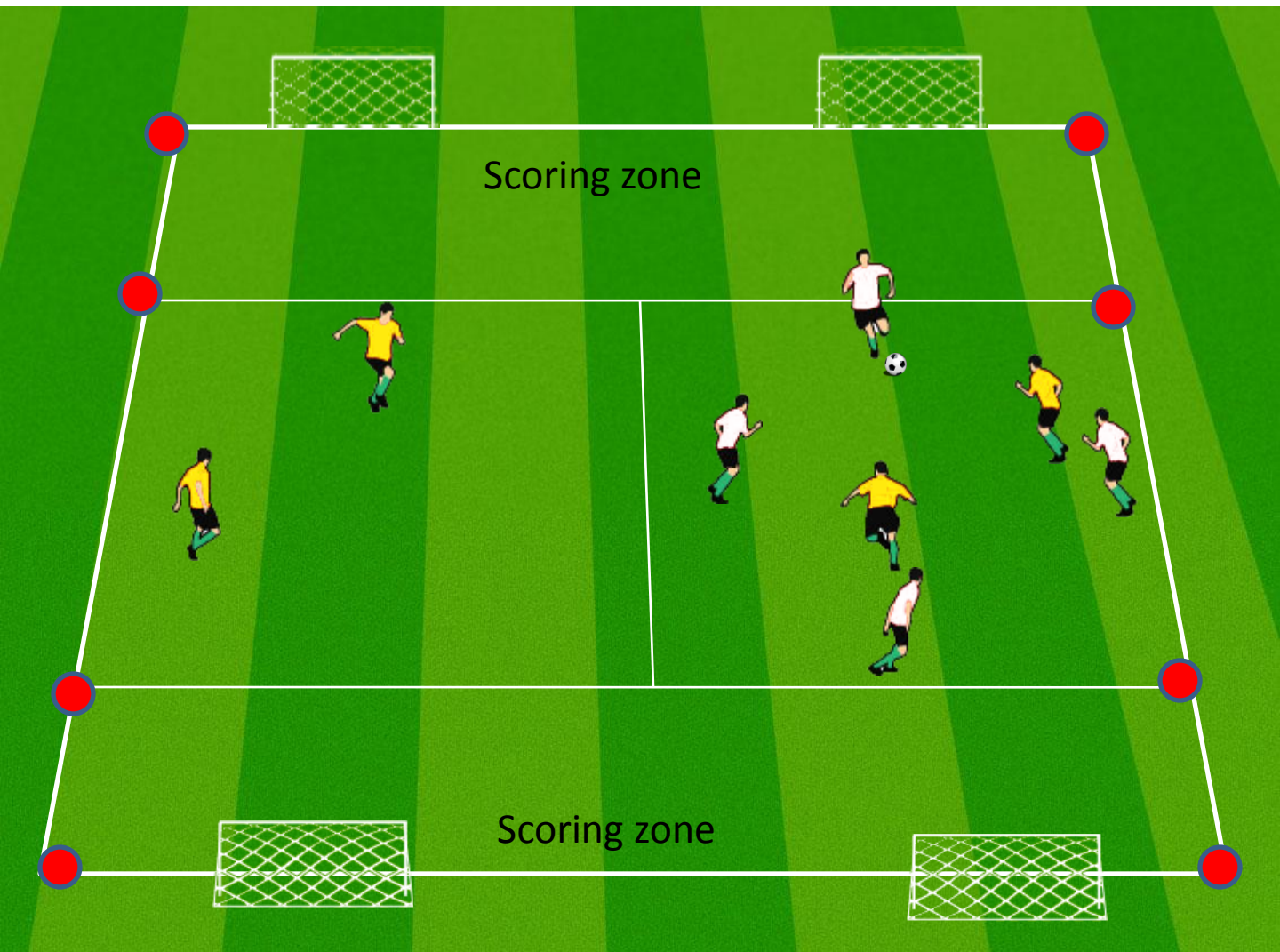
- ⚽ Players can take three touches or less working in pairs
- ⚽ Encourage them to improvise e.g. overlap, one-two
- ⚽ Make sure they have a lot of repetitions
- ⚽ Coach their shooting technique
- ⚽ If they have to score with their toes that's okay
- ⚽ Try and use both feet shooting
- ⚽ Players to get close to the ball before shooting
- ⚽ Players not shooting look out for rebounds

4 v 2



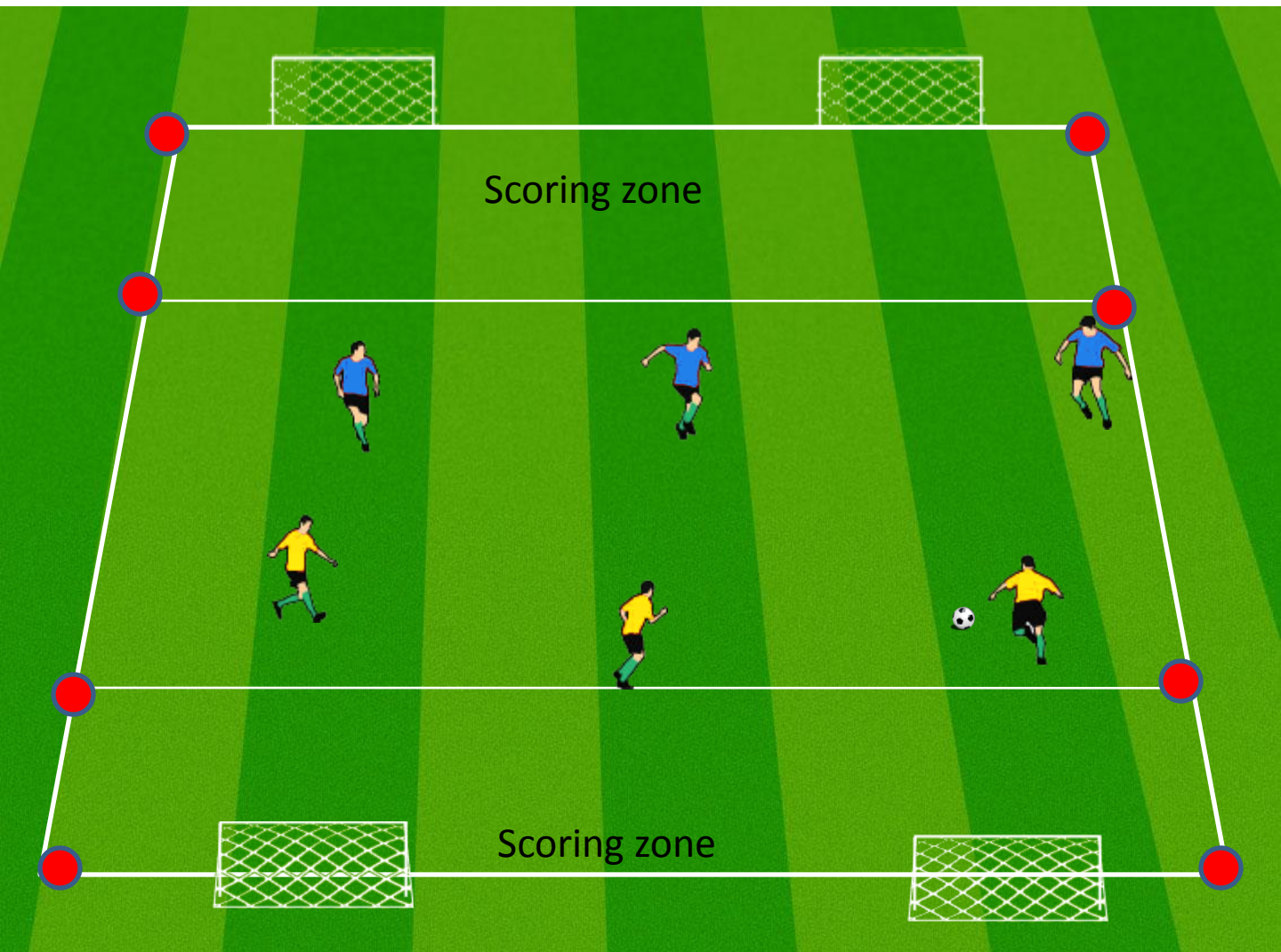
- ⚽ Play 4 v 2 in each grid
- ⚽ Look to create rhombus shape
- ⚽ Pass and support your teammates
- ⚽ look for angles of support
- ⚽ Take care with passes
- ⚽ Progress to breaking into scoring zone to score after a set number of passes

4 v 2 transition



- ⚽ White team play 4 v 2 in one grid
- ⚽ Yellow team send two defenders to defend
- ⚽ If yellow team win the ball the pass back to their teammates
- ⚽ White team now send over 2 players to defend
- ⚽ Look for angles of support
- ⚽ Take care with passes

3 v 3



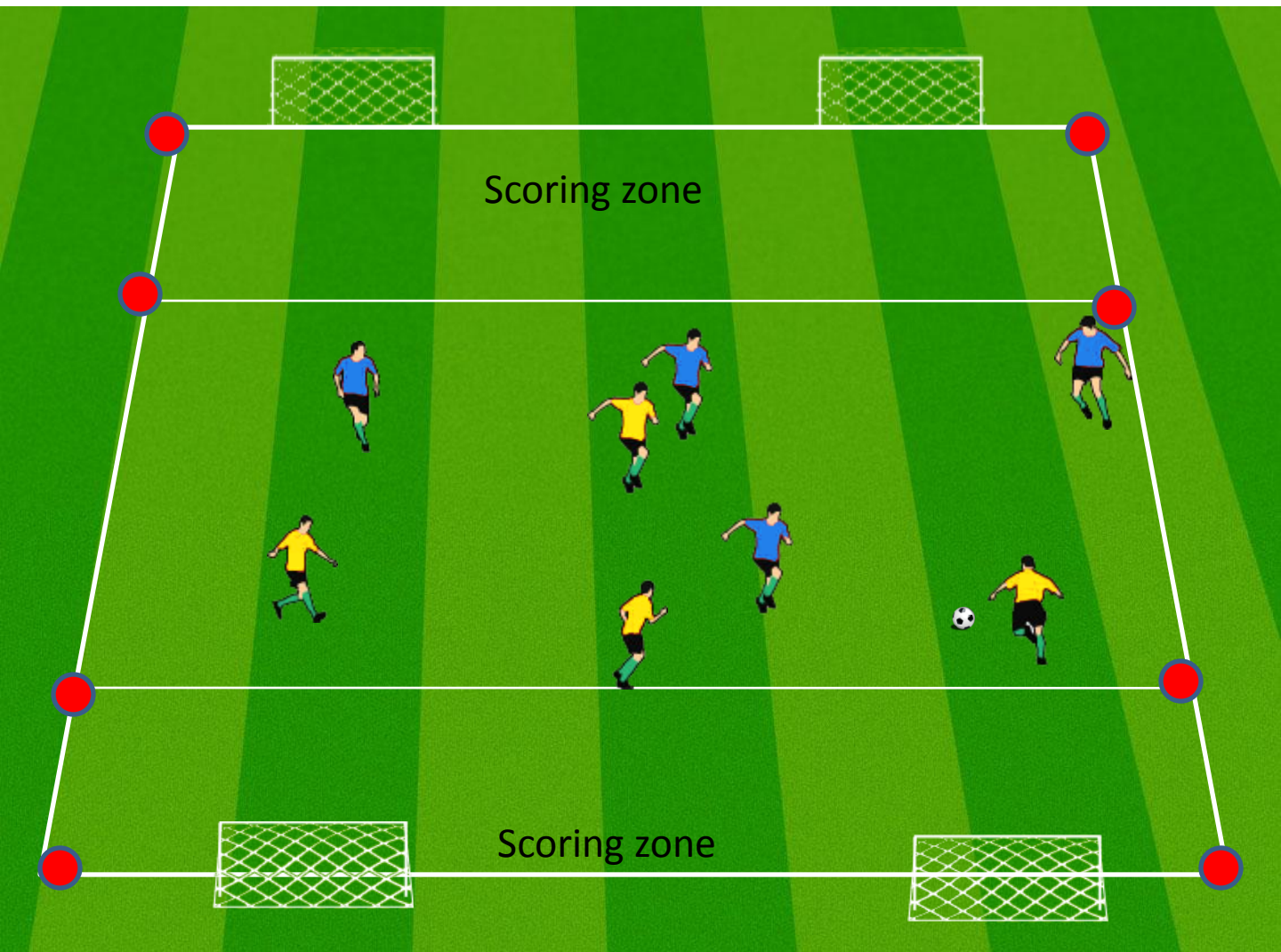
- ⚽ 3 v 3 games with shots taken 1 touch in the end zone and 2 touch (long shots) in the middle zone
- ⚽ Players have to attack and defend
- ⚽ Progress to adding GK on 1 or 2 goals

3 v 3 + 3 possession



- ⚽ 3 v 3 + 3 possession game
- ⚽ Team that loses the ball become defenders
- ⚽ Possession teams have a 6 v 3 overload
- ⚽ After 6-8 passes attacking teams can look to score on any of 4 goals
- ⚽ Players need to make the right decisions when reading the game

4 v 4



- ⚽ 4 v 4 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
- ⚽ Encourage width, depth in team shape when in possession
- ⚽ Encourage tight, narrow when defending

4 v 4 possession



- ⚽ 4 v 4 possession in mid zone
- ⚽ After 6-8 passes team can break out into end zones and score on any of the 4 goals
- ⚽ Encourage players to count their passes

4 v 4 + 2 possession



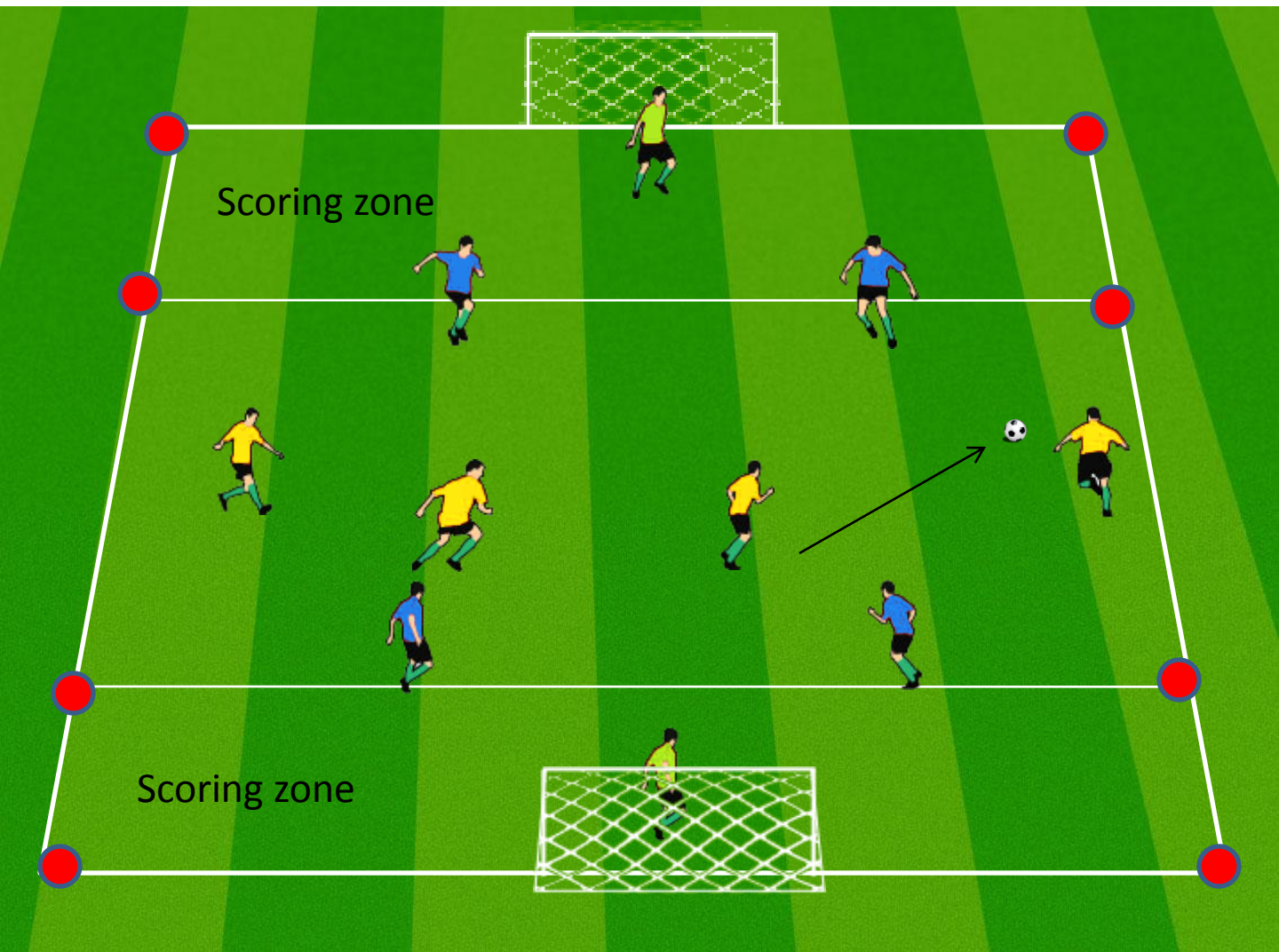
- ⚽ 4 v 4 + 2 possession in mid zone
- ⚽ 2 red players play with team in possession
- ⚽ After 6-8 passes team can break out into end zones and score on any of the 4 goals
- ⚽ Encourage players to count their passes
- ⚽ Look for thru passes to score in end zones

4 v 4 + GK



- ⚽ 4 v 4 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
- ⚽ Encourage width, depth in team shape when in possession
- ⚽ Encourage tight, narrow when defending

4 v 2 both ways

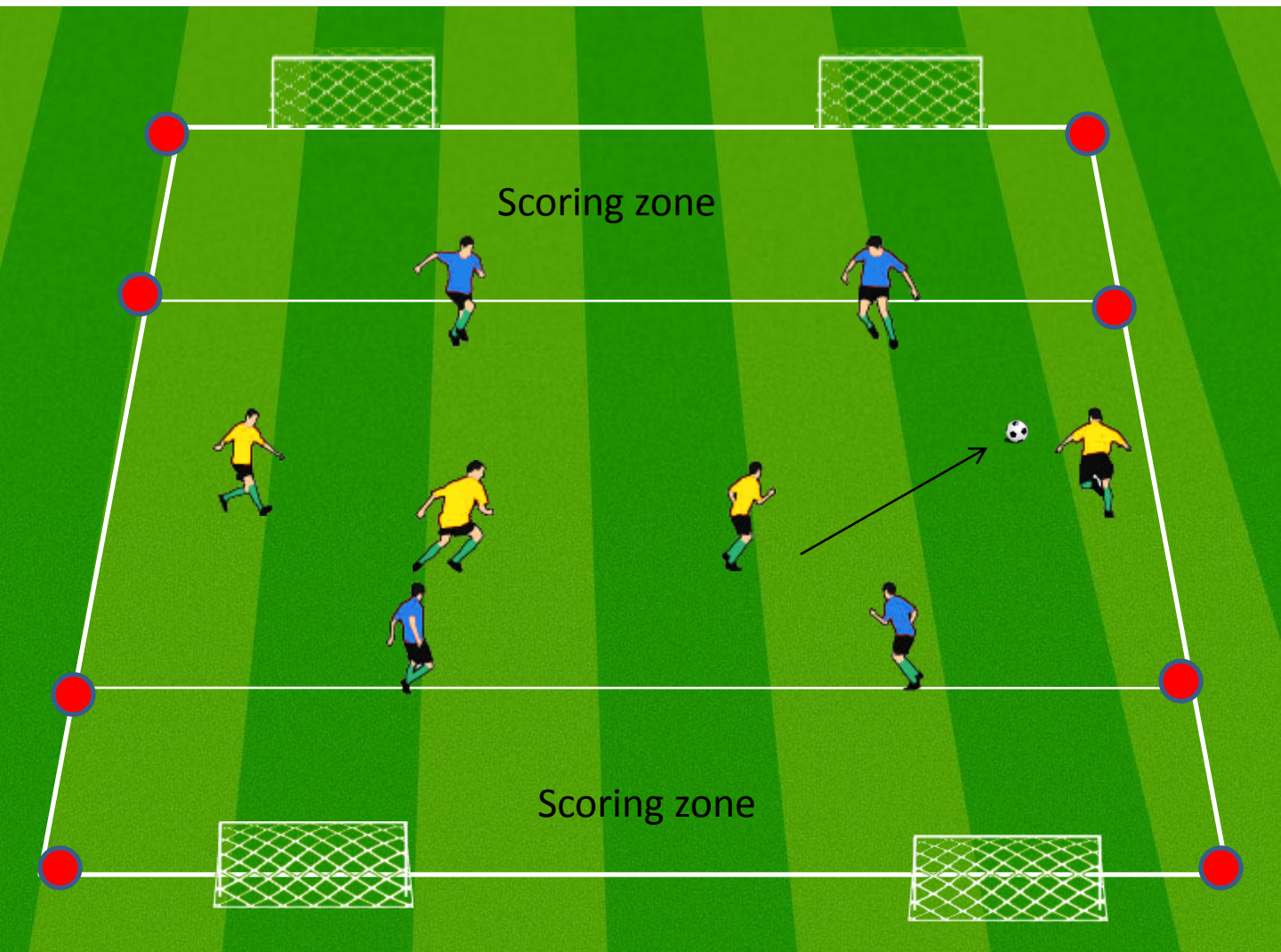


⚽ 4 v 2 both ways

⚽ Yellows have 6-8 attacks both ways then change places with blues

⚽ Look for attacking combination plays to score goals

4 v 2 both ways on two goals

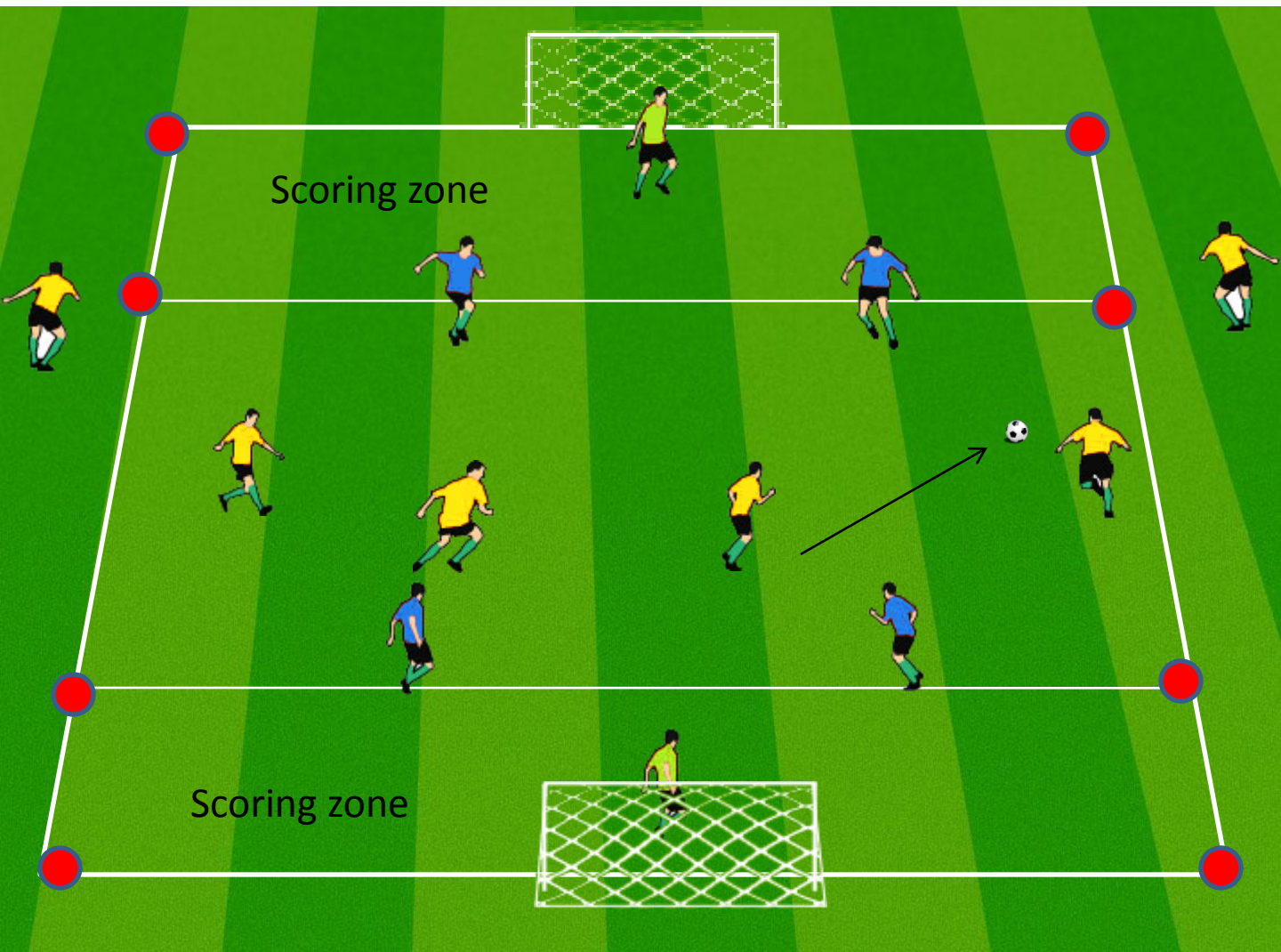


⚽ 4 v 2 both ways

⚽ Yellows have 6-8 attacks both ways then change places with blues

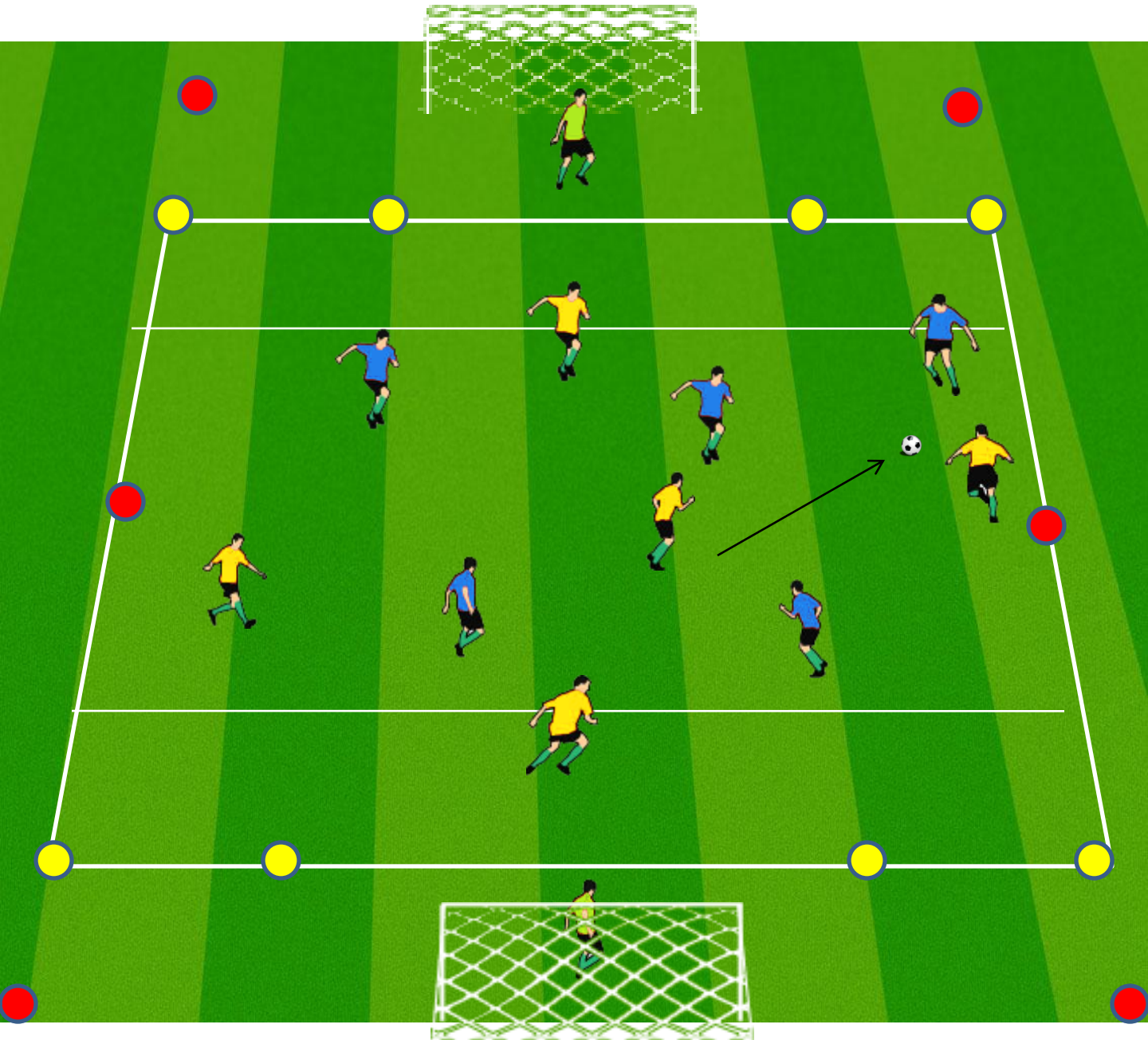
⚽ Look for attacking combination plays to score goals in end zones

4 v 2 both ways + 2 wingers



- ⚽ 4 v 2 both ways plus 2 added wingers
- ⚽ Yellows have 6-8 attacks both ways then change places with blues
- ⚽ Look for attacking combination plays to score goals in end zones
- ⚽ Look to play wide to get crosses into attacking areas

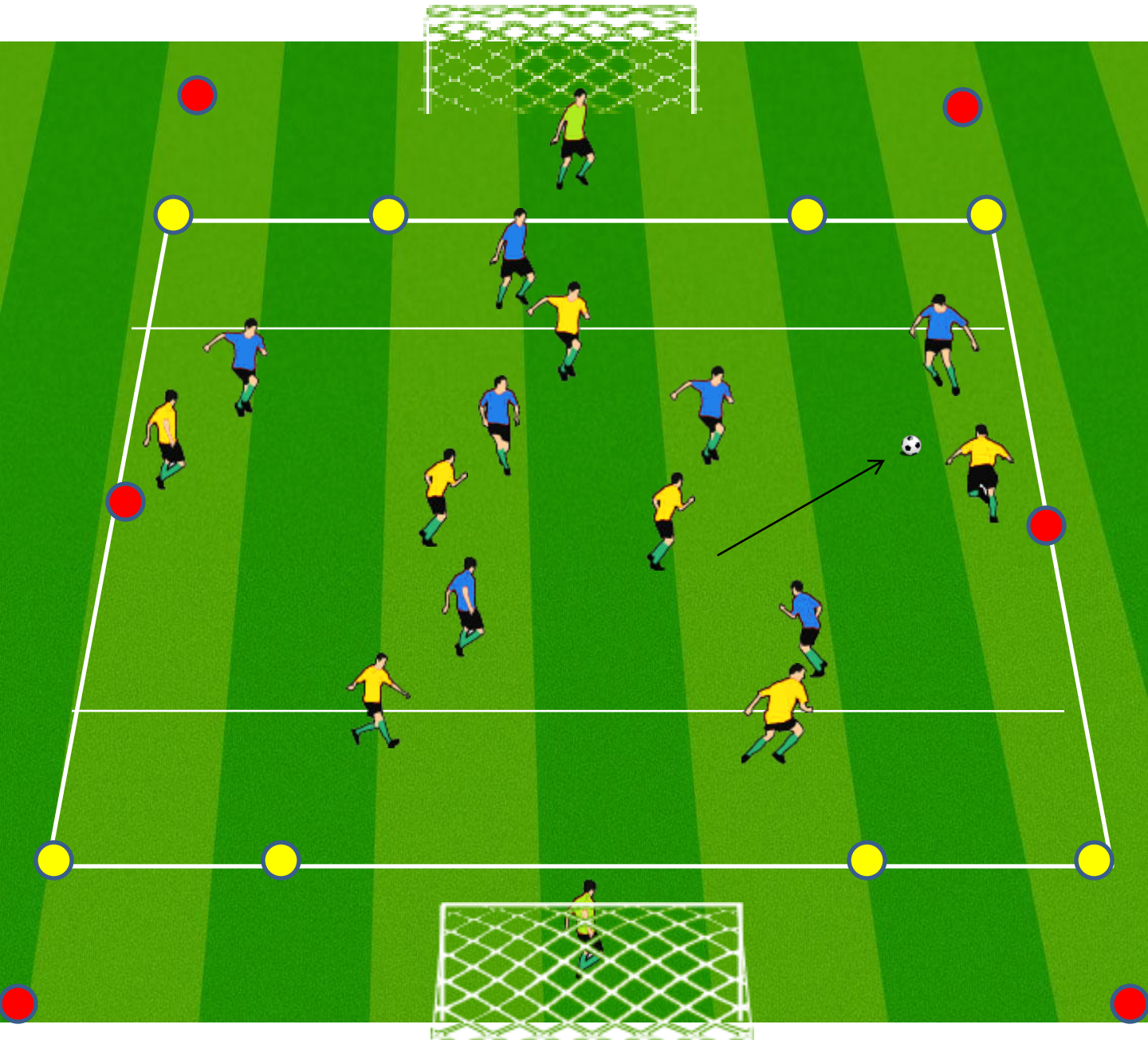
5 v 5 + GK game



⚽ 5 v 5 game with MF player creating link between attack and defence

⚽ Play normal game and then play thru yellow cones before shooting on goals

7 v 7 + GK game



⚽ 7 v 7 game with MF players creating link between attack and defence

⚽ Play normal game and then play thru yellow cones before shooting on 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.11 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. Encourage players to improve their perception and decision making ability through the small sided game formats. Help them learn to adapt quickly to the attacking and defending transitions they face in the small sided games. Promote their overall understanding of the game.

