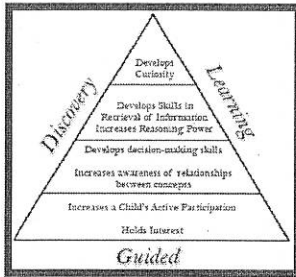


NATIONAL YOUTH COACHING COURSE

Guided Discovery



Guided Discovery

Guided discovery is a teaching (coaching) model where players learn through explorations (soccer problems to solve within a training activity), but with directions from the teacher (coach).

Guided Discovery

- **Guided Discovery....**

- **Asking Meaningful Questions**

- "A coach needs to create an atmosphere of guided discovery."
 - Coach Jose Mourinho
 - Craft player-centered training sessions and matches.
 - Use the 5 W's: Who, What, When, Where and Why

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- "Asking the right questions takes as much skill as giving the right answers."
Robert Half
- Coaches must be skilled in the art of "asking meaningful questions."
- This will give players the opportunity to practice problem solving and will help them to become more capable of solving problems that arise in games/competition.

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Goals of Effective Questioning

Actively involving players in the learning process.

Enhancing their task mastery.

Enhancing their conceptual understanding, promoting both simple (low-order) and complex (high-order) thinking.

Guided Discovery Goals of Effective Questioning

"Put players in activities related to the game, something they're going to have to solve. Players like to problem-solve. Let them play, make your point, play, make your point while the play is going on because that's how kids today get information, receive information."



Jill Ellis, Head Coach
US Women's National Team
2015 FIFA World Cup Champions

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Examples of Low-Order Questions

What part of the foot do you use to make a short pass?

Where should you aim when shooting on goal?

Coaches tend to ask low-order questions because they are easier.

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Examples of High-Order Questions

How can we get the ball down the field quickly?

Why should we play high-pressure defense?

SA: Do you have any examples of methods your coaches used that you have adopted?

KEVIN HARTMAN: *Sigi Schmid*, my coach at UCLA and the Los Angeles Galaxy, and now current coach of the Seattle Sounders, taught me it was important for players to discover answers for themselves ... to be independent thinkers. By using questions, he was able to coax that "eureka moment" out of his players. Those "eureka moments" stuck with me longer than simply being told by the coach.

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The use of low-order and high-order questions is necessary during training sessions.

It is important for coaches to understand both types of questions and to apply them appropriately.

Use of **HIGH-ORDER** questions will provide players more opportunities for self-evaluation.

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- *Why? and How? Questions*

Enhancing the players ability to make decisions is one of the central goals of empowerment. It's important for coaches to allow players to think about questions and help encourage them to answer.

If players are having difficulty with the answer, a coach can redirect or rephrase a high-order question so they can think carefully about what has been asked.

- Dr. Lynn Kidman

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- *Why?, How? and What? Questions*

- Questions must be age appropriate. A low order question for a 12-year-old could be a high order question to a 6-year-old. The wording of a question must be thought through.

- "Why" or "How" or "What" questions can be negative or positive.

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- *Why?, How? and What? Questions*

- "Why didn't you pass when I told you to?"

- (negative question as it requires the player to justify a past decision)

Or

- "Why do soccer players sometimes make passes?"

- (positive question as it opens the player's mind to think of the possibilities)

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- **Why?, How? and What? Questions**
 - "How could you miss that shot?"
 - (negative as it requires the player to defend the action)
 - Or
 - "How can you get your shot lower to be on goal?"
 - (positive as it helps the player think through the motion)

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- **Why?, How? and What? Questions**
 - "What were you thinking?"
 - (negative as it makes the player second guess, which leads to indecisiveness)
 - Or
 - "What could be other options in that situation?"
 - (positive as it helps the player analyze the tactical moment)

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The coach guides (facilitates) the players, through effective age appropriate questioning, to discovery.

- You must have in your session plan at least one guided discovery question for each activity.

"An aspect of over-coaching from my perspective and from that of many other college coaches is that when a player is constantly being told what to do, by the time she gets to college, she cannot solve problems! That ability to do so was never allowed to develop because her coach was always solving the problems for her!"
 - John Daley, head women's coach at College of William and Mary

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Positive Coaching Responses...

Good idea! Can you show me?

Great....so how could we do it faster?

I like that answer...what other skill can we use to get the ball to our teammates?

Now you're getting the idea!

Where could you position yourself to see both the player you are defending as well as the ball?

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• LISTEN to your players...

"A coach must remember that he [or she] is a teacher and teachers also learn from listening to others. You must be more interested in finding the best way than having your way. Almost as much can be learned by listening to those under your supervision as from your peers and from those whose supervision you are under. We learn from listening, not from speaking."

— John Wooden, former UCLA basketball coach

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• Practical Application ... even at a World Cup

Pia Sundhage, takes a measured approach at halftime when not pleased with the display of her team or a particular player.

"Very often I throw them a lot of questions to make them aware of what we need to do in the second half."

"I just say, 'These [few] things are important.' Then I throw them another question."

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Tell me and I forget.

Teach me and I remember.

Involve me and I learn.



"Children learn by playing, on the condition that the game brings them joy."
— Ramon Maddoni, Boca Juniors Youth Academy Coordinator

National Youth Course

The Game for All Kids!®



Mission Statement
US Youth Soccer is a non-profit and educational organization whose mission is to foster the physical, mental and emotional growth and development of America's youth through the sport of soccer at all levels of age and competition.
