

GUIDED DISCOVERY



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Part of this approach involves employing thought-provoking questions to engage players critically, encouraging active participation in the learning process and fostering a deeper conceptual understanding. In an NSCAA workshop, coaches use sample low order questions to prompt players' thinking:

- What is the appropriate part of your foot to use for a short pass?
- When aiming for the goal, where should you direct your shot?
- How can you locate your teammates on the field?

Following these questions, coaches can then ask players to demonstrate their understanding by saying, "Show me." This approach helps solidify learning and retention.

As players progress and advance, especially as they reach high school age, coaches are encouraged to pose more challenging, higher-order questions such as:

- Why is it beneficial to press high up the field?
- What are the methods to swiftly switch the point of attack?
- If you want your teammate to move forward, where should you pass the ball?

By utilizing well-crafted questions, coaches can guide players to discover the answers on their own, rather than simply commanding them to follow instructions. Framing questions in this manner prompts players to reflect on their actions and thought processes.

The ultimate goal of guided discovery is to facilitate learning without resorting to punitive measures. It is crucial to avoid embarrassing players if they don't know the answers. Instead, coaches aim to lead them to the correct solutions by using guiding questions such as "Show me?" or "Is there another way we might approach this?" Alternatively, coaches may encourage group discussion by asking, "Does anyone else have other ideas on how to achieve this?" This inclusive approach empowers players to learn actively and collaboratively.

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COACHING POINTS to REMEMBER when USING GUIDED DISCOVERY

Avoid overwhelming players with an excessive number of questions all at once. Allow players sufficient time to respond and even demonstrate their skills. Focus on one or two specific topics you wish to cover, and use examples from Trace game film to illustrate those points. Avoid trying to address every minor detail simultaneously.

Choose the appropriate moments for guided discovery. During a game, players need to maintain concentration, and coaches should avoid being overly intrusive. Exercise discretion when employing guided discovery in a game setting.

Ensure that you have the players' full attention so they can actively engage with the questions. One suitable occasion for guided discovery is during practice warm-ups.

Facilitating a player's understanding of their performance, whether right, wrong, or with room for improvement, is more effective than simply pointing out mistakes as the coach.

Remember that this coaching approach is just one of many styles available. There will be situations where a more authoritative or supportive coaching style may be necessary.

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“EXAMPLES”



Question

1. How should you position your body when making a short pass?
2. What's the key to maintaining proper defensive positioning when marking an opponent?
3. When your teammate has the ball on the wing, what kind of runs should you make as a forward?
4. In a counter-attack situation, what factors should you consider when deciding to pass or dribble?
5. In a corner kick, how can you create space for yourself to receive the ball?

Player Answer

1. You should open-up your body and use the inside of your foot.
2. You should stay goal-side and be aware of the ball and your opponent.
3. I should make diagonal runs to get behind the defenders.
4. I should consider the positioning of my teammates and the distance to the goal.
5. I should make a quick run to the near post or far post.

Coach

1. Great! Now, show me how you would make a short pass with the correct body positioning.
2. Excellent! Now, show me how you would maintain proper defensive positioning when marking me (the coach).
3. Good job! Now, show me an example of a diagonal run to get behind the imaginary defenders.
4. Well explained! Now, show me how you would make that decision in a live situation.
5. Nicely explained! Now, show me how you create space during a corner kick by making a run to the near post.

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“EXAMPLES”



Question

1. How would you control the ball with the inside of your foot while dribbling?
2. How should you position your non-kicking foot when making a pass?
3. What should you do when receiving a pass to maintain control of the ball?
4. Where should you aim when shooting on goal to increase your chances of scoring?
5. What should you do when the opponent is about to take a shot on goal?

Player Answer

1. I would use the inside of my foot to keep the ball close.
2. I should point my non-kicking foot in the direction I want the ball to go.
3. I should cushion the ball with my first touch, using “heel down/toe up and keeping it close to me but not under my body.
4. I should aim for the corners of the goal.
5. I should get in front of the shooter to block the shot.

Coach

1. Great! Now, show me how you can dribble the ball using the inside of your foot.
2. Excellent! Now, show me how you'd pass the ball with your non-kicking foot properly positioned.
3. Well done! Show me how you would cushion the ball with your first touch.
4. Perfect! Show me how you would aim for the corner when taking a shot.
5. Well explained! Now, show me how you would position yourself to block a shot