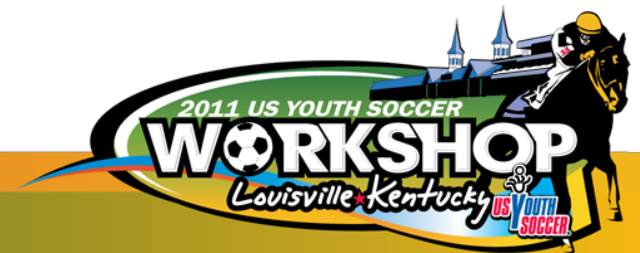
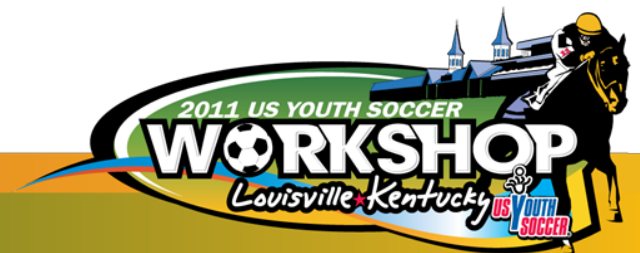


Guided Discovery as a Coaching Method

Joshua Groves
New Mexico Youth Soccer
Association



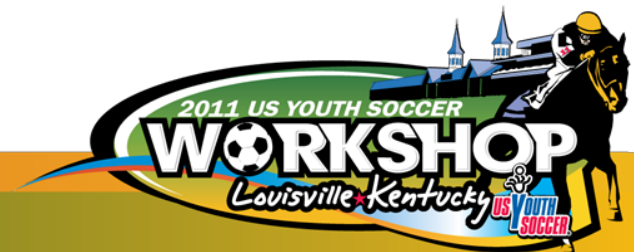
“Football is a game you play with your brain”
- Johan Cruyff



Coaching Styles

- Authoritarian/Command/Dictator
- Casual/Submissive/Babysitter
- Cooperative/Democratic/Teacher

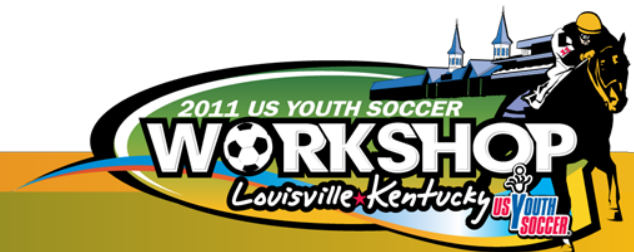
“There is no point in coaching unless the teaching you do helps the student to overtake you” - Rene Deleplace



Guided Discovery – what is it?

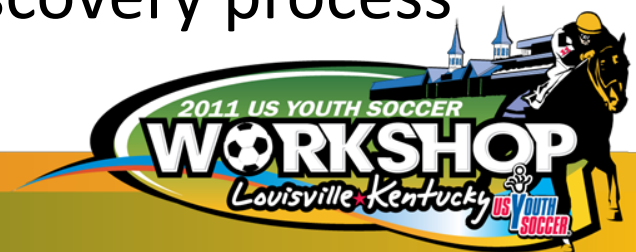
- Coach – Player Connection
- Combination of information and questions
- Holistic thought
- Guiding the players
- Empowerment

“I hear and I forget, I see and I remember, I do and I understand” - Confucius



The specific process has the following set of objectives:

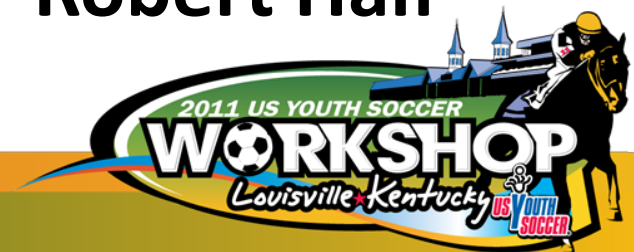
1. To engage the player in a particular process of discovery
2. To develop a precise relationship between the player's discovered response and stimulus (activity and/or question) presented by the coach
3. To develop sequential discovery skills that logically leads to the discovery of a concept
4. To develop the patience in both the coach and the player that is required for the discovery process



Asking Meaningful Questions

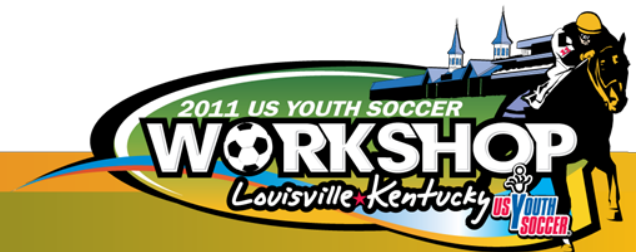
- Coaches must be skilled in the art of “asking meaningful questions.”
- This will give players the opportunity to practice problem solving and will help them to become more capable of solving problems that arise in games/competition.

“Asking the right questions takes as much skill as giving the right answers.” - Robert Half



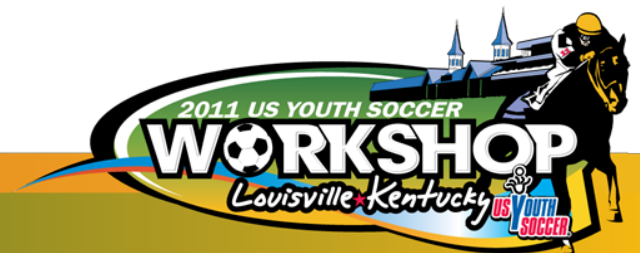
Goals of Effective Questioning

- Actively involve players in the learning process
- Enhance their task mastery
- Enhancing their conceptual understanding
- Promoting both simple (low-order) and complex (high-order) thinking



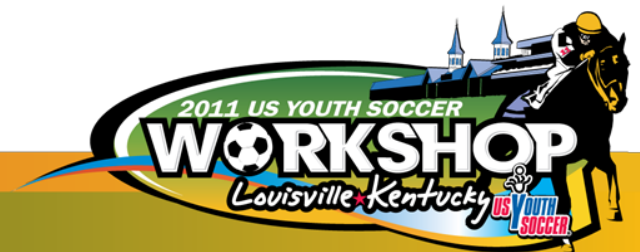
“Why? And How? Questions enhance the players ability to make decisions one of the central goals of empowerment. It’s important for coaches to allow players to think about questions and help encourage them to answer.

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***



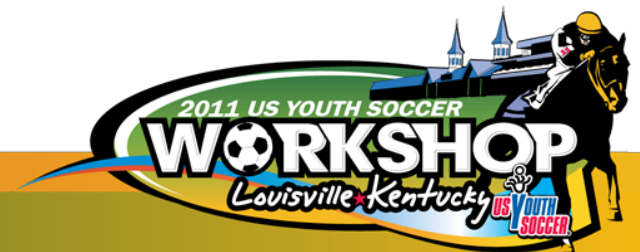
Examples of Low Order Questions

- 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.



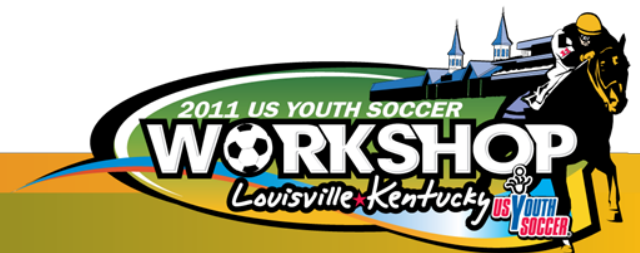
Examples of High Order Questions

- How can we get the ball down the field quickly?
- Why should we play high-pressure defense?
- It is important for coaches to understand both types of questions and to apply them appropriately



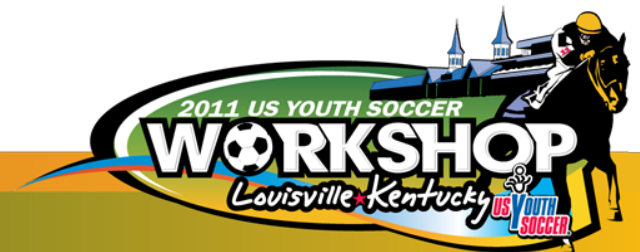
Examples of Guided Questioning..

- In a 3v3 situation, what's the best way to get the ball to your teammate? Let's try it!
- What happens when you pass the ball behind your teammate? Let's try it!
- Now if you want to make sure your teammate goes forward, where do you want the pass to go?



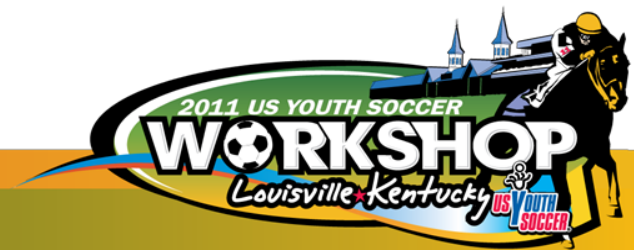
Positive Coaching Responses...

- 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!



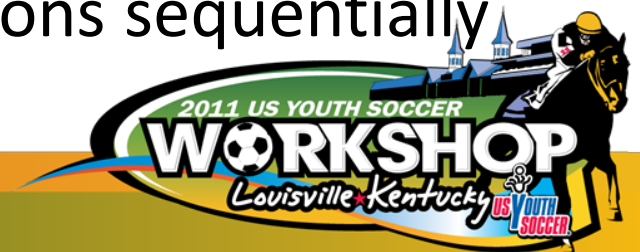
Techniques for Effective Questioning

- Planning questions
- Gain the players attention
- When is it appropriate to ask questions
- Wait time
- Reinforcement
- Prompting/Probing
- Distributing questions



Pitfalls

- Players answer without real thought, they just call out catchwords or phrases they have heard from the coach
- Coach's overuse of questions and/or mistimed or misphrased questions
- Coach's use of rhetorical questions
- The coach not giving the players enough time to process the question
- The coach asking too many questions sequentially

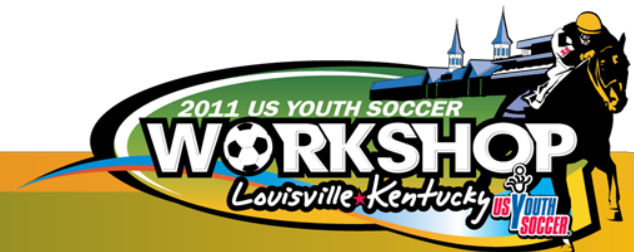


Summary

- Coach controls pace/rhythm
- Present information indirectly
- Improves motivation
- Promotes learning and problem solving

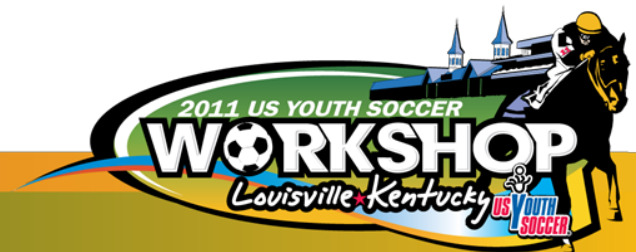
“Too often students are given answers to remember, rather than problems to solve”

- Roger Lewin



Credits and References

- Kidman, Lynn (2001). developing decision makers...An Empowerment Approach to Coaching, pp. 118-130. P.O. Box 31 259, Christchurch, New Zealand: Innovative Print Communications Ltd
- Snow, Sam and Thomas, John (2007). Soccer Savvy Players, Guided Discovery by Age Group



Questions?

