

San Francisco Vikings Soccer Club

The Use of Guided Discovery by Our Coaches and its Impact on Our Teams and Players

The goal of our developmental program and club is to develop the skills and “soccer minds” of our players. This will be done by asking our players versus dictating and/or micro managing everything presented and absorbed by them. Our objective is to develop players who think for themselves and develop their creativity and anticipation skills within the game; instead of players who are predictable and only react to game situations.

All of the San Francisco Vikings Club coaches of ages U9 through U12 will employ Guided Discovery with their players and teams in trainings and games; just like teachers do with their students in the classroom. The use of Guided Discovery will help generate players who think about what they are doing and why they are doing it.

Guided Discovery and How It Works With Our Players

Guided Discovery is the process in which our coaches introduce new skills presented in various aspects of our curriculum. This process gives our players the opportunity to display their creativity and actively participate in the understanding and demonstration with each new skill that is introduced. It also provides a platform where the players can ask the questions and practice making appropriate choices.

From the coaching perspective a guided discovery session has five prominent components in which the coach should engage their players. Below is a brief description of each step:

Introduction: the player and the coach work together to generate excitement about the new skill to be presented. During this step the coach presents the new skill in an age appropriate setting through the proper understanding of the developmental stage of the players that they are working with.

Generating Ideas/ “Tell Me”: the players actively list or “tell” the team various uses for each new skill presented. Some may be traditional uses and some may be less obvious and more creative. The coach and/or player volunteers tell and then show the appropriate uses of the new skill as generated by the players. The coach is encouraged by asking the players can someone “tell me how to....”

Children Explore/ “Show Me”: the players experiment or “show” the new skill under the guidance of the coach, thus allowing the players to be active participants in the learning process.

Sharing/Player Analysis: the players have the opportunity to share their new discovery of skill and point out aspects they feel would be beneficial to the team. At this point the coach has the ability to allow players to experiment or “try” the less traditional skills and then permit player analysis by asking “is this easy, if not, can someone show me an easier way.”

Extensions/Game Related: the coach can expand the new skills so that the players work alone, in pairs, or in small groups to further explore these skills and begin to put them in use as it relates to the game.