**Week 1 Email Content**

1v1 Change of Direction / 1v1 Variations Videos:

**Marta:**

[**https://www.youtube.com/watch?v=S8KiDvX2w2U**](https://www.youtube.com/watch?v=S8KiDvX2w2U)

[**https://www.youtube.com/watch?v=8R1y2fgUcic**](https://www.youtube.com/watch?v=8R1y2fgUcic)

**Coach Education Topic – Guided Discovery and Question and Answer:**

One of our major objectives with the Sounders Recreational Curriculum, and also at the Sounders FC Academy, is to develop autonomous soccer players who are creative thinkers and good decision makers.

In order to do this, we encourage and use a large amount of guided discovery and question and answer within our coaching methods and curriculum. This will involve games and activities where the players have to problem solve. At times these methods may seem a little unconventional, but they are designed to allow the players freedom to adapt, adjust and attempt to solve problems themselves, whilst being mentally challenged.

The coach’s role during this process is to be more reserved, observe, guide and think of key questions to ask the player. The coach then asks questions to help guide the player and help them solve the problem.

This is a much more affective educational tool then a more autocratic style. Whilst an autocratic style may be used to give clear instructions on a technique i.e. pass with inside of the foot. A democratic/question and answer approach will help a player understand the “when” “where” and “why”.

For instance, a coach may ask “when would you pass with the inside of the foot and why?”, rather than simply telling them. This will engage the player in the learning process, help players retain a larger amount of information and come up with the answer themselves.

Here are two good links from US Youth Soccer on the benefits and methods of guided discovery and question and answer:

<http://goalnation.com/sam-snow-improving-player-development-guided-discovery/>

<http://www.usyouthsoccer.org/assets/1/1/GuidedDiscoveryAsACoachingMethod_Groves.pdf>