

COACHING STYLES

Why do we use different styles?

Players learn in different ways. As the leaders of these young athletes it is the coaches responsibility to afford all players the opportunity to develop to their full potential through the use of different coaching techniques.

Through using coaching styles that align with different learning styles, all players have the opportunity to enhance their skills and improve their understanding of soccer.

Contents

- Command
- Problem Solving
- Self Check
- Guided Discovery
- Inclusion
- Reciprocal

Command

In this style the coach is the exclusive decision maker. The coach makes the decisions on what to do and how to do it, as well as the objectives and intended outcomes of the session.

Benefits

- This style may potentially get students to initially respond faster, especially if they are new to the game and have a lack of understanding or knowledge of the game.
- If a player is not concentrating, using the command style of coaching may help them get back on track.

Problem Solving

The problem solving style is designed to make players work together in order to overcome a problem set by the coach. The coach will give small pieces of information, however, for the most part , will allow the players to figure out a solution.

Benefits

- Allows for players to develop the ability to make their own decisions in game-like situations
- The player will have the opportunity to gain a greater appreciation of tactical understanding
- Creates leadership opportunities

Self Check

The player is required to be aware of what the coach is looking for and what constitutes a positive and a negative within certain situations. Through knowing these aspects the player is able to self analyze the quality of their performance in specific areas.

Benefits

- Players develop a more detailed understanding of their role in specific situations
- Creates independence and self awareness

Reciprocal

In between Guided Discovery and Command, this style allows the player to take some responsibility for their learning. As with Command, the coach will set up the activity, however the coach will then be less autocratic in their delivery of the session and encourage peers to offer feedback.

Benefits

- Allows for continuous feedback
- Opportunity for social skills to be enhanced
- Observers can learn through watching their partner complete the task

Inclusion/Task

Players are given a task with varying levels of difficulty and allowed to choose for themselves what level to attempt. Once a task is completed, the player will move on to the next level of difficulty.

Benefits

- The player is allowed to move at their own pace
- Allows the players to develop self confidence through completing tasks
- Allows for players at varying levels to be included in the session.

Guided Discovery

In between the command and problem solving styles, guided discovery is enacted through the use of questions asked by the players to the coach, who in turn will lead them to the predetermined outcome.

Benefits

- The players are required to problem solve.
- Players may develop a greater understanding of the task at hand by having to ask questions to discover information.
- May help with retention of different skills and situations