

1 Abstract

2 Over the past decade, there has been ongoing debate relating to the use of suitable
3 pedagogical approaches for designing learning environments to develop skillful
4 games players. There has, however, been little consideration of the “digital age of
5 learning” and the global success of the digital video game industry. Using the
6 educational work of James Gee, this paper attempts to rationalize how a “digital video
7 games approach” differs from other learner-centered pedagogies currently employed
8 for teaching and coaching games. Examination of the literature suggests that the
9 learning gains from Teaching Games for Understanding (TGfU) and the Constraints
10 Led Approach (CLA) ignore the meta-cognitive dimension of learning *how* to play
11 games; surely an important consideration for long term development. Accordingly, by
12 drawing on experiences from digital video game design, we examine how games
13 practitioners might utilize such an approach for meta-cognition in coaching or
14 teaching practice to stimulate player learning.

15 *Key words:* games, pedagogy, skill

16

17 **Learning to play soccer: Lessons on meta-cognition from video game design**

18 **Introduction**

19 Despite a recent challenge to their primacy, team games (hereafter games)
20 have always been a central part of Physical Education (PE) and youth sport. This
21 centrality has several components. Certainly, the social aspects of games playing
22 make it an effective way to engage individuals towards a lifelong (or at least post
23 school) involvement in sport and, therefore physical activity. Furthermore, games
24 may also teach several important concepts central to education of and through the
25 physical, in short, the fullest definition of physical literacy (Mandigo, Francis,
26 Lodewyk, & Lopez, 2012). As mentioned above, however, games seem to have gone
27 out of style in modern PE thinking, perhaps because the teaching of this diet staple
28 has failed to keep pace with developments elsewhere in the school curriculum and
29 pedagogical approach. Whether games should or should not play such a central role in
30 a PE curriculum, our argument here is that current approaches are badly underselling
31 this important and potentially powerful element, quite apart from the weaknesses
32 which accrue for aspirant high level games players. After all, professional team games
33 still play a central role in our societies!

34 Reflecting this potential, this paper will draw attention to the careful design of
35 video games, and the impact this has on developing learning and performance. It will
36 become clear why application of a “digital video games approach” that is based on
37 meta-cognition principles may be another strategy for games practitioners to consider
38 when developing skillful games players, while highlighting the absence in pedagogies
39 that consider players’ meta-cognitive development. Having established the
40 importance of cognition and meta-cognition for games players, we use the work of
41 James Gee to examine meta-cognition in game design. This will be considered using

42 three learning principles: deep understanding, problem solving and empowerment.
43 Finally, application of meta-cognition in games practice will be illustrated and
44 rationalized through soccer examples, using features from Gee's (2013) "Good Game
45 Design" (GGD).

46 **The Role of Meta-cognition in Games**

47 *Meta-cognition – What is it and why is it crucial for games?*

48 Early conceptualizations of meta-cognition take the perspective of "thinking
49 about thinking" or the self-regulation of cognitive activities during learning (Brown,
50 1978; Flavell, 1979). Subsequently, scientific educational research has attempted to
51 detangle the relationship between cognition (know-about), situated cognition (know-
52 how) and meta-cognition (know-how-to-learn), coherently expressed in an overview
53 by Mahdavi (2014). The complexities of meta-cognition have been deconstructed
54 further, using a components based approach to understanding how meta-cognition
55 works in learning situations, most commonly making a distinction between meta-
56 cognitive knowledge and meta-cognitive skills. The former refers to a person's
57 declarative knowledge about the environment (person, task, strategy), or "self-
58 appraisal" of personal understanding, abilities and affective state during the learning
59 process (Paris & Jacobs, 1984). The latter to a person's procedural knowledge for
60 engaging in problem-solving activities, or "self-management" of the problem-solving
61 process (Paris & Jacobs, 1984). Although self-appraisal and self-management in
62 games learning are both required to be skilled performers, meta-cognitively skilled
63 people can more easily detect feedback mechanisms within game play, regardless of
64 Intelligence Quotient (IQ) or task relevant strategies (Karan & Irizarry, 2014). Such
65 mechanisms enable them to use feedback from current or previous learning activities
66 to reconsider how they engage in future, similar activities; in other words, to

67 demonstrate cognitive control and awareness.

68 The implications of such debates have led practitioners to ponder how meta-
69 cognitive skills can be embedded in formal education for learning, teaching and
70 assessment, and whether meta-cognitive skills should be taught implicitly or
71 explicitly. While there have been many investigations into the ways in which meta-
72 cognition operates in both formal and informal learning contexts since the early work
73 of Paris and Jacobs (1984), this paper will use their definition of meta-cognition due
74 to its' close relationship to learning in games.

75 Until recently, despite the importance of developing skilled games players
76 who can learn movements in the context of a game environment being acknowledged,
77 there has been little agreement as to how various approaches may support players'
78 cognitive expertise. Typically, the sports coaching and PE pedagogical literature
79 refers to various Game Centered Approaches (GCA), including Teaching Games for
80 Understanding (TGfU) in the U.K. (Bunker & Thorpe, 1982); Game Sense in
81 Australia (Australian Sports Commission, 1996); and Tactical Games in the U.S.
82 (Griffin, Mitchell, & Oslin, 1997). These approaches use a tactics-skill progression
83 focus (Hopper, 2002) and originate from a desire to develop players who can make
84 better game decisions and execution of skills in a game context, predicated on a
85 greater tactical understanding of games themselves. As noted by Metzler (2000),
86 however, these models have been designed to improve game learning, yet the
87 cognitive theory that motivated their design has not been defined.

88 ***Teaching Games for Understanding***

89 Specifically focusing this argument around TGfU because of its longstanding
90 presence in academic literature since the 1960's, and in response to Metzler's
91 observation, Kirk & MacPhail (2002) have since "re-thought" the original TGfU

92 model. Despite not being the originators of the model, they attempt to make strong
93 links to a situated cognition perspective, to explain the contextualized interactions
94 between the learner and game form, strategic knowledge and tactical awareness, and
95 making appropriate game decisions. Building on Kirk & MacPhail's (2002) argument,
96 a more recent analysis of TGfU by Tan, Chow and Davids (2012) draws upon TGfU's
97 four pedagogical principles (sampling, tactical complexity, representation and
98 exaggeration), to highlight theoretical and practical implications of a Nonlinear
99 Pedagogy (NLP), whereby learning is bound within a pedagogical framework of
100 situated learning in game contexts (Chow, 2010). This analysis employs TGfU to
101 apply an ecological dynamics perspective (cf. Gibson, 1986) such as constraints
102 manipulation and information-movement coupling, with perception theory at its core.
103 In response, Renshaw et al (2016), argue that TGfU was not developed from motor
104 control or motor learning theory, and that nor should it be linked to such theories.
105 Instead, Renshaw and colleagues suggest that TGfU uses "operational principles"
106 which are guided by a focus on an "understanding" of games, and how to play games,
107 subconsciously inspired by cognitivist and constructivist concepts (most notably the
108 work of Jerome Bruner in the 1960's).

109 This concept of "understanding" in games learning is specifically explored in,
110 Almond's (2015) later work, a feature of the approach that both Renshaw et al (2016)
111 and Almond (2015) believe has been lost in the literature. Indeed, Almond (2015)
112 suggests that the original thinking behind TGfU was centered on developing learners'
113 understanding of "outwitting the opposition", with the teacher or coach framed as a
114 "quizmaster" whose primary role is to design authentic games puzzles for learners to
115 solve. While this problem-posing and problem-solving approach lends itself to meta-
116 cognitive player development, the original TGfU literature does not make any explicit

117 link between the role of meta-cognition in developing understanding in games.

118 *Constraints-Led Approach*

119 Theories of perception and an ecological dynamics framework underpin the
120 more recent Constraints Led Approach (CLA). This approach has similar operational
121 intentions to TGfU, including a desire to design learner-centered and representative
122 game forms; however, it is distinct from TGfU due to the emphasis placed on motor
123 control theory (not cognitive theory) and the interaction between task, environment
124 and individual learner (Newell, 1986) that facilitate perception-action coupling in
125 situated game learning contexts (Renshaw et al, 2016). The CLA uses the theoretical
126 and practical principles of NLP, and has been shaped by empirically driven data from
127 ecological psychology and dynamical systems theory. In fact, the approach has
128 received considerable attention in some areas of skill acquisition (not just games) and
129 football coaching practice (Bartlett, 2014), with practitioners increasingly “buying in”
130 to the concept of applying constraints to alter learner behaviors. While the theoretical
131 underpinnings of the CLA are made clear, scholars, however, have yet to address why
132 the ecological dynamics perspective is particularly relevant for developing skillful
133 games players.

134 *The call for meta-cognition in games learning*

135 While there is no single best way to teach or coach (Metzler, 2011), TGfU and
136 CLA are both considered possible approaches to developing in-action game play
137 behaviors that de-emphasize technique-focused practices where skill does not transfer
138 into a game context. Indeed, it could be argued that both TGfU and CLA scholars
139 have largely overlooked meta-cognition development (and its translation into
140 practice) as a fundamental theoretical principle, neglecting the tactical elements of
141 decision making in favor of situated technique. Furthermore, the pedagogical debate

142 within teaching and coaching games has failed to draw upon digital learning practices
143 that *do* use meta-cognition successfully in areas including education, entertainment,
144 business and, in particular, the digital video game industry.

145 We argue that if practitioners are to develop intelligent, reflective and
146 thoughtful games players, who can cope with the dynamic and complex interactions
147 that occur between environment, players and the task (Chow, 2013), we must widen
148 the search beyond the pedagogy, perception and motor learning domains that have
149 traditionally informed games practice. If we do not look to alternative and
150 contemporary domains that are successful in using cognitive theory to develop
151 expertise, then we will run the risk of creating a similar version of the same approach;
152 a situation that is likely to have contributed to a misinterpretation of TGfU and other
153 GCAs (Butler, 2014). Alternatively, if we are to understand how alternative and
154 contemporary domains may be used to develop players' cognitive capabilities, we
155 need to first establish the complex nature of learning itself within today's "digital
156 age", before examining issues such as what constitutes as good learning for games
157 players, and devising ways to apply this to practice.

158 **Digital Games for Learning**

159 In recent years, a range of authors in the field of video game learning design
160 (e.g., Gee, 2003, 2007, 2013; Salen & Zimmerman (2004, 2006) have argued that
161 video games are a space for ongoing assessment (and not just content), where players
162 are encouraged to master their game skills through varied repetition conditions, and
163 are therefore motivated to learn something that is "long, hard and complex", yet still
164 enjoyable to do (Gee, 2003). The process of players' becoming particularly skilled in
165 their know-how-to-learn meta-cognitive capabilities is not explicitly differentiated
166 from learner-centered pedagogies for games learning in physical education and sport.

167 Differences are in large part by a design focus on meta-cognition development, where
168 players need to plan their actions, check their progress, change their strategy, and
169 evaluate their actions in the game (i.e., their “know-how-to-learn”) as opposed to the
170 acquisition of more consistent, formulaic strategies. This lack is unfortunate since, as
171 highlighted in the early game-centered literature (e.g., Bunker & Thorpe, 1982;
172 Griffin, Mitchell, & Oslin, 1997; Mitchell & Griffin, 1994; Thorpe, Bunker, &
173 Almond, 1986), game players need to “understand” game logic, primary & secondary
174 rules and, as result, come up with novel game solutions (in attack and defense), all of
175 which are self-directed game skills that align to the applicability of meta-cognition
176 design. Moreover, the games learning literature highlights the complex nature of
177 games themselves, which involve continuous interacting constraints that influence
178 movement control in learners (Chow et al, 2009; Hopper, Sanford, & Clarke, 2009;
179 Storey & Butler, 2013), arguably another implicit reference for skilled players
180 requiring meta-cognitive capacities to reflect and adapt to the game situation.
181 Nevertheless, despite the obvious relationship between games learning and meta-
182 cognitive behaviors, this area is still under researched and overlooked in physical
183 education and sport (Chatzipanteli, Digelidis, Karatzoglidis, & Dean, 2016).

184 Theories of learning for learner-centered pedagogies used for games, such as
185 TGfU and CLA, have paid little attention to the digital domains of learning and the
186 success these digital spaces have in using meta-cognition principles to harness
187 learning and performance. As such, the work of James Gee would seem particularly
188 appropriate in giving insight into understanding how digital video game design can
189 inform pedagogies for teaching games in PE and sports coaching. Therefore, the
190 following section focuses on the key meta-cognition concepts used by Gee for
191 developing player learning expertise and performance in games, thus illustrating the

192 potential for digital video game design principles to be used for future physical
193 education and sports coaching practice. See Gee (2013, pg. 23-36) for a detailed
194 summary of ‘Good Digital Game Design Features’.

195 *Gee’s Good Digital Game Design – developing the “know how to learn”*

196 For Gee, humans understand best when they believe information to have
197 meaning; consequently, learning occurs when information is considered to be useful
198 for the human to carry out a particular action, or to prepare them for a specific goal. In
199 fact, Gee (2013) argues for the “mind as a video game”, a digital analogy for the
200 human mind and its capabilities. He suggests that humans are most effective at
201 learning when they are creating simulated experiences in order to achieve specific
202 goals. In the context of games, the video game provides a visual and auditory world,
203 bound by being “goal directed” or having “win states”, which are set by the gamer or
204 the game. The game player’s engagement with this “world” enables them to
205 *consciously* recognize and utilize “affordances”, which are features of the game that
206 allow the opportunity to achieve the win state.

207 The ways in which the “simulated worlds” in video games are physically
208 created involves a regular makeover in terms of graphics, sound effects, characters,
209 weapons, tools and so on. Furthermore, in order to provide greater meaning to
210 simulated game experiences, the look and feel of these worlds are consistently
211 updated to provide an embodied experience for game players, which encourages
212 players to feel immersed in their game world, and provides a sense of reality where
213 virtual and physical worlds are merged. Immersive experiences of the game world
214 represent the “situatedness” of learning (Gee, 2003), where the gamer develops
215 “know-how” by becoming a part of the game itself and accepting the cultural and
216 physical constructs of the game and how it is played. For Gee, however, good

217 learning equals good game mechanics, as he describes (any) game as simply “problem
218 solving spaces that are meant to engage players” (Gee, 2013, p. 104). Indeed, in video
219 game design theory (Salen & Zimmerman, 2004, 2006), game mechanics are the
220 internal architecture that influences how the player may act in order to solve
221 problems. Furthermore, from Gee’s perspective, good games for learning engender a
222 desire for players to figure out how the rules of the game can be used to their
223 advantage, which therefore engages players in reflection-on-strategy in order to
224 achieve a win state. This is one reason games don’t include an instruction manual, nor
225 does a coach or teacher direct or shape video game play; instead, game playing is
226 instigated by the gamer themselves, and the gamer only gets better at the game by
227 playing itself. It is this notion that confirms the architecture of games to be unique
228 from any other kind of formal or informal learning activities, and stems from Gee’s
229 (2007) term of “game as teacher”. Such architecture embeds the meta-cognitive skills
230 of “know-how-to-learn”, and reinforces the idea of game designers as “practical
231 theoreticians of learning” (Gee, 2013, p. 21), where careful design of games result in
232 covert learning, often leading to performance gains.

233 **Applying Gee’s Good Digital Game Design Framework to Soccer Practice**

234 ***Empowerment, Problem Solving & Deep Understanding***

235 As part of Gee’s notion of becoming a “practical theoretician of learning”, the
236 design of a “game world” is bound by three learning principles: empowerment, deep
237 understanding and problem solving (Gee, 2007). Arguably, these principles apply to
238 all areas of education (not just PE and sport), and particularly align to ideas of
239 learning in the “digital age” (as characterized earlier in this paper). Reflecting this
240 position, we now present an argument for design features that encapsulate principles
241 of empowerment, problem solving and deep understanding. We suggest ways in

242 which these features can be applied to soccer game design to develop soccer players
243 who are not just skilled, but are able to *learn how* to become skilled, through playing
244 the game. As such, we propose an alternative approach to teaching and coaching
245 games, one where meta-cognitive development is placed at the heart of game design,
246 an aspect of learning that has not yet influenced theory and/or practice for game
247 centered pedagogies such as TGfU, nor skill acquisition learning design, such as in
248 CLA.

249 ***Enabling Meta-Cognition: Designing a game world***

250 Building on the video game concept of “game as teacher” (Gee, 2007) which
251 was later applied in PE and sports coaching (Hopper, Sanford, & Clarke, 2009), and
252 borrowing the more up to date notion of “thinking like a game developer” (Pill, 2014;
253 Pill, Price, & Magias, 2017), the challenge for PE and sports coaching practitioners is
254 to firstly consider soccer practice as a “game world” rather than a subject matter,
255 sport, or opportunity to convey content. Therefore, a change from traditional modes of
256 thinking about lesson planning and game design is required, not least a move away
257 from “what will we be learning today” to “this is today’s mission”.

258 ***[insert figure 1]: Soccer as a Game World***

259 ***[insert figure 2]: Soccer as a Game World***

260 ***What’s the Mission?***

261 According to Gee (2007), human beings tend to associate learning with work,
262 and this is one reason video games are so successful in getting people to enjoy
263 learning. For example, by using the popular, mobile application game “Mario Bro’s
264 Go” to theme physical and imaginary make-up of the game world, players are able to
265 quickly identify with the “mission”, thereby masking the formal learning process. In

266 the example of figure 1, the mission is related to three of Wade's (1967) phases of
267 play: the "attacking" phase, whereby players are required to use possession of the ball
268 in order to collect coins; the "defending" phase, whereby players are required to limit
269 the number of coins collected by the opposition; and the "transition" phase, whereby
270 players are required to react instinctively to moments of re-gaining, or losing
271 possession. For this design, individual players (and the team) earn coins by receiving
272 the ball from a teammate. In practice, coins may represent small stickers that are
273 placed around the side of the playing area for players to retrieve.

274 Since the early work of Wade (1967), phases of play for invasion games have
275 been central to the use of small sided games to develop skill acquisition and, more
276 recently, used as a central foundation for game centered pedagogies such as TGfU. By
277 assuming a broad focus, where phases of play are considered interconnected and
278 interdependent (rather than a narrow skill focus), players become "active agents"
279 through the ways in which they interact with the mission, rather than "passive
280 consumers" (Gee, 2007). Consequently, the ways in which the player responds to the
281 mission will depend on what the player practices and learns in the game, and this will
282 be different for each player, and both teams.

283 *Using the Pause Button*

284 Coaches and teachers are inclined not to focus on a narrow, "know-what" or
285 "know how" perspective of learning due to the broad spectrum of attacking-defending
286 and defending-attacking play that will occur in game play for each player. Instead of
287 coaches and teachers thinking "what can I do to challenge player understanding of
288 when, why or how to pass quickly", thinking shifts towards "how are players
289 responding to the mission?" As a result, the role of the practitioner is not to interrupt
290 play with an intervention (such as an open or closed question), unlike game centered

291 approaches, which consider practitioner questioning as a key characteristic of learner-
292 centered games teaching (Harvey, Cope, & Jones 2016). Instead, the practitioner's
293 role during game play is to observe where possible and be prepared to respond to the
294 player(s) when they decide to "pause" the game, thus negating the notion of "game as
295 teacher" in PE and sports coaching (Hopper, Sanford, & Clarke, 2009), which implies
296 the practitioner's sole responsibility is to modify the game through representation,
297 exaggeration or adaptation principles (Hopper, 2011). Therefore, the coach or teacher
298 "thinking like a game developer" (Pill, 2014; Pill, Price, & Magias, 2017) is
299 considered as a more relevant term considering that players may decide to interact
300 with the coach when the game is paused. This term illustrates the interactivity of
301 digital games, which Gee (2013) explains are bound by ongoing episodes of the
302 player reacting, and the game (or game developer) reacting back. These interactive
303 episodes include opportunities for players to pause for cheats, collaboration, clues or
304 challenges (the 4 C's) (see figure 1 & figure 2), depending on the amount and type of
305 support they think are required. Teams or individual players may initiate the 'pause'
306 at any time in the game, though the practitioner ought to apply professional judgment
307 to structure frequency/timing of 'pauses' so not to disrupt flow of gameplay. This
308 placing of onus on the player(s) to pause the game amplifies the meta-cognitive game
309 skills of "I need help with this" or "we need to alter how we do this", considered in
310 previous game centered literature (cf. Light, Harvey, & Mouchet, 2014) where the
311 space and time a player has dictates whether game decisions are reflexive or
312 subjective. For example (see figure 1), "O team" is playing on Level 3, and
313 experiencing a problem that is too difficult to solve (opposition are defending deep
314 and denying space near the goal area). When the game is paused, "O team" decides to
315 "cheat" by taking a player from the opposition team because an extra player is likely

316 to open up space. This is an example of players self-managing the problem-solving
317 process and therefore developing their “know-how-to-learn” capabilities.

318 *Level-Up!*

319 As the game moves from its simplest form (a term of complexity, also used in
320 TGfU’s pedagogical principles) to a more complex form, players experience the
321 opportunity to “level up”. In short, leveling up in digital games demonstrates a
322 player’s competency at performing variations of a specific skill or set of skills. This is
323 typically where assessment is carefully woven into game design, resulting in an
324 explicit approach to understanding both learning and performance, which goes against
325 the grain of implicit and learner-centered pedagogies used for games.

326 The academic literature on assessment in physical games (e.g., Gray &
327 Sproule, 2011; Grehaigne, Godbout, & Bouthier, 1997; Grehaigne, Richard, &
328 Griffin, 2005; Oslin, Mitchell, & Griffin, 1998) evidences a dearth of debate and ideas
329 on how best to assess game performance and understanding, perhaps due to the
330 complex tactical-technical nature of games themselves (Memmert & Harvey, 2008).
331 This is coupled with the conflict of determining the “know about” and “know how” of
332 games. In essence, by using a level-up design approach to games, the focus of
333 assessment shifts away from narrow skill components towards an assessment of meta-
334 cognitive skills that inherently require the player to learn and master a skill or set of
335 skills. Typically, in response to the notion of “leveling up”, players are thinking “how
336 can I get to the next level”, rather than “how do I get better at passing to a team
337 mate”. As a result, players learn to practice skills, which are part of the wider strategy
338 to accomplish the game’s overall mission.

339 *Earning a Super Power*

340 As players move through the game on a “coin collecting mission” (see figure

341 1), they are rewarded with a “super power” each time their team scores a goal. This is
342 important for the logic of invasion games, as their purpose is ultimately to invade the
343 opponent’s space in order to score a point/goal (Wade, 1967). Therefore, game
344 designers should be careful that the game’s design does not discourage logical play
345 (both in attack and defense).

346 As this particular example (figure 1) uses a Mario Bro’s Go theme, it therefore
347 adopts some of the graphics and concepts associated with this brand of video game.
348 People who have previously played Mario Bro’s games will recognize these graphics
349 (such as the red shell icon), and value ways in which this power can help them to be
350 more effective in the game. In Super Mario Bro’s, a red shell signifies the opportunity
351 to “wipe out” an opponent (for a temporary period of time). Digital video game
352 designers and scholars describe such super powers as “smart tools” (Salen &
353 Zimmerman, 2004, 2006), and Gee (2007, 2013) views smart tools as a form of game
354 design manipulation that enables players to feel a greater sense of empowerment. By
355 providing players the opportunity to earn rewards (temporary super powers), players
356 are motivated to exploit ways in which they can use their newfound effectiveness.
357 Earning and using a power, therefore, enables the game to be explored from a new
358 perspective, a perspective that was not possible to be explored without the power.
359 This element of video game design gets players thinking “anything is possible”, and
360 “nothing is certain”.

361 The application of a “red shell” power in figure 1 is to “choose an opposition
362 player to lock in one area of the pitch”, with this power lasting for 60 seconds. The
363 outcome of this design results in temporary underload and overload situations, which
364 challenge both teams to consider different ways in which they might approach the
365 game’s mission. For the team with the power, their thought may be “how can we use

366 this power to collect more coins?”, while the team without the power might be
367 thinking “how do we minimize the number of coins the opposition collects?” Due to
368 the short-term nature of super powers, players are required to adapt and react to out of
369 balance situations quickly, while considering the game’s overall mission.

370 *Saving Progress*

371 Some of the early work on TGfU centered around cognitive and social-
372 constructivism although, as explained earlier in this paper, the TGfU model was not
373 explicitly theorized. More recently, Almond (2015) used a “Bruner” perspective,
374 whereby the concept of “scaffolding learning” through a “spiral curriculum” is
375 employed, during which complex concepts are taught using an initially simplified
376 version, and complexity is gradually enhanced using carefully designed and well-
377 ordered tasks. The intention of a spiral curriculum is to develop learners who can
378 solve potentially complex problems by themselves. The spiral curriculum concept can
379 also be compared to a video game and the ways in which video game design
380 facilitates enjoyable learning of something that is “long, hard and complex” (Gee,
381 2003). Notably, however, in video games players always have the opportunity to save
382 their learning progress. This means that players have a clear point at which they end
383 the game and begin a new game, advocating player progress as a means to pace
384 learning, rather than ticking off technical or tactical content.

385 This saving of progress in video games is known as a “risk alleviating” design
386 (Gee, 2007), whereby players are inclined to take risks in game play because they
387 understand their progress will not be diminished if a mistake is made. For example,
388 when losing a life in the game Mario Bro’s Go, the player re-starts the game from the
389 point at which he/she “died”. This principle is applied in figure 1, whereby this
390 particular game could be played multiple times, with individual players/teams each

391 ending and beginning the game at different points (dictated by how many coins are
392 collected). Players and teams in the game therefore experience challenge that is “hard
393 but doable, and effort is paying off” (Gee, 2013). Having this “safe haven” for game
394 play is very important for learning complex concepts, as players feel like they can
395 independently explore multiple solutions to game problems, reducing fear of failing
396 and appreciating that failure is needed for learning.

397

Conclusion

398 Based upon our review of empirical work concerning learning in the “digital
399 age”, for the “games generation” (Prensky, 2000), we believe that digital video game
400 design has the potential to positively influence meta-cognitive development of soccer
401 players. While learner-centered pedagogical approaches used for soccer have tended
402 to focus on know-how of game play, it seems that the theoretical basis for such
403 approaches have failed to consider how practitioners might use game design to
404 develop the “know-how-to-learn”, so that players are prepared to become autonomous
405 games players. Yet, without purposeful meta-cognitive design for soccer practice,
406 players have a narrow skill-focused initiation into the game, rather than a broad
407 learning focused initiation. Therefore, current coaching and teaching practice for
408 soccer fails to educate players using methods that might help them to influence their
409 own learning, and across various domains. The challenge is not to ignore the place for
410 learner-centered pedagogies, such as TGfU and CLA but rather, to extend upon their
411 “know how” design and move it into the realms of “know-how-to-learn”; in short, a
412 more cognitive and meta-cognitive approach. Clearly, there is a need to explore how
413 Gee’s (2013) GGD can be translated into game design for soccer, and to establish the
414 position of the coach-as-designer when using a digital video game approach. This
415 means that coaches and teachers should experiment with meta-cognitive design, and

416 ways in which this transfers onto the pitch with players. Our position, therefore, is
417 that coaches and teachers should consider how they are facilitating opportunities for
418 players to become autonomous games players, where opportunities to develop meta-
419 cognition are at the heart of game design, rather than the development of sport-
420 specific skills in game contexts, albeit that this latter approach is a significant step
421 forwards on the use of technique isolated, low fidelity drills. The meta-cognition
422 approach would give players a greater opportunity to develop game related learning
423 skills, which in turn help them to thrive in the dynamic context of a game.

424 We believe that the coaching and teaching pedagogical landscape for soccer
425 (and invasion games more broadly) needs to explore new ways of developing skilled
426 players, and to be less concerned with breaking down technical/tactical game
427 components as a means to guide game design and interventions. What we propose is
428 the beginning of a new approach to teaching and coaching games, known as the
429 “digital video games approach”, which is aligned to learning in the digital age and
430 meeting the expectations of the games generation of players. We appreciate this
431 approach is currently a concept based upon theory, and so we urge practitioners to
432 explore its application in order to inform practice with an evidence base. Just as with
433 any digital tool, we believe this approach has scope for practitioners to develop their
434 own “software”, individual to their context, but set within Gee’s GGD “hardware” of
435 learning principles. Such an approach could serve to bridge the gap between informal
436 digital worlds and formal non-digital worlds, where players become “active agents”
437 rather than “passive consumers” in their soccer learning. Finally, this approach will
438 likely require a deep philosophical shift in practitioners’ perspectives of what learning
439 is, and how it happens, in organized soccer contexts.

440

441

References

- 442 Almond, L. (2015). Rethinking teaching games for understanding. *Ágora para la*
443 *Educación Física y el Deporte*, 17(1), 15-25.
- 444 Australian Sports Commission. (1996). Game sense: Perceptions and actions research
445 report. Belconnen, ACT: Australian Sports Commission.
- 446 Bartlett, B. (2014). A framework for practice design. *The Football Association*
447 *Bootroom Magazine*, 10, 22-31.
- 448 Brown, J. S. (1978). Knowing when, where, and how to remember: A problem of
449 metacognition. In R. Glaser (Ed.), *Advances in instructional psychology*, (pp.
450 77–165). Hillsdale: Erlbaum.
- 451 Bunker, D. J., & Thorpe, R. D. (1982). A model for the teaching of games in
452 secondary schools. *The Bulletin of Physical Education*, 18, 1.
- 453 Butler, J. (2014). TGfU – Would you know it if you saw it? Benchmarks from the
454 tacit knowledge of the founders. *European Physical Education Review*, 20(4),
455 465-488.
- 456 Chatzipanteli, A., Digelidis, D., Karatzoglidis, C., & Dean, R. (2016). A Tactical-
457 game approach and enhancement of metacognitive behaviour in elementary
458 school students. *Physical Education and Sport Pedagogy*, 21(2), 169-184.
- 459 Chow, J. I., Davids, K.W., Button, C., Renshaw, I., Shuttleworth, R., & Uehara, L. A.
460 (2009). *Nonlinear pedagogy: Implications for teaching games for*
461 *understanding (TGfU)*. In Hopper, T., Butler, J., & Storey, B. (Eds.)
462 *TGfU...Simply good pedagogy: Understanding a complex challenge*, (pp. 131-
463 143). Ottawa, Canada: Physical Health Education Association.
- 464 Chow, J. Y. (2010). Insights from an emerging theoretical perspective in motor
465 learning for physical education. In M. Chia & J. Chiang (Eds.) *Sport Science*

- 466 *in the east: Reflections, issues and emergent solutions* (pp. 59–78). Taiwan:
467 World Scientific.
- 468 Chow, J. Y. (2013). Nonlinear learning underpinning pedagogy: Evidence, challenges
469 and implications. *Quest*, 65, 469–484.
- 470 Flavell, J. H. (1979). Metacognition and cognitive monitoring. *American*
471 *Psychologist*, 34(10), 906–911.
- 472 Gee, J. P. (2003). *What video games have to teach us about learning and literacy*.
473 New York, NY: Palgrave Macmillan.
- 474 Gee, J. P. (2007). *Good video games and good learning (New literacies and digital*
475 *epistemologies)*. New York, NY: Peter Lang Publishing, Inc.
- 476 Gee, J. P. (2008). Learning and Games. In K. Salen & The John D. and C. T.
477 MacArthur Foundation (Eds.), *The ecology of games: Connecting youth,*
478 *games, and learning*. Cambridge, MA: The MIT Press.
- 479 Gee, J. P. (2013). *Good video games and learning*. New York, NY: Peter Lang
480 Publishing Inc.
- 481 Gibson, J. J. (1986). *The ecological approach to visual perception*. Boston, MA:
482 Houghton Mifflin.
- 483 Gray, S., & Sproule, J. (2011). Developing pupils' performance in team invasion
484 games. *Physical Education and Sport Pedagogy*, 16(1), 15–32.
- 485 Grehaigne, J. F., Godbout, P., & Bouthier, D., (1997). Performance assessment in
486 team sports. *Journal of Teaching in Physical Education*, 16, 500-516.
- 487 Grehaigne, J. F., Richard, J. F., & Griffin, L. L. (2005) *Teaching and learning team*
488 *sports and games*. New York, NY: Taylor and Francis.
- 489 Griffin, L. L., Mitchell, S. A., & Oslin, J. L. (1997). *Teaching sport concepts and*
490 *skills: A tactical games approach*. Champaign, IL: Human Kinetics.

- 491 Harvey, S., Cope, E., & Jones, R. (2016). Developing questioning in game-centred
492 approaches. *Journal of Physical Education, Recreation & Dance*, 87(3), 28-
493 35.
- 494 Hopper, T. (2002). Teaching games for understanding: The importance of student
495 emphasis over content emphasis. *Journal of Physical Education, Recreation &*
496 *Dance*, 73(7), 44–48.
- 497 Hopper, T. (2011). Game-as-teacher: Modification by adaptation in learning. *Asia-*
498 *Pacific Journal of Health, Sport and Physical Education*, 2(2), 3–21.
- 499 Hopper, T., Sanford, K., & Clarke, A. (2009). Game-as-teacher and game-play:
500 Complex learning in TGfU and videogames. In T. Hopper, J. Butler & B.
501 Storey (Eds.). *TGfU...simply good pedagogy: Understanding a complex*
502 *challenge* (pp. 201-212). Ottawa, Canada: Physical Health Education
503 Association.
- 504 Karan, E. P., & J., Irizarry (2014). Effects of Meta-cognitive strategies on problem
505 solving ability in construction education. Proceedings of the 50th Annual
506 International Conference of the Associated Schools of Construction (ASC),
507 USA.
- 508 Kirk, D., & MacPhail, A. (2002). TGfU and situated learning. *Journal of Teaching in*
509 *Physical Education*, 21(2), 177-192.
- 510 Launder, A. (2001). *Play practice: The games approach to teaching and coaching*
511 *sport*. Adelaide: Human Kinetics.
- 512 Light, R. (2008). Complex learning theory - Its epistemology and its assumptions
513 about learning: Implications for physical education. *Journal of Teaching in*
514 *Physical Education*, 27(1), 21-37.
- 515 Light, R., Harvey, S., & Mouchet, A. (2014). Improving ‘at-action’ decision-making

- 516 in team sports through a holistic coaching approach. *Sport, Education and*
517 *Society, 19(3), 258-275.*
- 518 Mahdavi, M. (2014). An Overview: Metacognition in education. *International*
519 *Journal of Multi and Disciplinary Research, 2, 529-539.*
- 520 Mandigo, J., Francis, N., Lodewyk, K., & Lopez, R. (2012). Physical literacy for
521 educators. *Physical Education and Health Journal, 75(3), 27–30.*
- 522 Memmert, D., & Harvey, S. (2008). The game performance assessment instrument
523 (GPAI): Some concerns and solutions for further development. *Journal of*
524 *Teaching in Physical Education, 27, 220-240.*
- 525 Metzler, M. (2011). *Instructional models for physical education.* Scottsdale, AZ:
526 Holcomb Hathaway.
- 527 Mitchell, S.A., & Griffin, L.L. (1994). Tactical awareness as a developmentally
528 appropriate focus for the teaching of games in elementary school. *Physical*
529 *Educator, 51(1), 8-29.*
- 530 Newell, K. M. (1986). Constraints on the development of coordination. In M. G.
531 Wade & H. T. A. Whiting (Eds.) *Motor development in children: Aspects of*
532 *coordination and control* (pp. 341–360). Dordrecht: Martinus Nijhoff.
- 533 Oslin, J. L., Mitchell, S. A., & Griffin, L. L. (1998). The game performance
534 assessment instrument (GPAI): Development and preliminary validation.
535 *Journal of Teaching in Physical Education, 17, 231-243.*
- 536 Paris, S. G., & Jacobs, J. E. (1984). The benefits of informed instruction for children's
537 reading awareness and comprehension skills. *Child Development, 55, 2083–*
538 *2093.*
- 539 Pill, S. (2014). What does it mean for pedagogy to think like a game developer?
540 *Journal of Physical Education, Recreation and Dance, 85(1), 9-15.*

- 541 Pill, S., Price, A., & Magias, T. (2017). Game design fundamentals and sport
542 coaching. *Ágora para la Educación Física y el Deporte*, 19(1), 19-34.
- 543 Prensky, M. (2001). *Digital game-based learning*. St Paul, MN: McGraw-Hill
544 Education.
- 545 Renshaw, I., Araujo, D., Button, C., Chow, J. Y., Davids, K., & Moy, B. (2016). Why
546 the constraints-led approach is not teaching games for understanding: A
547 clarification. *Physical Education and Sport Pedagogy*, 21(5), 459-480.
- 548 Salen, K., & Zimmerman, E. (2004). *Rules of play: Game design fundamentals*.
549 Cambridge, MA: The MIT Press.
- 550 Salen, K., & Zimmerman, E. (2006). *The game design reader: A rules of play*
551 *anthology*. Cambridge, MA: The MIT Press.
- 552 Salen, K. (2008). "Toward an ecology of gaming." *The ecology of games: Connecting*
553 *youth, games, and learning*. The John D. & Catherine T. MacArthur
554 Foundation on Digital Media and Learning. Cambridge, MA: The MIT Press.
- 555 Salen, K., Torres, R., Wolozin, L., Rufo-Tepper, R., & Shapiro, A. (2011). *Quest to*
556 *learn: Developing the school for digital kids*. Cambridge, MA: The MIT Press.
- 557 Storey, B., & Butler, J. (2013). Complexity thinking in P.E: game-centred approaches,
558 games as complex adaptive systems, and ecological values. *Physical*
559 *Education and Sport Pedagogy*, 18(2), 133-149.
- 560 Tan, C. W. K., Chow, J. Y., & Davids, K. (2011). How does TGfU work? Examining
561 the relationship between learning design in TGfU and a nonlinear pedagogy.
562 *Physical Education and Sport Pedagogy*, 17(4), 331-348.
- 563 Thorpe, R. D., Bunker, D. J., & Almond, L. (1986). *Rethinking games teaching*.
564 Loughborough University of Technology.
- 565 Wade, A. (1967). *The F.A. guide to training and coaching*. London: Heinemann.