

GSM International Coaching Football Education Program



A GSM International and National Football Developmental Education Program

Course Contents are as follows

“Coaching 11 vs. 11 Football Attacking Tactics & Training Methods”

International Advanced Coaching Education 'A' Level 1 Course

Writings Provided by Paul J. Banta

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Day One of Scheduled of Coaching Course

Coaches Please Check in & Register at Alpha Boys Institute

(Check with the guard at the gate as you enter Alpha Grounds where you check-in)

8:00 AM - 8:30 AM

Welcome and Introductions

8:30 AM – 9:45 AM

Paul Banta – President of Global Soccer Ministries International

Course Requirement of Coaches Commitments

- This coaching course is FREE
- Five days of 50+ hours of combined field sessions in the morning, afternoon and lectures in afternoon and evening
- First Day Checking 8:00 AM (sharp) - 8:30 PM at Alpha Boys School, 26 South Camp Road Kingston
- 8:30 PM – 9:45 AM January 2nd Introduction
- First Field Session starts at 10:00 AM
- Course Schedule below on page 5 – 6
- Sessions start on time. Coaches are required to be at 95% of lecture & field sessions to receive an Advanced Level 1 'C' Coaching Certificate
- Housing is not provided. Lunch can be purchased near the campus

Coaching Certification (This is not a license course)

- Coaching Course Advanced GSM International Certificate

Seminar name is - **“Coaching 11 vs. 11 Football Attacking Tactics & Training Methods”**

- Coaches attending 95% of all sessions will receive a certificate
- This coaching course does not lead to a Coaching License. It is educational only in nature

Presenters

- Paul Banta - USSF Full 'A' License Coach and International Coaching Educator, Football Coach, Lecturer/Speaker and Author
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Course Daily Schedule

- GSM Football Educational will host Part 1 'B' Advanced Level Coaching Course held at

- **Starts** _____ promptly with registering at _____ at 8:00AM - 8:30 AM. Course ends _____ at 7:00 PM 2016

- **Day 1** – 8:30 AM - Introduce the Course right after registration; 10:00 AM -12:00 PM Field Session (1); 12:00 PM – 1:00 PM Lunch Break; 1:00 – 2:00 PM Class Room Lecture (1) 2:15 PM -5:00 PM Field Session (2) and 5:15 – 7:30 PM Class Room Lecture (2)
- **Day 2** – 8:00 AM Introduce the day; 8:30 AM-12:00 PM Field Session (3); 12:00 PM – 1:00 PM Lunch Break; 1:00- 2:00 PM Class Room Lecture (3) 2:15 PM – 5:00 PM Field Session (4) and 5:15 – 7:30 PM Class Room Lecture (4)
- **Day 3** – 8:30 AM Introduce the day; 9:00 AM-12:00 PM Field Session (5); 12:00 PM – 1:15 PM Lunch Break; 1:30 PM - 4:30 PM Field Session (6) and 4:45 PM – 7:00 PM Class Room Lecture (5 & 6)
- **Day 4** – 8:30 AM Introduce the day; 9:00 AM-12:00 PM Field Session (7); 12:00 PM – 1:15 PM Lunch Break; 1:30 PM - 4:30 PM Field Session (8) and 4:45 PM – 7:00 PM Class Room Lecture (7 & 8)
- **Day 5** – 8:30 AM Introduce the day; 9:00 AM-12:00 PM Field Session (9); 12:00 PM – 1:15 PM Lunch Break; 1:30 PM - 4:30 PM Field Session (10) and 4:45 PM – 7:00 PM Closing Lecture (9), Open Discussion/Course Remarks & Closing Comments & Certificate Presentations

Day One of Scheduled of Coaching Course

Course Field Training & Class Lectures Sessions

10:00 AM -10:30 AM Field Session

Technique Team Warm-Up Including the Goalkeeper

Field Players

Components of Football Techniques Used in Warming Up Players

Player Developmental Concepts

Skills should be mastered leading to artistry and improvisation: All under match condition.

- Individual skills covered during the warm-up, and/or in competitive situations.
- Increase technical speed. *It is important that technique is still highly emphasized when player begin 11 vs. 11 football.*
- Strike or pass balls cleanly over distance with accuracy under pressure.

Personal Player Ball Control in match or training session pressure / certain areas of the field in attack require more ball control under more match condition pressure

Playing Fast with or without the ball

Receiving a (trapping, stopping or playing your first touch) ball under match or training conditions with body parts, playing fast and with the correct body shape

Serving (passing) the ball with feet, head, chest and thighs in match conditions

Running or Carrying the ball in open and tight spaces with speed and field vision

Changing Directions when carrying the ball in attack

Throw-ins primary into space or to feet

Shooting

Fakes or Feints

Heading in attacking and defending situation

Goalkeeping

Techniques (that will raise players match performance skills)

Footwork for Goalkeepers

Defending between the posts or (lateral movement) and this is down for ground and air balls; Power stepping and 1 vs. 1 with opposing players

Throwing

Side arm; Round-house; Baseball/cricket style

Kicking

Drop- kick; punts or volley from you hand into corner area as target areas

Diving

Step and Collapse (low); Step and slide onto forearms and thighs;
ANGLE PLAY; Fast footwork; Body shape

Parrying and Punching

One and two hands

10:30 AM - 12:00 PM Field Session (1)

Coaching Playing Shape in Attacking Zones 1, 2 & 3

Exercises to be Coached & Demonstrated

Paint a picture of what you want for the session

- Shadow Play in the First Attacking Zone by a Playing Group from Flank Play developing into a final team efforts
- Shadow Play from the Middle Attacking Zone into the Final Attacking Zone by a Playing Group from Flank Play developing into a final team efforts
- Shadow Play in the Final Attacking Zone by a Playing Group from Central Play developing into a final team efforts
- Shadow Play with ball possession by the Back Attacking Players from Check Runs of Forward and Midfielders in the last 60 meters.

Note: Establish restrictions in this type of warm-up such a time on the ball: no dispossession of the ball from an opposing player; restricting time in possession; number of touches in position; verbal communication (variations to be shared); creating support space and more ideas)

1:00 – 2:00 PM Class Room Lecture (1)

Lecture: Part 1 – Leadership

Only Two Kinds of Coaches in Football

We believe there are *two kinds of coaches*. They are the unbelievable coach and believable coach. The ***Unbelievable Coach*** is called this because they do not get results from their players for many reasons and players can't play for this person. The ***Believable Coach*** because they get results and players can play for this person.

Characteristics of the *Unbelievable Coach*

- Not coaching match related training sessions
- Players do not understand them and sometimes do not want too
- Not enough quality training results or match results
- Not many player or team successes
- No player development
- Players are frustrated with no success and often the same for the coach with the players not performing to their demands

Characteristics of the Believable Coach

- Training and Match Success
- Players Understand what Expected of Them as Individuals and their part on the Team
- Results Orientated
- Football and Many Other Successes Occur
- Players and Team Development Takes Place
- They believe they are Magical and the Coach Believes they are Magical as well
- Coaches Give Praise to Players

Leadership through Your Acts of Forgiveness

1. Training and Match Success
2. Players Understand what Expected of Them as Individuals and their part on the Team
3. Results Orientated
4. Football and Many Other Successes Occur
5. Players and Team Development Takes Place
6. They believe they are Magical and the Coach Believes they are Magical as well
7. Coaches Give Praise to Players
8. **Recognize no one is perfect.** When we hate somebody, we tend to lose our perspective on that person. When we're filled with resentment and bitterness and hurt, we tend to dehumanize the offender. We treat them like a danger animals and we shoot to kill. We're all imperfect in an imperfect world.
9. **Relinquish your right to get even.** This is the heart of forgiveness. You might deserve to retaliate, but you must commit not to do so. It may not fair in your standards, but it's healthy and better to love or say nothing then to shoot unkind words of criticisms. Be

the leader/mentor/coach you should be. This isn't a one-time decision but a daily one that may even require moment-by-moment decisions, so be prepared to think rather than explode like a bomb.

10. **Respond to the bad things with a good word, kind jesters and give hope to your players.** This is how you know you've fully released someone from the wrong that has been committed against you. Humanly speaking, it's sometimes impossible to respond to bad with the good. You'll need the Father's help. You'll need the love of Jesus to fill you up. Why? Our Father's love doesn't keep track of wrongs.
11. **Refocus on your Father's plan for your life and the lives of your players.** You stop focusing on the hurt and the player who hurt you or the team, because you do not like them and what they did. Instead, you refocus on the Father's purpose for your life, which is greater than any problem or pain you might be currently facing. As long as you continue to focus on the player who you believe is hurting your program in some way, that player is controlling you. Think about

it. They may not think that way, but it happens because they live their lives more off the field than on the field and the off the field living we effect the on the field hurt they are inflicting. In fact, you can take it a step further. If you don't release your offender, you will begin to resemble your offender.

2:15 PM -2:45 PM Field Session

Team Warm-Up Using Vision & Verbal Communication

Exercises created for players to move & coach the warm-up:

- **Passive play in small sided games (6 vs. 6 + Goalkeepers and 8 vs. 8 + Goalkeepers) with players in their attacking playing positions**

- **Small Side Games of 6 vs. 6 or 8 vs. 8**

- **Free Play with moving into space in specific size fields**

- **Functional exercises in Attacking Zone 1, 2 or 3**

2:45 PM -5:00 PM Field Session (2)

Creating Space to Beat Opponents the Final Attacking Zone

Coaching 11 vs. 11 in the 2nd and 3rd of Final Attacking Zones

- **Center Midfielders creating space**

- **Wing Midfielders creating space**

- **Center Forward/Strikers creating space**

- **Playing in behind defending midfielders**

- **Playing in behind defending backs**

5:15 - 7:30 PM Class Room Lecture (2)

Lecture: Part 2 - Leadership

**Leadership Coaching in Your Practices &
Matches**

Areas You Must Use to Create Player Development

Come to your sessions with a plan to execute them to develop players

- Make sure all your training sessions are always match related and that you use functional exercises for player development
- Your practice has the following elements for the length of your session: Warm-up; Functional tactical exercises that are match relate to 1) players positions and 2) the match in attack or defending for field players and goalkeepers
- Bring football to your players, so they have fun and get training results for themselves so they play their best in a match. Match success in both attack and defending is up to your players but with sessions that are about the football game
- Remember players love the game and they come to you because you picked them

- Show them love and that you're the type of a coaches that's filled with integrity. If so, they crawl up Blue Mt for you on their stomach. Now we'd never have that happen but they will put out a big effort because you can be trusted and not just in football.

Training Concepts That Develop Your Players

- Training your players through '**functional and match related exercises**' to create and score goals
- Methods or exercises that **change their thinking, words and actions** of your players in the final attacking zone
- Training games that get results – **more goals**
- Attacking down **right and left flanks** (wing space)
- Attacking through **the middle in and around the penalty box**

- Coach ***functional and match related games*** to create and score goals for your training sessions that work with demonstrations
- Understanding systems of play and player styles to score more goals
- Organizing your training sessions that are centered around creating and scoring goals
- Free kicks and corners for scoring goals

Coaching Communication Presentation Format for Training Sessions

1. Coaching Position to get players best results
 - Voice - clear and encouraging players
 - Analysis position all of the time for player development
2. Introduce football topic
3. Explain exercises purpose

4. Demonstrate with main points and sequence of the exercise as related to a match
5. Playing action (analysis using skill sequence)
6. Reinforce main points for individuals and groups player in exercise
7. Players learning to solve playing situations while in demanding training session without the coach verbalizing so much
8. Challenging players to solve problems through questioning players decision making processes

Communicate to Your Players in Training Sessions and Games

- If you state a negative to a player make sure you state 3-5 positives to that same player in that session. Use your training sessions mainly for this.
- Be respectful and affectionate to your players
- What is the *Perfect Path for Your Players* and what you say impacts them?

- They have to be supported by you (as a coach)
- You have to create the environment by:
 1. By communicating
 2. Giving good football instructions
 3. Strong words of advice and encouragement
 4. A huge and pat on the back – do it individually allot during training or before matches, half time, and end of games
 5. How can I as a coach minimize the negatives and do the positive with my players
 6. As a coach, I do the above not because I want it my way but because the players need to receive it.

Quality Technical Demonstration Required

- Show correct and successful techniques with a high level of skill performance
- Show demonstration clearly as the coach

- Show how your technical demonstration is match related
- Show at a reasonable match pace for visual understanding
- Speak about match rules, match conditions, safety, etc
- Provide exercise to move players forward and coach the exercise

Four Concepts of Scoring Goals

1. Creating attacking space and using it correctly
2. Knowing attacking possibilities or opportunities before they happen with your team. This could be in groups of 3-5 players through small side game through the 11 vs. 11 match
3. Attacking in shape or a system of how your players line up, but this should not be rigid

4. Receive and be able to serve a quality footballs under pressure of opposing players and the pressure of playing at top speed

Day Two of Scheduled of Coaching Course

Course Field Training & Class Lectures Sessions

8:00 AM – 8:30 AM

Introduce the Day

8:30 AM – 9:00 AM Field Session

Team Warm-Up Emphasizing Using First Attacking Zone

- Coaching 11 vs. 11 in this Warm-up

- Light to Moderate Defensive Pressure
- Start off 35-40 % of Running Output and increase to 60-65%
- Play only in Your Teams 1st & 2nd Attacking zones
- Restriction on limited time on the ball when in possession
- Coach Players to Support the players on the ball right and left
- Coach Players to Create Space for through Passing and Possession

9:00 AM - 10:30 AM Field Session (3)

Coaching Flank Play in the Final Attacking Zone 3

- **Emphasis though Shadow Play Footballs to Player to Wide Player (wing midfield or overlapping outside backs)**
- **Quality Ball Services into Certain Areas of the Penalty Box**
- **Coach Forward, Midfielders and Out Midfielders Attacking the Penalty Box**
- **Playing or Servicing Crosses into Space Players are Attacking**
- **Emphasis should be on Create Good to Excellent Opportunities to Score Goals**
- **Shooting or Playing the Ball into the Back of the Net**

10:30 AM - 12:00 PM Field Session (4)

Coaching Central Play in the Final Attacking Zone

- **Emphasis though Shadow Play Footballs to Player to Central Players in the Central Part of the Pitch (midfielders or support backs)**
- **Create Passing Opportunities Played Behind Defenders**
- **Quality Ball Services into Created Space are Needed so Players Posses & Protects their Possession**
- **Coach Forward & Attacking Midfielders to Combine to Beat Opposing Defending Midfielders and Backs**

- **Emphasis should be on Create Good to Excellent Opportunities to Score Goals**

- **Shooting or Playing the Ball into the Back of the Net**

1:00- 2:00 PM Class Room Lecture (3)

Lecture: Part 3 – Leadership

Being the Leader/Coach You Need to Be in this Game of Football Part 1

What you need to know and how you need to perform as a leader!

- **Success** comes from strong and effective leadership. Very few success stories just happen. Success happens over time when coaches grow their leadership abilities. It's a day by day effort with your players.

- With **Influence**, you can then lead others and change their direction.

- Coaches not only steer their players in the right direction, but they lead well because they can **Navigate** their players successfully.
- The test of a great coach/leader is where you **Begin or Start** and where you **End Up** on the league table, with players developed and so on.
- When you are **Respected** your players will follow you most anywhere, and they'll do whatever you ask them
- The Coach must have and use their **Intuitiveness** (instinctive awareness/knowledge/mind). When others can't figure things out, great coaches have the answers and the way to move forward
- Coaches must have their players earn their **Trust** in him

2:15 PM - 2:45 PM Field Session

Team Warm-Up with Small-Sided Games

Concept of Warming - Up Your Players Physiologically and Progressively with Small Side Games

- **These warm-up efforts are to prepare your players to perform in training sessions that will progress to a higher level of intensity and match related conditions.**
- **These sessions need to be coached so your players can understand how they have to perform in these exercises moving them to match conditions**
- **These Methods are to Achieve Successful Attacks in Functional Shadow Play and Small Side Games**

Exercise in this Practice below:

- **Coaching a Passive 9 vs. 9 with Keepers**
- **Use a K - 2 - 4 - 2 System**
- **Player Must Stay Restricted to the Tactical Formation**

- **Promote Field Vision for Playing Options before Player has Possession of the Football**
- **Verbal Positive Communication**
- **Players Must Work to Support Each Other**
- **Players Must Make Service Choices Before they Get the Football**
- **Players Must Be Aware & Use Entire Field Space**
- **Players Are Restricted Using Football Techniques Provided**

2:45 PM - 5:00 PM Field Session (5)

Shooting Ideas in Final Zone from Flank Play

- **Functional Exercises by Players Penetrating the Penalty Box**

- **Attacking Football Services Coming in from the Flanks**

- **Playing in Partnership with Other Players Around You**

- **Seeing and Focusing on Your Targets Ahead of Time**
- **Beating the Marking Back**
- **Beating the Goalkeeper**
- **Striking the Ball Correctly**

- **Reproduce Others:** If you have talents give them away
- When players **Believe** in you, they will follow your cause and reasoning
- Leader coaches who experience **Defeats** find this absolutely unacceptable and find ways to change players and the team's direction to be **Victorious**
- Coaches find **Momentum** and find ways to keep it going and move forward
- Coach **Priorities** to reach your goals
- Strong Coaches will survive and be successful by **Sacrificing** and giving themselves away

- With the right coaching and the right **Timing**, success will come with your players
- Leaders (coaches) must **Develop Leaders**, and this is different than developing a player
- Leave **Legacies** of success and keep passing it on to others
- Good Coaches strong leadership abilities will **Attract** his players toward him like a magnet
- Coach must **Connect** with their players hearts and minds before you put heavy demands on them in training

- **Raise Up** and develop the right leaders/captains and other players on your team

Day Three of Scheduled of Coaching Course

Course Field Training & Class Lectures Sessions

8:30 AM – 9:00 AM

Introduce the Day

9:00 AM-9:30 AM Field Session

Team Warm-Ups with Functional Exercises

- **Two Grids Size 50 yd x 50 yd for Two Groups of 7-9 Players**
- **Movement Supporting the Player with the Football**
- **Movement Away from the Football**

- **Filling Create Space**
- **Players Change Position & One Players Receive the Football**
- **Check Runs to Create Pace & Player Make Check Run Receives the Football**

9:30 AM-12:00 PM Field Session (6)

Concepts of Scoring Goals in Final Attacking Zone

Tools Coaches Needs to Develop Your Players to Score Goals

A. Creating and Scoring Goals Can Be Exciting and Motivate Your Players. (Coaching Questions for You)

- **What the first thing you see players do when they arrive on the pitch?**

- Do your players enjoy your training session methods?
- Are your sessions based on scoring goals and attacking forward?
- What's the best way to defend? ***Attack...Attack...Attack***
- Do your players look forward to attacking football?
- Your players have a great time in your football training exercises because the game was design for goal scoring?
- Do your training sessions have a high % of creating and scoring goals through various methods that are designed specifically for your team's ability and skill level?
- Your players need to be challenged to focus on goals with positive attacks that result with balls in the back of your opponents net.

B. The Art of Shooting and Scoring Goals

- Creating Opportunities as a Player
- Shooting Technique Ideas for Players
- The Clock Method
- Tactical Awareness to get those Goals

C. Creating Opportunities that Result in Scoring Goals in Attacking Football through Functional and Match Related Training and Exercises for Your Players in their Playing Positions

- Various Playing Systems to Use in Attack
- Using Various Playing Speeds in Attack
- Center Forwards Tasks
- Wing Players Tasks

- **Central Midfielders Tasks**
- **The Over Lapping Back in Attack**
- **Creating Goals Through Attacking Playing Groups**
- **Attacking the Pressure of the Opposition and Team Pace**
- **Shadow Play from the Flank in Final Zone with 1 Central Back, 4 Midfielders and 2 Forwards**
- **Repetition Training in Attacking Techniques and Tactics by player positions from attacking the final zone. Defending players pressure is controlled (types of pressure would be defending a % of a players effort, no tackling, no winning attacking balls, other ideas.**
- **Creating Space from Forward and Midfielders Partnership_to attack into spaces behind opposing defenders.**

D. Two Warm - up Methods:

Coaching Creating and Scoring Goals through *Small-Sided Game* and *Functional Game* exercises

9:30 AM-10:45 AM Field Session (6)

Coaching Central Play Ideas - 6 vs. 6 (2 CF; 2 CM & 2 CB vs. 2 CB; 2 CM; 1 GK)

- **Coach Free Play Outside the Penalty Box**

- **Creating Attacking Space in Front of Opposing Midfielders**

- **Creating Attacking Space in Behind of Opposing Midfielders**

- **Creating Space in Front of Opposing Backs**

- **Creating Space in Behind of Opposing Backs**

10:45 – 12:00 PM Field Session (6)

**Coaching Flank Play Ideas - 8 vs. 8 (2 CF; 2 CM;
2 Wing Midfielders & 2 Outside FB)**

- **Coach Free Play Behind the Box on the Right & Left Flanks**

- **Creating Attacking Space on Flanks of Opposing Midfielders**

- **Creating Attacking Space in Behind of Opposing Midfielders**

- **Creating Space in Front of Opposing Backs**

- **Creating Space in Behind of Opposing Backs**

1:30 PM – 2:00 PM Field Session

Team Warm-Up Using Football Shooting Techniques

Field Player Individual Ball Possession

- **Free Play Confirmed Space**
- **Planting the Football**
- **Striking the Ball Instep Drive**
- **Following Through the Ball after Striking the Ball**
- **Chipping the Ball**

Two Field Players Ball Possession

- **Striking the Ball Instep Drive (dead and alive ball)**
- **Play the Ball into a Player Who Lays It Off**
- **Side Volley Exercise**
- **Diving Headers from Basic Position**

- **Chipping the Ball over a Goalkeeper**

2:00 PM - 4:30 PM Field Session (7)

Shooting Ideas in Final Zone from Central Play

- **Coaching the Game in the Center of the Final Zone**

- **Coach K-4-4-2**

- **Coach K-4-3-3**

- **Coach Players Shooting Ideas Against the Opposition in 1 vs. 1 or 2 vs. 1 or 2 vs. 2 Situations Under Match Conditions**

- **Coach Players to Focus on Shooting More in Training Being a Fierce Relentless Purser of shooting the ball in the Back of the net**

- **Coach Players to Encourage Each Other to Shoot**

- **Shooting Technical Work Under Match Pressure**

4:45 PM - 5:45 PM Class Room Lecture (5)

Lecture: About Football Fitness & the Match

The Components of Football Fitness for the Match

Fast Feet – Running forward, sideways and backwards in one direction

Quick Feet – Moving in a variety of directional changes in rapid succession

Player & Team Speed – Ability to play the game in attack very fast and defend fast / speed over 10 – 50+ meters are very important

Agility – Lateral movement of the body, suppleness and flexibility of muscle group mostly with emphasis on hips and legs

Cardio Vascular / Match / Aerobic Endurance – lasting the full match and match conditions (sprints forward or defending with high pressure) without tiring. Requires your heart and lungs to work efficiently under match and training conditions

Muscular Power and Strength – required muscle output needed to last a game without cramping and to perform muscularly efficient

5:45 PM – 7:15 PM Class Room Lecture (6)

Lecture: Establishing Quality Training Sessions

Dear Coach,

The teams I've coached over the years always played better in the 'final attacking zone' when I finally gave up most of my antiquated training methods and exercises that never proved to be successful in match condition. For the most part, they were not match related enough, and they were not functional for the players to create and score goals. My training sessions were not only useless for my players, and we never got those goals to win more matches. When you play the game, you play to win by more goals than your opponent and as coaches and player, we never play to tie a match, so you need goals to win. It's that simple. All this was entirely my fault after, all I was the leader and coach.

Over the early part of my coaching, my teams had way too many ties and not enough wins even though they won their fair share of matches. My efforts were on playing tactically well in both attack and defense, but I did not put enough time into our training sessions to have my players scoring goals and with the right methodology.

When I started to look for others and better ways to train players and methods that would help my teams players I got

more excited about the football and operating my training sessions that provide more goals. Your daily training session needs to be more about ways to strike the ball in the back of the net. They must focus on creating various attacking situations that provide a better tactical and technical approach that end in more chances for your players to win matches.

As coaches, we must never be too rigid, close-minded in our thinking or too magical to learn better methods that produce winning results.

I challenge you to watch and enjoy our training sessions and methods that will change your thinking, the words you speak to your players and the actions you show to your players as they participate in your well-coached training sessions.

You'll be surprised about how much they'll help your team, and you will be more excited about coaching.

Remember your players have a future in the game of football and you must lead them.

Paul Banta

Paul Banta – President of GSM International

United States Football Federation Fully licensed Coaching Educator

Winning Matches by Creating and Scoring Goals in Your Training Daily Sessions

What's it all about?

As coaches we just don't run training sessions and hope goals go in without coaching the session to actually create and score goals. A **big question** for us as coaches is what we do in our training sessions to actually get our player to create and score goals and have fun doing it.

When coaches delivery **High Level Exercises** to our players in competitive training sessions that are to produce goals we need to consider having the following elements in these sessions:

- 1. Exercises that are functional** – Functional meaning we provide opportunities that will challenge each player in their playing position potential chances or opportunities either from a creating passing emphasis

(assisting in getting goals for other players) and to actually scoring goals.

2. Exercises that are matches related – You create from a position of attack from a system you plan to play in going forward. You might be changing your system of attack from a GK-3-5-2 in the first half to a GK-4-4-2 in a second half. As each individual player possess their own playing skills and talents this also becomes part of your teams playing style within the system you play. As coaches players need to train in match related exercises that are based on either system. Style of your players will reflect creatively within your system of play. Coaches must allow for this and not hard fast rules to having your players stay in a rigid attacking structures. If coaches only train in a 4-3-3 system and never a 4-4-2 system you can't expect your players to guarantee you goals because your team play can become predictable and be closed down with a simply tactical approach the second half from the opposing teams second half plans.

3. They are coached and shown what you are expecting

- You coach and train your players to score goals, so they understand how to get goals from your exercises in groups of 2, 3, 4 and 5 players in combination playing going forward or simply through a 1 v 1 situation. Your players in time eventually become very capable to apply what they have received in your sessions at full speed to create and score goals.

Practicing creating and scoring goals is not about practicing just shooting or just crossing from static play or training at a low level of match pace, but rather about players combining with each other in an attacking structure or system of play against an opponent's defense. Training exercises must be done at a high speed under match conditions, so when a match takes place the speed in which your players have to play at (the demand on today game), they'll be able to create and score goals much easier.

Remember, the opposition does not want you to score goals, so what make the difference? One it takes hard work and at a higher level of understanding that training exercises are

very valuable and lastly training with a high level of playing speed/pace will be required down both flanks and through the middle. There are not many teams that get goals from practice playing slow. Training must be at full speed ahead.

When your team is attacking goals, come from both flanks and through the middle, and this is always part of every practice session. This is why your practices have a tactical structure or system you train in to provide your players with several creative ways that will create and score goals from various places on the field. This becomes hard for the opposing team to consistently defend throughout the match.

We need to point out that a match has 90 minutes of play. There are a lot of dead ball situations (penalties, throw-ins, corners for, and against, free kicks, etc.) and your team may only have the ball in their attacking possession for 30-40 minutes so it becomes very imperative that you spend much of your session training to create and score goals in attack. Winning comes by more goals than your opposing team, so practice makes perfect and perfect is more goals and wins.

You are responsible for creating and scoring goals through all attacking restarts, and these have to be practiced. You may have to take additional time away from your daily 2 hour training session to do this. Scoring goals is what the game of football is all about, and 20% plus of your goal come from restarts that occur in the last 30 meters in your final attacking zone. If you neglect this, you have failed as a coach and failed your players and club. No one likes a failure including you, so get those sessions organized to get those goals. Your players will love you.

Moving Your Team Forward By Creating and Scoring More Goals

Most coaches in this game are always looking for new ideas to train our players to score more goals. Let's face the facts all coaches want their teams to score more goals, but yet often struggle to find the best way to train their players so when we play matches their ready to create and score more goals and have match success.

Scoring goals must be a great part of most all our training sessions and as coaches, we must look for the best methods. ***Functional Training Exercises*** that become related to your next match to win matches is a goal that must become a reality. No one likes losing matches; especially the players who kill themselves in your practice sessions. In GSM International coaching education programs, you'll be provided with training methods and exercises that work, but they have to be coached and practice by your players, so they get it. Your sessions will be more meaningful and also fun for your players and you too when you see those goals go in.

Various Components of Coaching Attacking Football

- Coach Attacking Football in Pre-season Preparations
- Coach Attacking Football During Your Season Daily Sessions
- Coaching Attacking Football in Three Attacking Zone (1st, 2nd and final 40 meters)

- Warm-up Player in Attacking Football Exercises
- Coaching Attacking Football in the Final Zone to *Create and Score More Goals*
- Coaching Attacking Football Through Restarts (throw-ins, corners and free kick around the penal box)
- Attacking Football Exercises for your players in their playing positions under matches conditions and at top speeds
- Combining Developing Perfect Passing and Shooting Techniques and Attacking Tactics into Your Training Exercises
- Attacking Football Exercises for Goalkeepers
- Attacking Football Exercises for Player Motivation

- **The Match will Develop Player's High Standards of Attacking Football so Use it in Your training Sessions**
- **Exploiting the Space of the Opposing Team System**
- **Coaching Your Attacking Players to Play to Feet, Free Space or Open Spaces Behind the Opposing Teams Back who are Defending their Goal Behind them**
- **Coaching Attacking Football with Small Groups Players and the use of Small Group Games to achieve creating and scoring goals**

Identify Problems and Makes the Necessary Change

Coaches are often put (either by themselves or others) on a pedestal (place of superior status above everyone else) when in reality the players belong there not the coach. Coaches often think they are magical, mystical and genies' ready to pop out of a magic lamp and are the answer to their club and players success. Many coaches believe they are something so special by what comes out of their mouths and

if they speak enough they get to believe they are worth is beyond measurable and at any level in the game (youth to senior).

This, however, is not a reality of our position but a false position, created only by a fantasy that with out the coach the player is nothing. Unlike who came first the chicken or the egg, we need to know that the players who kill themselves to score goals, not the coach are the most important to the match and their club.

I know coaches that never stop talking and never let the players develop to make choices how to play even from poor training sessions. Even when the field sessions are over they have to sit the players down don't murder them with your words, because they did provide a good practice session that got practice results. I bet you've played for coaches like that.

Allot of coaches often don't trust their players to the game, and they are constantly taking over every part of the session and not letting players make choices. This happens in the

match as well. They just seem to shut up and let the players play. Some of this are due to the screaming coach, angry coaches, coaches who think they know about the game, but really do not. Coaches are often not properly prepared for their training session based on the previous match and players get very little help, because of the delivery and the purpose of the session provide little hope to play the next match better. Players eventually tune coaches like this out and are not interested in listening. They are there physically, but good players wish they were someplace else. Too much noise in the session or the match from the coach slowly kills them and their game development suffers.

20-25% / 30-35% / 45-50% Concept in Attacking Football

The concept in attacking football is to keep possession to create opportunities to score goals as fast as possible. Playing slow is of no much value to create and score goals. Slow to medium attacking pace is antiquated for scoring goals and no longer has a place in any player's development in either small sided games to 11 vs. 11 match playing conditions in your training sessions. Playing slow in attack

is easily defended, and the opposing team has a better chance of stopping your team from scoring goal. The concept is not a slow build up with 8-10 passes and not getting the ball into your team final attacking zone (last 40 yards) with this approach. By attacking slow, the opposing team can close down attacking spaces and attacking players in your final third leaving your players less scoring opportunities due to less attacking space available. As long as your team trains slow it means that you've trained them in non-match related exercises, allowing them not think and physically react with pace.

This is no longer a concept in modern attacking football and has to be forgotten with regards to getting goals in matches. Even when you are winning the ball in your half of the field playing slow or even backwards could put your players under the risk of losing it to the opposition.

Training your players to run fast without the ball or with it passing fast and go forward puts pressure on the opposing team defending eleven and creates more opportunities for goals for your team.

Scoring goals are what the game is about and what the players want. Goals are about the game, and this is what we as coaches' work so hard in our training sessions to produce. If coaches' training sessions are about passing for more possession than scoring goals, then simply expect to be on the short end of the scoring chart at the end of the match and season. In fact, you could be at the bottom of the league table as well.

We are asking our coaches to teach our players to take positive passing risks going forward. To do this our players need to see those opportunities to go forward before they receive possession of the football from a teammate. Training players to see opportunities visually is necessary to create opportunities to score goals. If players are not trained to see ahead and how best to serve a ball forward and technically execute a variety of passes this is really not football, but rather a game of pass to me and I'll pass back to you, because I don't know where to go as I did not see anything forward of great value ahead of time and I really don't want to now take a risk on losing it, because my teammate and the coach may not like that.

If a player knows they can serve a ball in behind one of the opposing teams Back to a Forward, it is the pass to execute rather than to the forwards feet that is standing in front of a defending Back. By passing beyond and behind the defending backs there's less chance for the back to close down the forward in front of them in attack and more chances of creating goal opportunities behind the Back while putting pressure on the Back to chase down the Forward. The more opportunities created there will be the great potentially for more goals.

Coaches and player's today do not know enough about this concept, how it works and how to make it happen in practice sessions. They see the game historical or locally a more attractive game (these are the words we hear) in just keeping the ball in their half, trying to penetrate the second half while maybe taking the opposing player on with too many 1 vs. 1 situations. This is negative football. They know of nothing else because of poor coaching methods to create and score goals while in attack and they do not see it as negative. If coaches don't see this as negative how can it be reveal to players.

What Is the Future for Players In This Game?

As long as you ask your players to keep the ball through passing don't expect them to score goals. Many years ago when taking USSF coaching courses, we were taught there were two ways to attack. This has been going on now since the 50's around the world. One was a slow build up requiring multiple amounts of passing (I could never figure that one out) and the second one was called a quick counter attack. When shown to us it was about 6-8 passes successfully down the field trying to go forward, and that never seem to get the job done as well as the opposition seem to get behind the attacking team and again not many opportunities created and certainly no goals, as this became very predictable and easily defended. Only very good and skillful players and you need at least 4-5 could penetrate the final zone and create chances on the goal.

So the world is ever changing concerning tactics, at what speed to play, what shape of playing system in attack to use, changing a team system, what are individual style bringing together small groups of players and blending their playing

styles together and what system or approach to defending teams who are attempting to score goals on your team.

Our approach in GSM Coaching Education and our Youth Academies Programs are that 1-2 or maybe three passes take place before the ball is serve 1) either into passes ahead of an attacker teammates who can carry or play the ball down field with the freedom of no immediate pressure of an opposing player or 2) better yet playing a ball in the space behind defending midfielders or defending backs to a teammate running past that player to control and possess that pass and repeat if possible or have a shot on goal.

So then our GSM coaches staff we come to training prepared to coach our players with the concept of no more than 20% of your team possession time on the ball going forward should be 20-25% services to feet, 30-45% of your team possession time on the ball services should be into a space a team mate is attacking into (playing the ball ahead of him/her so they have to run on to it and possess it) and lastly 45-50% of your team possession time on the ball should be played in the space behind an opposing team defending midfielders or backs. Attacking players should

actually look for opportunities to get passes in and behind defending back with priority as there should be enough space to create better chances to score goals, break down the opposing teams back (defenders) physically and play the game as it's meant to be.

The earlier you start your players thinking and training this concept (ages 8/9 through 13) the better they will have been prepared to move from youth through senior football when they become of age or when their math abilities afford them a senior level team chance. Without a strong and caring football coaching education program and a player academy developmental program in the early stage of youth development you will be throwing away the development of the game that matters.....scoring goals and having fun.

Remain in the past expect the worse....not many goals. Play for the future and go forward for more goals and success.

Remember in a match for youth teams of 60 minute for two halves your team normally would be in possession at a max of 20-30 minutes (senior football a bit more). So you've got 20-30 minutes on the ball and if your training sessions are centered around teaching your player the 20-25% - 30-25%

- 45-50% you will educate your players in special match related training ideas to think, verbalize and visualize going forward (mental attacking) toward a better way to attack physically as individuals and in attacking groups to create and score goals. Your players will move their match abilities to a higher level of play with their future in the game and as the football trainer, you'll enjoy developing players this way in attack. You are teaching them to be special, magical and love the game. Don't do it right and you'll crush our player's future in the game and any hopes of going somewhere as a team and as individual players?

Day Four of Scheduled of Coaching Course

Course Field Training & Class Lectures Sessions

8:30 AM – 9:00 AM

Introduce the Day

9:00 AM-9:30 AM Field Session

Team Warm-Up Developing Quick Feet Movements

- **Cones set-up for attacking movement for anaerobic & aerobic work**

- **Coach exercise for 20 minutes with exercise getting**

- **Player & Coaches Encouragement**

- **Continuous play with no breaks**

9:30 AM-10:30 AM Field Session (8)

Training the Goalkeeper in Attack Techniques

Functional Work Out of the First Attacking Zone

- **Functional & Match Related Exercises**
- **Goalkeepers Field Vision**
- **Goalkeepers Verbal Communications**
- **Use Four Backs Who Keep the Goalkeeper Involved in Handling Ball Possession**
- **Add Midfielders to Exercise**

- **Goalkeeper Short Ball Service with Hands**
- **Goalkeeper Short Ball Services with Both Feet**
- **Goalkeeper Handling the Back Pass as a Field Players**
- **Goalkeeper Punts, Drop Kicks & Long Throws: Targets**
- **Goalkeepers are Coached to be Positive to His Supporting Players**

10:30 AM-12:00 PM Field Session (9)

Coaching Systems of Play in Attack

- **Coaching 11 vs. 11 Focusing on Attacking Systems below with Light Defensive Pressure**
- **Field Vision**
- **Verbal Communications**

- **High-Level Technical Ball Possession & Services**
- **Creating Space**
- **Players Role in Support & Team Shape**
- **Players Roles in Possession**
- **Players Roles Going Forward**
- **Coaching K-4-4-2**
- **Coaching K-4-3-3**
- **Coaching K-3-5-2**
- **Coaching K-4-1-4-1 or K-4-5-1 or K-4-4-1-1**

- **Coaching K- 4-2-3-1**

- **Shifting into a Defending Role**

1:30 PM - 2:00 PM Field Session

Team Warm-Up in Final Attacking Zone

- **Coaching 11 vs. 11 Shadow Play**

- **Coaching Various Functional Exercises from the Top of the Middle Zone through the Center of the Field**

- **Combination Play into Midfielders or Central Forward from Back Players**

- **Combination Play into Central Forward from Midfielder Players**

- **Coaching Various Functional Exercises from the Top of the Middle Zone through Both Flanks**

- **Combination Play into Central Midfielders or Wing Midfielders from Back Players to get Wing Midfielders in Behind Opposing Full Back on both Right & Left Flanks**

- **Combination Play into Central Forwards or Wing Midfielders from Midfield Players to get Wing Midfielders or Forwards in Behind Opposing Full Back on both Right & Left Flanks**

2:00 PM - 4:30 PM Field Session (10)

Coaching Components of a Heavy Training Session

Note: Entire Training Session will require All Players to Use 4 Components of the Match

Field Vision - See playing ideas before you receive the football

Verbal Skills - Speak or directing before you have possession

Quality Ball Services - Emphasis to play into space or to feet

Quality First Touch - Direct the served ball into better attacking space than feet or keep it at you feet as last resort

No Stretching - for any part of the session

Warm-up to Prepare for a Heavy Training Session

- **Coach exercise for 40 minutes with exercise getting progressive in output but nothing past 50 % of personal efforts**
- **Continuous play with no breaks**

- **Quick Feet Movement that are Match Related**
- **Player Movement Away from the Ball in Groups of 6-7 Players**
- **Player Movement so 3 Players will always be in Support of the Player with the Ball in Groups of 7-8 Players**

Small Sided Match for Anaerobic Football Fitness

- **Coach 40 minute of two small side games of 6 vs. 6 (K-1 B-3 M-1 CF)**
- **Coach using training directions from above**
- **Field size is 50 by 50 yds with full size goals**
- **Continuous play with no breaks**

Heavy Football Fitness – Fast Exercises

- **Cones are set-up for attacking movement for anaerobic & aerobic work**
- **Coach exercises for 40 minutes with getting good results**
- **Abdominal work for resting period**
- **Player & Coaches Encouragement**
- **Continuous play with no breaks**

Full Side Match for Aerobic Football Fitness

- **Coach 60 minute of two periods of 30 minute each with 5 minutes half time for only hydration(K-4 B-4 M-2 CF)**
- **Coach using training directions from above**
- **Emphasis on very fast play in attack (personal & team speed & play at fast pace taking playing risks)**

Discuss and Summaries Session

- **Players spend a good time with much hydrating**
- **Both players and coaches share in the discuss**
- **Players leave with feeling good about their efforts**
- **Again no stretching**

4:45 PM – 5:30 PM Class Room Lecture (7)

Lecture: System of Playing in the Game

- **Coaching K-4-4-2**
- **Coaching K-4-3-3**
- **Coaching K-3-5-2**
- **Coaching K-4-1-4-1**
- **Coaching K-4-5-1**
- **Coaching K-4-4-1-1**
- **Coaching K- 4-2-3-1**

5:30 PM – 6:00 PM Class Room Lecture (8)

Lecture: Training Rhythms in Your Daily Practices

Correct Use of Training Rhythm in Player Development

- Getting the Most in Your Training Sessions (what to emphasis)
- Getting the Most from Your Players in Your Training Sessions (technique and tactical awareness)
- Training Ages Groups Weekly & Yearly (days, amount of time and your sessions & individual and team extended developmental player plans)
- Getting the Your Players to be a Thinking Player and Mini Leader

- Development vs. Winning Matches

6:00 PM – 7:30 PM Class Room Lecture (9)

Lecture: Football Nutrient & Hydration

Football Nutrient for Players

Introduction to Nutrition & Soccer Performance

Why Nutrient for Player?

Most coaches and players know and understand the importance of eating correctly but may not understand how to prepare players for training and matches. Nutrition lacking in the essential elements to cover your Basal Metabolic Rate - the energy required to keep your body functioning, for growth and exercise may lead to physiological and psychological consequences such as shortness of breath, little energy, general tiredness, muscle cramps, lack of concentration and even blackouts.

Adequate nutrition is a key component of sports performance. The greater the demands for increased performance both in training and competition, the higher the nutritional value must be. For soccer players, this means good nutritional habits before, during and after the

performance. This is highlighted by the following key points based on muscle glycogen that provides a large proportion of the energy demands required in soccer training and competition:

Before Practice and Matches: There is a direct association between performance and amount of glycogen in muscles. Soccer is an endurance sport interspersed with high-intensity exercise and relies heavily on muscle glycogen. Players who begin matches with low glycogen levels cover significantly less distance and sprint less. Also, work rate, particularly towards the end of a game, is affected by pre-game muscle glycogen levels, hence the importance of an adequate diet before a game.

During Practice and Matches: Evidence shows the benefits of taking carbohydrate drinks on board during a game. Muscle glycogen stores are spared enabling players to run for longer distances. Players consuming a carbohydrate solution just before and at half-time have greater muscle glycogen stores at the end of the game and may cover more ground in the second half compared to players who drink only water.

After Practice and Matches: After a match, glycogen levels are quite severely depleted (as high as 84%) and players can lose 1-5% of body weight through sweating that can result in impaired endurance performance. If insufficient post-exercise carbohydrate consumption takes place, then the glycogen levels may not be restored. This means that performance may be affected by the next match or training session. In elite soccer the importance of glycogen is even greater. For example, studies show that professional players

with high pre-game muscle glycogen levels cover 13% more distance than ones with low levels. It is clear that a professional player who trains and competes at regular intervals must have large glycogen stores to maintain optimal physical performance - thus the importance of good nutritional habits.

However, an analysis in the past of world class soccer players has shown that only 47% of the total calories consumed were carbohydrates whereas 55-60% is advised for players at this level. It seems that players often have limited knowledge on what they should eat/drink and when.

Thus, particular attention must be paid to players eating habits. In professional soccer, clubs often employ a sports nutritionist for expert advice. However, players at any level can ensure they play to their best abilities through a varied and healthy diet and plenty of drinks. This means adequate quantities of carbohydrate, protein, fat, vitamins, minerals and water or sports carbohydrate drinks (for competition and training).

CONCLUSION

Soccer is a sport requiring high levels of endurance and the ability to sprint frequently often with little recovery. This demonstrates the necessity to provide the fuel required to undertake this form of exercise. Particular attention needs to be paid to the specific nutritional needs of players and the strategies to fulfill these requirements. The monitoring of food and fluid intake, as well as body weight, is necessary for players at all levels to ensure they are at the top of their game in both training and competition.

FOOTBALL NUTRIENT SOURCES

There are three sources of energy in food:

1. FATS
2. PROTEINS

3. CARBOHYDRATES

FATS

Found in meats, dairy products, eggs, nuts & oils contain the most energy

- Only beneficial for low-intensity exercise, such as jogging
- Too much fat is not good for your health
- Cut down on junk food such as, fatty meats and dairy products
- Bake grill/broil and boil rather than fry

PROTEINS

Found in fish, meats, vegetables, and dairy products

- Help muscles building and strength that is essential for players
- Protein has proven difficult for the body to be converted into energy
- Protein provides only a small percentage of the body's energy

CARBOHYDRATES TYPES

Carbohydrates are the best source of energy for the body

- They provide most of the energy for aerobic and anaerobic activity
- There are two types of carbohydrates SIMPLE and COMPLEX

SIMPLE CARBOHYDRATES

Simple Carbohydrates are basic sugars, which can be found in fizzy drinks cookies, candy, chocolate, fruit and similar foods

- The body can convert simply “carbs” to energy very quickly; they are useful for replacing energy that is lost during practice or game
- If its not burned off they will be converted to fat in the body

COMPLEX CARBOHYDRATES

Complex carbohydrates are found in food such as whole-meal bread, whole-meal pasta, whole potatoes, brown rice, whole-meal cereals, and vegetables

- They are not readily converted to fat as simple carbohydrates

Food to Avoid Anytime Before a Match

Any food with a lot of fats can be very difficult and slow to digest. Fast foods, burgers hotdogs, donuts, potato chips and candy bars are very high in fat and remain in the stomach for a long time.

If you eat these foods before a game, they will likely be with you during the Match. Avoid or limit eating these foods for your pre-match meal.

Day's Before a Match

It is important that your body has a good supply of Carbohydrates to produce the energy it needs

- Carbohydrate loading- eat more than your normal amount of complex carbohydrates for at least two days before a game
- This ensures that high levels of energy are in the body
- Taking an extra helping of rice or pasta might give you that extra burst of energy on the field

Match Day

Eat a good balanced meal, at least, three hours before playing is recommended

Examples of Pre-match Foods

1 hour of less before the game

- Fruit or vegetable juice
- Fresh fruit such as apples, oranges, peaches grapes and bananas
- Energy gels
- Sport drinks or water

2 -3 hours before a match

- Fresh fruit
- Fruit or vegetables
- Bread, bagels
- Sports drink or water

3 - 4 hours before a match

- Fresh fruit
- Fruit or vegetables
- Bread or bagels
- Pasta with tomato sauce
- Baked potatoes
- Energy bar
- Cereal with low-fat milk
- Low-fat yogurt
- Sports drink

Drinks

During practice or games the body loses a lot of fluid through sweat and breath, and this has to be replaced

- Drinking water is good for rehydration, but since your losing your “carbos” as well as fluids, “carbo sport” drinks may be a better choice
- An even better choice is isotonic drinks which are specially designed for quick absorption
- Avoid caffeinated drinks and only sugar filled drinks

Match Day

The amount of fluid you drink before a game Varies

- It is important not to drink to the stage where you are bloated
- Drink about 3 or 4 mouthfuls of water after the warm up, about 5 minutes before the kickoff

At Half Time

Drink around $\frac{3}{4}$ quarters of a pint

After the Match

- Drink, at least, a pint or more
- Snack on high carbohydrate bars and drinks
- This will replace the energy lost during the game
- Follow this up with a proper meal, high in complex carbs

Nutrition for Soccer Players

The game of soccer is a typical a cyclic sport. The intensity during the match changes all the time. The loading has an interval character, with frequent breaks and short rests. During a game phosphate and glycogen supply most of the energy, thru anaerobic (without oxygen) production of ATP (adenosine tri-phosphate).

Soccer is a diverse game, and so are the requirements it places on the player's body. Long-lasting workouts develop endurance, as well as strength and agility since the players are running plenty of sprints with high speed. The neuropsychological load is considerable, as the matches are emotional, and the situation is ever changing. So, during the execution of these max and sub-max efforts lactate builds up in the organism as a result of the accelerated metabolism. Waste products are eliminated to a degree during pauses and the break at the half.

It is imperative to follow an appropriate diet as well as maintain an adequate liquid intake. The diet of the players has to be well balanced and include a large range of food at all times, and especially during the Pre-Season period. It has to contain:

- Enough complete proteins, necessary for the development of the strength and the speed
- Optimal quantity carbohydrates, essential for the increase of glycogen reserves in the body of the soccer player
- Less fatty foods
- Sufficient quantities of vitamins, minerals, microelements, and other biologically active elements.

The ingredients of the food have to vary, considering the character of the loading and the physical qualities, which are being mostly developed at that particular period.

As a result of the sweating during a match, the soccer players can lose from about 2 to up to 7 lb from their body weight. Dehydration may occur, which could lead to poor thermoregulation and prevent adequate oxygen and energy supply to the muscle tissue. That's why it is recommended during the hot months of the year to increase the liquid intake to about 100 fluid ounces a day. However, more than the required amount of liquids doesn't improve performance or progress.

The food distribution during the day is influenced by time, more specifically, when the major physical effort occurs. If the main training is in the afternoon, the breakfast should be more substantial and high in calories and lunch should be lighter. If the practice is in the morning, breakfast should be

lighter, and the lunch more rich and restorative. It is recommended to eat four or five times a day if the players workout twice a day. In such cases the meals should be evenly distributed.

It is desirable to increase the carbohydrates part of the diet in order to replenish the glycogen reserves during the last 2-3 days before a soccer match. The dinner on the pre-competitive day should be somewhat light. In order to rest well that night, the athlete shouldn't take any stimulating foods and drinks, such as chocolate, coffee, tea or any kind of sodas, containing caffeine (Coke, 7-up, Mountain Dew, etc.). The dinner should include moderate quantity lean meat or fish, potatoes, salad, yogurt, canned or fresh fruits.

On the day of the game, the food should be easily digestible, with reduced fibers and small in quantity, but high in calories. The players have to avoid acid foods since that would put pressure on the alkaline reserve of the organism.

Also, on the day of the match the following dishes should be absolutely out of the menu:

- **Any kind of fat dishes**
- **Fried foods**
- **Salami/sausage and deli meats**
- **Pickled cucumbers and vegetables**
- **Beans (sweet peas, lentils, kidney beans, etc.)**
- **Spices and hot spices**
- **Rich deserts**

The last meal should be from 3 to 3.5 hours before the beginning of the soccer game. Right before the match the

players could drink a cup of hot tea with 30-50 g of honey or glucose. It is a good idea to drink about 200 mg of salty vegetable (tomato, carrots, celery) or meat (chicken, beef) bullion in hot days approximately 30 min before the game.

An effective way to boost the energy of the soccer players during the break at the half is to have some refreshments. This should be done to recover the water, blood sugar and the electrolytes in the organism. Drinks are the better choice than real meals, because of their faster utilization and influence on the metabolism. Recommended are hot tea with honey and lemon; mineral water mixed with glucose and liquid Vitamin C or electrolyte drinks. The drink shouldn't be cold because it will take longer to be digested. It should be drunk with small sips, slowly. The quantity of the glucose or sugar should not be over 20 g, because when concentrated, sugar solutions are not digested fast enough in order to positively influence the game so soon. Drinking milk during the break is strongly discouraged because the casein (in milk) curdles in the stomach, which leads to increase of the mucus and the slowing of absorption.

As refreshment during a long match with overtimes, you could use some salty vegetable bullion as we mentioned before. This could prevent muscle cramps, which occur in soccer players during extremely tough matches. It's acceptable to eat some fresh fruits, like peaches or oranges, in small quantity.

The post-game meal should be 1-1.5 hours after the end of the match. This is enough time for recovery of the blood circulation, which would aid the proper digestion and utilization of the food.

The first thing to do during the recovery period should be to fight with the dehydration of the body. A deficiency of adequate amount of water will decrease optimal body functions. Also, timely hydration helps the faster release of the toxins build up as a result of the fatigue. It's recommended to drink 300 g hot sweetened tea with lemon or 300 g mineral water right after the game. Carbohydrates (glucose, fructose, sugar, honey) intake is suggested in order to compensate part of the energy expenditure and to restore the glycogen reserves in the muscles and the liver.

After the game, the players need higher doses of vitamins. They do not contain calories and would not make up for the calorie expenditure, but would help to release the energy stored in carbohydrates, fats and proteins. It is better if the vitamins come from a natural source, but if you have no choice, it's okay to use vitamin supplements instead.

Is it okay to drink Gatorade or PowerAde during or before football matches? Or should you stay with just water?

Water is the best liquid for re-hydrating the body. During exercise, you should ideally consume at least 100-200 grams (6 ounces) each 20 minutes. Unfortunately, when you drink water in large quantities, it becomes bland and unappealing. The inviting taste and color of sports drinks stimulate you to drink more. Most sports drinks also provide you with carbohydrates and electrolytes that increase the rate of fluid absorption from the gastrointestinal tract. This gives them a slight edge over water in exercises lasting over one hour. Make sure you are well hydrated before you start

playing or practicing. Drink between 500 grams and 1 liter (up to 24 ounces) two hours before to kickoff. If you stay hydrated during the exercise you will be fine regardless of whether you're drinking water or Gatorade. Liquids you should stay away from anything sweetened (including carbonated beverages), juices and alcohol.

Hydration and Heat Illness Guidelines

Water: The Players' Most Important Nutrient

Sources:

ICSN, International Center for Sports Nutrition

USOC, United States Olympic Committee – Sports Medicine Division

USSF, United States Soccer Federation – Sports Medicine Committee

Forget about every other question that you have about nutrition until you've figured out how to stay hydrated. Being smart about water intake can separate good performance from a great performance. You are mostly water. In fact, if you took the water out of a 180-pound lean body, there would be about 55 pounds left. Because your muscles, your brain, your blood, and sweat are mostly water, your body doesn't work like it should when it doesn't have enough water. You don't think as clearly, your endurance is compromised, and your heart works harder. When you're severely dehydrated, sweating stops and your body overheats. The results are fatigue, weakness, dizziness,

and collapse, or worse. In fact, every year, deaths in young healthy athletes are linked to severe dehydration.

Sweat It Out

Sometimes you don't even see sweat, like when you swim. But you sweat whenever your body heats up from working out. Sweat is your body's cooling system. Evaporation of sweat from your skin cools you down. When you sweat, you lose water from your body and that water must be replaced. Replacing the water takes a plan.

Dehydration: A shortage of water in the body.

Don't Rely on Thirst

You might be thinking, "What's the big deal? Won't drinking when I'm thirsty guarantee that I'm hydrated?" Surprisingly, the answer is no. During exercise, for reasons not totally understood, humans don't drink enough to prevent dehydration. You need to drink before you're thirsty and keep drinking after you no longer feel thirsty.

Drink It In

Forget about the old rule of drinking 8 glasses per day. You probably need more than that on most days. Counting how many glasses you drink is only one way of keeping track of what you need. A better way of making sure you're hydrated is to check your body weight before and after practice. For accuracy, weigh in minimal clothing if there's privacy, and afterwards change out of the sweaty clothing before you

weigh. The weight lost during practice or competition is not fat, it's water loss.

One pint of water weighs one pound. To replace the water, drink one pint of fluid for every pound you lost. (One pint = 16 ounces = 500 ml = ½ liter). It is critical to replace the water loss as quickly as possible. Before your next workout, your weight should be back up to normal. If you can't check your weight, pay attention to your body for signs of dehydration. Your mouth should not be dry. Your urine should be lemon-colored most of the time. More than one episode of dark yellow urine is a warning sign that you don't have much reserve. (Exception: Vitamin supplements can turn your urine yellow orange, even if you are hydrated.) Loss of appetite, stomach aches, and muscle cramps can be other warning signals of dehydration.

When?

Drink before, during and after working out. Drink a pint or so of fluid a few hours before exercise. This will help make sure you are hydrated and give you enough time to urinate if you need to beforehand. Keep drinking during exercise. And don't worry about getting too much fluid. If you're sweating, your body needs a constant supply. Your stomach might gurgle, but your body will absorb and use the fluid. Often feeling sick and cramping has been blamed on too much water when in fact, stomachaches and muscle cramps are usually signs of not drinking enough fluid. Drinking fluids after workouts are extremely important. Even when drinking fluids during a workout, many athletes become dehydrated. Athletes working out in the heat for several hours can lose 10 pounds. That's more than a gallon of

water. Hydration Tip: Fill your water bottle and keep it in plain sight, so you remember to drink it.

What Should I Drink?

Your body needs water. But remember water comes in all sizes, shapes and colors. Milk is 90% water. Juice and most soft drinks are 89% water, sports drinks are 94% water, and even pizza is 50% water. And it all counts. Nearly everything that passes your lips provides water for your body, and in fact, research shows that most hydration happens at meals from the combination of food and beverages. Research also shows that we tend to drink more if the fluid is flavored and if a variety of fluids is available.

Keys to Hydration

When you have figured out how to stay hydrated, especially when you sweat heavily, you have accomplished the single most important performance enhancing the aspect of nutrition. ***Water is your most important nutrient.***

Day Five of Scheduled of Coaching Course

Course Field Training & Class Lectures Sessions

8:30 AM – 9:00 AM

Introduce the Day

9:00 AM-9:30 AM Field Session

Team Warm-Up in Second Attacking Zone

- **Shadow Play Only for 11 Players Demonstrate**

- **11 vs. 11 and a K-4-4-2 System in three Attacking Zones Coach**
 - **Players Supporting the Ball in the Above System**
 - **Restriction of Time on the Ball or time in Possession**
 - **Field Vision & Verbal Communication**
 - **Midfielders Playing the Ball into the 2nd Zone from the 1st into Forwards**
 - **Midfielders Possession the Ball in the 2nd Zone**
 - **Midfielders Playing the Ball into 3rd Zone from the 2nd Zone**
 - **Forwards Playing the Ball Back to Supporting Midfielders**
 - **Midfielders Playing the Ball to Support Backs**
- 9:30 AM-11:00 AM Field Session (11)**

Coaching Components of a Light Training Sessions

Note: Entire Training Session will require All Players to Use 4 Components of the Match

Field Vision – See playing ideas before you receive the football

Verbal Skills – Speak or directing before you have possession

Quality Ball Services – Emphasis to play into space or to feet

Quality First Touch – Direct the served ball into better attacking space than feet or keep it at your feet as last resort

Create & Score Goals – In this practice it will be important for players to excel at their trade and ball service that are played into goal scorers are accurate and short are mental thought through.

Warm - ups

- Quick feet exercises with cone that relate to this training sessions feet movements
- 30 Minute work out includes goalkeepers
- Train with a partner & switch partners

- **Training 30-50 % of physical output**

Functional Warm-up Exercise that are Match Related

- **Technical work for both field players and goalkeepers that are all functional - 30 minutes**
- **Training 40-60% of physical output**
- **Shooting ball exercises from cross and central play**
- **Passing short and long ball in match related**
- **Goalkeeper playing out of first attacking zone with backs & midfielders**
- **Midfielders & Forward in final zone crossing and combination play that are all functional & match related exercises**

Tactical Scrimmage

11 vs. 11 Scrimmaging

- **70% Playing physical abilities**
- **Go over player roles in a K-4-4-2**
- **Go over attacking set pieces practice (corners & free kicks for)**

11:00 AM-12:00 PM Field Session (12)

Attacking Corner Ideas

Notes:

2:00 PM - 3:30 PM Field Session (13)

Attacking Free Kick Ideas

Notes:

3:30 PM - 4:30 PM Field Session (14)

Creating Attacking Spaces on Throw-ins

- **11 vs. 11 Scrimmages**
- **Use a K-4-4-2 System**
- **Coach the session in a match for Throw-ins**

4:45 PM – 6:15 PM Class Room Lecture (10)

Introduce Advanced 'B' Level Coaching Course

Lecture: Leadership Takes Place at Three Level

- **The Learner: Classroom & Lectures**
- **The Apprentice: Practical Coaching Use What You Learned**
- **The Teacher: Being Fully Immersed into Your Coaching**

Lecture: Four Level of Leadership

Stages of delegating responsibility to your players:

- **Stage One—I do, you watch**
- **Stage Two—I do, you help**
- **Stage Three—You do, I help**
- **Stage Four—You do, I watch**

