

GSM International Coaching Football Education Program



**A GSM International and National Football
Developmental Education Program**

Course Contents are as follows

**“Coaching Tactics in Attacking and
Defending for 11 vs. 11”**

**International Advanced Coaching Education
‘B’ Level Course**

Writings Provided by Paul J. Banta

Table of Contents for 'B' Level Course

Day One

Introduction to Coaching Football Tactics

Introduction.....6

Playing Out of the Back from Your 1st Attacking

Zone.....12

Lecture: Playing in Your Second Attacking

Zone.....14

Tactical Training Sessions in Your Second Attacking

Zone.....15

Lecture: Importance of Match

Analysis.....15

Day Two

Playing Attack into Final Attacking

Zone.....16

Creative Attacking Ideas from the Final

Zone.....17

Lecture: Playing in Your Final Attacking

Zone.....17

Exercises Playing Through the

Flanks.....18

Playing Through the Middle Attacking

Zone.....19

Lecture: Correct Use of Training Times for Playing 11 vs.

11.....20

Day Three

Defending Systems of Play – Part 1	22
Defending Systems of Play – Part 2	23
Lecture: Defending Against Opposing Attacking Shapes	23
Attacking Concept for Creative Football	24
Lecture: Attacking Concept for Creative Football	25

Day Four

Creating Space on Attacking for Dead Ball Situations	26
Attacking and Defending Corners	28
Discussion: The Jamaica National Football Coaches Association	29
Attacking & Defending Free Kicks or Dead Ball Situations	29
Lecture: Defending Concept for Stopping Football Systems	30

Day Five

Shooting and Finish Ideas	31
Coaching Shooting Games	31
Lecture: Match Analysis Assignments	32
Match Evaluation & Analysis by Coaches	32

Match Discussion by Course Staff and Coaches.....	32
Closing Ceremonies and Certificates Presented.....	32

Introduction and Course Information for Coaches

Coaches Please Check in & Register at Alpha Boys School (Check with the staff at the main gate where you must check-in)

8:00 AM - Check-in

8:30 AM - Welcome and Course Introductions

Paul Banta - President of Global Soccer Ministries International

Course Information & Requirement of Coaches Commitments

- This coaching course is provided by GSM International
- 5 days of 50+ hours of combined field sessions in the morning, afternoon and lectures in afternoon and evening
- First Day Checking 8:00AM (sharp) Site To Be Announced by email
- 8:30 PM Course Welcome & Introductions

- First Lecture Session starts at 9:00 AM
- Sessions start on time. Coaches are required to be at 95% of lecture & field sessions to receive a Advanced Coaching Certificate
- Lunch can be purchased daily and delivered

Coaching Certification (This is not a licensed course)

- Coaching Course Advanced GSM International Certificate C Part 2
- Seminar name is - **“Coaching Tactics in Attack and Defense 11 vs. 11”**
- Coaches attending 95% sessions will receive a certificate

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 - Thursday July 8th - Monday July 12th

- GSM Football Educational will host a 'C' Advanced Level Coaching Course for Part 2 held on a football grounds to be announced. All coaches attending will be notified several weeks before the course begins.
- **Day 1 starts** promptly with registering at 8:00AM - 8:30 AM Date_____. Course ends_____ at 6:00 PM 20_____.
- **Day 1** - 8:30 AM - Introduce the Course right after registration; 9:45 AM - 12:00 PM Field Session ; 12:00 PM - 1:00 PM Lunch Break; 1:00 - 2:00 PM Class Room Lecture; 2:15 - 5:00 PM Field Session and 5:15 - 6:45 PM Class Room Lecture
- **Day 2** - 8:30 AM - Signing in; 9:00 AM - 12:00 PM Field Session ; 12:00 PM - 1:00 PM Lunch Break; 1:00 - 2:00 PM Class Room Lecture; 2:15 - 5:00 PM Field Session and 5:15 - 6:45 PM Class Room Lecture
- **Day 3** - 8:30 AM - Signing in; 9:00 AM - 12:00 PM Field Session ; 12:00 PM - 1:00 PM Lunch Break; 1:00 - 2:00 PM Class Room Lecture; 2:15 - 5:00 PM Field Session and 5:15 - 6:45 PM Class Room Lecture
- **Day 4** - 8:30 AM - Signing in; 9:00 AM - 12:00 PM Field Session; 12:00 PM - 1:00 PM Lunch Break; 1:00 - 2:00 PM Class Room Lecture; 2:15 - 5:00 PM Field Session and 5:15 - 6:45 PM Class Room Lecture
- **Day 5** - 8:30 AM - Signing in; 9:00 AM - 12:00 PM Field Session; 12:00 PM - 1:00 PM Lunch Break; 1:00 - 2:00 PM Class Room Lecture; 2:15 - 4:00 PM Match Analysis

and 4:00 – 5:00 PM Closing Discussion/Remarks &
Closing Ceremonies

**NOTE: ALL Lectures & Field Sessions Start on Time for
Coaches
(Attendance sheet must be signed for all sessions)**

Day One

Day 1 – 8:30 AM - Introduce the Course right after registration; 9:45 AM – 12:00 PM Field Session; 12:00 PM – 1:00 PM Lunch Break; 1:00 – 2:00 PM Class Room Lecture; 2:15 – 5:00 PM Field Session and 5:15 – 7:00 PM Class Room Lecture

9:00-10:00 PM – Lecture/Discussion

Introduction to Coaching Football Tactics Introduction

Three Football Tactics for 11 vs. 11 Concepts to Teach

- Attacking Shapes or Systems of Play
- Defending the Oppositions Attacking Shape
- Fluidity of Play between Attacking and Defending

Questions Often Asked When Developing Our Coaching Ideas

- What's a good system for attacking football?
- Do we have systems in defense?
- How do I get my players to transition from attack to defending?
- How do we line up players and why?
- Are we to allow flexibility in back players going forward?
- How do we attack the opposition?
- What speed are we training players to attack?
- The team, groups, and individual player speed can it is developed?
- Players Roles in Attack – Goalkeepers, Backs, Midfielders and Forwards
- Attacking in groups to beat defending groups
- Players role in defending
- Defending in groups and partnerships

General Characteristics for Coaching 11 vs. 11 Systems of Play in Your Training Sessions

- Vision and communication
- Serving the ball at the advanced level
- Receiving to space and feet

- Running with or without the football
- Creating Space right and left and behind opposing defenders
- Checking a defender away to create attacking space in front of the defender or behind a defender
- Creating opportunities to score goal in the final attacking zone
- Shooting and Finishing Methods
- Playing Speed as and Individual and Team Speed Vital to creating and score goals

Methods of Systems of Play in Attack

- Field Sessions are based on attacking through Three Attacking Zones, i.e., First 40 meters of the field or first attacking zone; Second 40 meters of the field or second attacking zone and third or final attacking zone
- Systems of play will be coached such as GK-4-4-2; GK-3-5-2; GK-5-3-2; GK-4-5-1; GK-4-3-3. Emphasis will be providing coaches with organized training sessions based on football technique, tactics, and football fitness sessions to get their teams scoring and creating goals.

Methods for Attacking Tactics for Three Field Attacking Zones

Attacking Out of the First Attacking Zone

- Attacks can be quick counter attacks or moderate build up an attack where a ball is still moving fast. The history of slow build up really will struggle to work in the modern game
- Immediately prepare from defending to your attacking shape and play out of the back. This maybe from a goal kick, restart or a back pass from a field player to your goalkeeper or one of the backs
- Players play the ball through fast, crisp and accurate passing that maintains team possession while going forward
- Creating attacking opportunities by creating space from your team system/shape
- Always look to go forward before you receive the ball
- Once in possession you should immediate know where to serve forward

- We serve to feet, into space in front of player and into spaces behind the opposition
- A player on the ball should have at least three (3) forward options created from your teams attacking shape
- Playing in attacking groups from the back and into the second attacking zone and of course into your final attacking zone
- Creating space out of team play shape from the back through the midfield and into the final zone for scoring goals through the following coaching ideas:

Playing Into and Through the Second Attacking Zone

- Play through Central Midfielders from the Backs and Goalkeepers
- Playing Through Wing Midfielders from the Backs, Goalkeepers and Central Midfielders
- Playing in Attacking Groups from the Second Zone into the Final Zone. Play that comes from the central part of the field and playing that come from the flanks

Into the Final Zone to Create and Score Goals

- **Playing through Flank Play from Your Wing or Outside Midfielders**
- **Playing through Mid-fielders into the Final Zone either from a slow build up or a quick counter attack**
- **Penetrating the Penal Box from the Flank by Well-Timed Runs from Attacker Groups to Create and Score Goals**
- **Combination player in and around the penalty box and Out Side the Penalty Box to Create and Score Goals**
- **Attacking Corners**
- **Attacking Direct and Indirect Free Kick (includes penalties)**

Defending Systems of Play - Part 1

- **Concepts Players must understand**
- **Defending is a total team effort**
- **Defending takes football fitness**
- **Concepts are for all players to withdraw into their 2nd defending zone; mark opposing players; defend flank ball possession side to win it or stop forward passing from the teams attack; zone the non-ball flank of opposing team.**

- Get opposing wide attacking players to play into the midfield of you 2nd attacking zone and win the ball
- Attacks through the middle mark ball tight and zone with partnerships of groups of 2 and 3 defend opposing teams attacking space.
- Defending space behind your midfielders and backs
- Defend Attacking flank space with intelligence and good coverage

Defending Systems of Play - Part 2

- Team Defending against various systems of play from a 4-4-2; 4-3-3; 4-5-1; 5-3-2 and 4-3-2-1
- Defending in groups of 2, 3 and 4
- Staying on your feet
- Defend opposing players on the strong side
- Close down so ball are forced to play negative football (playing back or square, but not forward)
- Visual and verbal communications
- Winning and counter attacking

Creating Goal Scoring at Various Times of the Game through Tactics

- Possible Tactics at the start
- Throughout the game
- At the end

Shooting and Finish Ideas

- Techniques in striking a ball
- The Clock: Shooting to Finish
- Beating the Keeper
- Beating a Defending Back and Keeper
- Shooting and Finishing (Scoring)

10:00 AM - 12:00 PM - Field Session

Playing Out of the Back from Your 1st Attacking Zone

Ways to Developing Your Teams 11 vs. 11 Attacks from the Attacking Back Players (including your central backs and wide backs) and to include the Goalkeeper using his feet when appropriate.

- Concepts of all Back field players and goalkeepers to provide good support and triangle for each to keep the ball and go forward with possession
- Playing the ball to feet, into attacking running space or into spaces behind defending forward, midfielders or back
- Goalkeepers attacking out of the back with feet and hands to wide backs and wide midfielders who are in a position they create to receive an attacking ball
- GK playing to central backs
- Backs and Goalkeeper player together into the 2nd attacking zone options

- Players maintain strong ball possession by passing players accurately moving the ball rapidly forward from one side of the field to another
- Maintain a great effort to go forward keeping possession
- Back players and midfielders shift across the field for support of the player in ball possession
- Back players playing into central midfield and wide midfielders
- Back attacking from Throw-ins
- A Back player passing into center forward if possible but must maintain possession
- Coaching the check runs of your midfielders, so your back players can serve balls to them to go forward and maintain possession
- Backs by passing the ball to after a check run has been done by a midfield, and that goes into a center forward possession
- Right and Left Backs DO NOT hug the sideline so additional space can be used to turn on defending players either to their right or left
- Multiple check runs

- Check runs that open up space behind opposing defending forwards, midfielders, and backs

Coaching Tactical Training Sessions in Your First Attacking Zone

- Variations of playing out of the back 40 meters or your First attacking zone with goalkeeper, back, and midfielders
- Maintain good ball possession through sharp and accurate passing away from the opposing defending players
- Higher levels of visual communication before a player receives a ball and to make sure that players have a minimal of 3 option to go forward and not backward
- High verbal specific sharing of information when communicating with team while in attacking pressure situations
- By passing players with the ball to get it wide faster or forward faster

- Playing in a system of attack with fluid flexibility of player position place changing as needs to go forward with success
- Finally playing into the Second Attacking 40 Meters fast and with possession

12:00 AM - 1:00 PM - Lunch

1:00 PM - 2:00 PM - Lecture/Discussion

Playing in Your Second Attacking Zone

2:15 PM - 3:45 PM - Field Session

**Attacking Through the Middle of the Field or 2nd
Attacking Zone**

- Playing from the back into center forwards
- Playing from the back into the flanks
- Playing into space behind opposing defending outside backs

- Playing into space behind opposing defending midfielders or man on man coverage to maintain ball control by receiving players
- Playing into space behind opposing defending midfielders with center forward check runs
- Playing a ball behind an opposing central defender into space for a forward or overlapping center midfielder to collect
- Utilizing space behind the opposing back four to create attacks
- Creating space on throw-in allowing your team to get into final zone either on the flanks or through the midfield

3:45 PM - 5:00 PM - Field Session

Tactical Training Sessions in Your Second Attacking Zone

- Operating your coaching session and getting the most out of it from the 1st into the 2nd attacking zone
- Coach first the game within your system of attack

- Coach individual players in their roles
- Coach small groups playing together going forward
- Coach players to see what their options are in attack before they have a ball to serve
- Coach quality of ball services with right pace, accuracy and whether it's to be played to a right football, left foot, into attacking space ahead of a player or behind an opposing defender
- Coach attack to go forward more than backward
- Coach challenging your players to fast and not worry about a bad pass now and then
- Coach the 25% - 35% - and 40% Concept in your training session

5:45 PM – 6:45 PM – Lecture/Discussion

Importance of Match Analysis for Training Matches and League Matches

Day Two

Day 2 – 8:30 AM – Signing in; 9:00 AM – 12:00 PM Field Session; 12:00 PM – 1:00 PM Lunch Break; 1:00 – 2:00 PM Class Room Lecture; 2:15 – 5:00 PM Field Session and 5:15 – 6:45 PM Class Room Lecture

9:00 - 10:30 AM - Field Session

Playing Attack into Final Attacking Zone

- Coaching attacking down the flanks
- Coaching attacking through the middle of the field away from the flanks.
- Combination play
- Possession in the final zone
- Create movement in the final zone
- Creating score opportunities from the flanks
- Creating score opportunities from the middle of the field outside and inside the penalty box
- Finishing (shooting) to score goals

10:30 – 11:45 AM – Field Session

Creative Attacking Ideas from the Final Zone to Create and Score Goals

Wing Attacks

- Flank or Wing Play Attacks in the Final Attacking Third
- Playing into flank space early
- Player into space behind right and left backs
- The overlapping player into flank space
- Forwards and midfield players make well-planned and well-timed runs in the penalty box and attack crosses
- Do not have you players into the penalty box early but late of he cross being delivered and into the space to strike the ball
- Players attacking the penalty box be aware of defending players, and the delivery of a ball
- Balls should be delivered into space that your forwards and midfielder have opportunity to score

11:45 AM - 12:45 PM - Lunch

1:00 PM - 2:00 PM - Lecture/Discussion

Playing in Your Final Attacking Zone

2:15 PM - 3:15 PM - Field Session

Exercises Playing Through the Flanks

Wing Attacks (more)

- Coaching exercises and ideas for flank play
- Wingers and Backs in wing play
- Early balls behind opposing defending backs and forwards runs
- Late ball services into the penalty box
- Players crossing to create opportunities for goals

- Attacking numbers going forward
- Players attacking runs into the penalty box from center forward, central midfielders and winger midfielders positions
- Players finishing goals and what to concentrate on

3:15 PM – 5:00 PM – Field Session

Playing Through the Middle Attacking Zone

Developing Training Creative Attacking Ideas from the Final
40 Meters to Create and Score Goals

- Playing through the Middle in Attack into the Final Attacking Third
- Playing in Triangles

- Creating pace through check runs
- Strong passing that is accurate
- Playing into space behind opposing defending backs
- Players allowed to place change going forward with always prepared to go into defending coverage if the ball is lost

Coaching Exercises Playing Through the Middle of the Field

- More coaching exercises to score goals through the middle both outside and inside the penal box
- Shooting technique to score goals
- Shooting under pressure

5:15 PM - 6:30 PM - Lecture/Discussion

Correct Use of Training Times for Playing 11 vs. 11

- Getting the Most in Your Training Sessions
- Getting the Most from Your Players in Your Training Sessions
- Getting the Players to be a Thinking Players and Mini Leader
- Assistant Coaches Roles

Developing the Transition Part of Your Teams Match Play

- Attack to Defense
- Defense to Attack
- Transition in the Various Defending and Attacking Zones
- What is Players Role in the Transition Game?
- All must be Part of the Transition
- Players must switch into a new defending or attack mentality
- Players must switch into a visual (first and most important), and then verbal communication and then physically move into correct play

General Concept in Defending 11 vs. 11 That Your Players Must Understand Mentally and Physically

- Three Defending Zones
- Vision and communication (everyone works)
- Man Coverage and Zonal Defending
- Defending in groups of 2 and 3 players
- Closing down an opponent
- Depending on your feet, to win a ball and not tackling and going to the ground

Day Three

Day 3 - 8:30 AM - Signing in; 9:00 AM - 12:00 PM Field Session; 12:00 PM - 1:00 PM Lunch Break; 1:00 - 2:00 PM Class Room Lecture; 2:15 - 5:00 PM Field Session and 5:15 - 6:45 PM Class Room Lecture

8:30 - 10:00 AM - Field Session

Defending Systems of Play - Part 1

- Concepts Players must understand
- Defending is a total team effort
- Defending takes football fitness

- The team defending concepts are to withdraw as a team and in defending groups in your playing position; start to mark opposing players; defend flank ball possession side to win it or stop forward passing from the teams attack; Zone players on the non-ball flank of opposing team.
- Get opposing wide attacking players to play into the midfield of you 2nd attacking zone and win the ball
- Attacks through the middle mark ball tight and zone with partnerships of groups of 2 and 3 defend opposing teams attacking space.
- Defending space behind your midfielders and backs
- Defend Attacking flank space with intelligence and good coverage

10:15 - 11:45 AM - Field Session

Defending Systems of Play - Part 2

- Team Defending against various systems of play from a 4-4-2; 4-3-3; 4-5-1; 5-3-2 and 4-3-2-1

- Defending in groups of 2, 3 and 4
- Staying on your feet
- Defend opposing players on the strong side
- Close down so ball are forced to play negative football (playing back or square, but not forward)
- Visual and verbal communications
- Winning and counter attacking

12:00 AM - 1:00 PM - Lunch

1:00 PM - 2:00 PM - Lecture/Discussion

Defending Against Opposing Attacking Shapes

2:15 - 5:00 PM - Field Session

Attacking Concept for Creative Football

Playing 11 vs. 11 Team and Person Ball Possession

- Players always creating multiple amounts of triangles in team playing shape/system
- Always moving to support the ball or potential ball possessions
- Always using your eyes and verbal communication skills
- Verbal information to person on ball
- Quality of ball services
- Playing fast
- Moving forward more than backward while keeping possession

Player Go Forward in Attacking Groups as Team

- Keep playing in a system/shape but allow for player freedoms to go out of shape for playing success in their attacking groups
- Moving away from your pass into a new and open space creating a new space for another supporting player to fill the vacated space while staying in triangles with supporting players
- You want your players to play their attacking role, but you must let them play other roles and allow players to switch or change into other players position or attacking roles (switching player positions)

Coaching Concepts for Good Attacking Football

Coach three (3) Attacking conceptual patterns to keep the football and create scoring opportunities

- Playing to feet
- Playing to space in front of a teammates, to go forward and running into space

- Doing this by playing to a player from check runs
- Down the flank or wing spaces
- Through the middle of the field
- Playing a ball behind opposing Defenders, which could be an opposing forward, midfielder or back

5:30 PM – 6:30 PM – Lecture/Discussion

Attacking Concept for Creative Football

Day Four

Day 4 – 8:30 AM – Signing in; 9:00 AM – 12:00 PM Field Session; 12:00 PM – 1:00 PM Lunch Break; 1:00 – 2:00 PM Class Room Lecture; 2:15 – 5:00 PM Field Session and 5:15 – 6:45 PM Class Room Lecture

9:00 – 10:30 AM – Field Session

Creating Space on Attacking for Dead Ball Situations

Coaching Concept or Ideas for Throw-ins

- Creating Space through Team Shape in Attacks on Throw-ins
- Flicks
- Serving to feet
- Playing in space behind an opponent
- Playing fast
- Playing out of attacking shape/system
- Taken fast by appropriate Left or Right Backs

Coaching Concept or Ideas - Attacking Dead Ball Situations in Final Zone

- Direct and Indirect Free Kicks; Corners For and Free kicks on the flanks
- Creating Space through Team Shape in Attacks on Dead Balls
- Go Forward
- Playing in space behind an opponent
- Playing into space begin created
- Playing fast
- Playing out of attacking shape

- Taken fast by appropriate players
- Keep possession
- Go for Goal opportunities if the dead ball is in an appropriate field position

10:30 – 12:00 PM – Field Session

Attacking and Defending Corners

Attacking Corners

- Concepts - Playing into spaces away from goalkeeper
- Near post, back post, outside second six-yard box and the penalty box
- Where Players attack from outside and inside the box
- Attacking players movements
- Playing in natural positions if possible
- Short Corners

Defending Corners

- Mark and protect potential spaces (attacking zones) in the penalty box through a potential attacking space (these are potential scoring places such as near post, back post and top of the box)
- Mark man for man as best as possible
- Mark a combination of man for man and zone

- Mark short corners

12:00 PM - 1:00 PM - Lunch

1:00 PM - 2:00 PM - Open Discussion

This will be a presentation and open discussion lead by Donavan Lofters, President of the about the 'NEW' JAMAICA NATIONAL FOOTBALL COACHES ASSOCIATION.

2:15 PM - 3:30 PM - Field Session

Attacking & Defending Free Kicks or Dead Ball Situations

Attacking Free Kicks around the Penalty Box

- Attacking Free Kicks (direct and indirect) in and around the penalty box
- Player roles in attacking situation
- Playing in natural positions if possible
- Weekly practicing is necessary and part of scrimmaging

3:30 - 5:00 PM - Field Session**Defending Free Kicks around the Penalty Box**

- Defending Free Kicks (direct and indirect) in and around the penalty box
- Player roles in defending situation
- Playing in natural positions if possible
- Weekly practicing is necessary and part of scrimmaging

5:00 PM - 6:30 PM - Lecture/Discussion**Defending Concept for Stopping Football Systems**

Day Five

Day 5 - Day 5 - 8:30 AM - Signing in; 9:00 AM - 12:00 PM Field Session; 12:00 PM - 1:00 PM Lunch Break; 1:00 - 2:00 PM Class Room Lecture; 2:15 - 4:00 PM Match Analysis and 4:00 - 5:00 Lecture/Discussion of Match; 5:00 PM Closing Discussion/Remarks & Closing Ceremonies

9:00 AM - 10:30 PM - Field Session

Shooting and Finish Ideas

- Techniques when striking a ball
- **The Clock:** Shooting to Finish
- Beating the Keeper
- Beating a Defending Back and Keeper
- Shooting and Finishing (Scoring)

10:30 AM - 12 PM

Coaching Shooting Games

- Box Game
- Oval Game
- Circle Game

12:00 PM - 1:00 PM - Lunch

1:00 PM - 2:00 PM - Lecture/Discussion

Match Analysis Assignments

- Worksheet to provided to all Coaches for how they are to provide analysis and what coaches are to be required to provide to develop an analyzing a match.

2:00 PM - 3:45 PM - Field Session

Match Evaluation & Analysis by Coaches

- Coaches will be evaluating a match between two teams

4:00 PM - 5:00 PM - Discussion

Match Discussion by Course Staff and Coaches

- Open discussions from within the coaches about the observed match so the group together will add to how they analyzed the match from the components of match analysis allowing coaches to progress to GSM Advanced 'B' Part 1 Level

5:00 PM - Closing Ceremonies

