

# **GSM International Coaching Football Education Program**



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

Course Contents are as follows

**“Coaching Small Sided Games for  
Youth & Senior Player Development”**

**International Advanced Coaching Education  
'C' Level Course**

Writings Provided by Paul J. Banta

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## **Coaching Course Scheduled**

**Coaches Please Check in & Register a**

**8:00 AM – 8:30 AM**

**Welcome and Introductions**

**9:00 – 9:45 AM**

**Special Guest –**

**Paul Banta** – President of Global Soccer Ministries  
International

**Course Requirement of Coaches Commitments**

- This coaching course is FREE

- 6 days of 50+ hours of combined field sessions in the morning, afternoon and lectures in afternoon and evening
- First Day Checking 8:00AM (sharp) -8:30 PM
- 8:30 PM – 9:45AM January 2<sup>nd</sup> Introduction
- First Field Session starts at 10:00 AM
- Course Schedule below on page 5
- Sessions start on time. Coaches are required to be at 94% of lecture & field sessions to receive a Advanced 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 Small Sided Games for Youth & Senior Player Development”***
- Coaches attending all 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**

- GSM Football Educational will host a 'C' Advanced Level Coaching Course
- **Starts Saturday January 2<sup>nd</sup>** promptly with registering at 8:00AM - 8:30 AM. Course ends January 7<sup>th</sup> at 7:30 PM 2016.
- **Saturday** - 8:30 AM - Introduce the Course right after registration; 9:45 AM -11:45 AM Field Session (1); 11:45 AM - 1:00 PM Lunch Break; 1:00 - 2:00 PM Class Room Lecture (1) 2:00-4:45 PM Field Session (2) and 5:15 - 7:30 PM Class Room Lecture (2)
- **Sunday** - 8:30 AM Introduce the day; 9:00 AM-11:45 AM Field Session (3); 11:45 AM - 1:00 PM Lunch Break; 1:00- 2:00 PM Class Room Lecture (3) 2:00 - 4:45 PM Field Session (4) and 5:15 - 7:30 PM Class Room Lecture (4)
- **Monday** - 8:30 AM Introduce the day; 9:00 AM-11:45 AM Field Session (5); 11:45 AM - 1:00 PM Lunch Break; 1:00- 2:00 PM Class Room Lecture (5) 2:00-4:45 PM Field Session (6) and 5:15 - 7:30 PM Class Room Lecture (6)
- **Tuesday** - 8:30 AM Introduce the day; 9:00 AM-11:45 AM Field Session (7); 11:45 AM - 1:00 PM Lunch Break; 1:00- 2:00 PM Class Room Lecture (7) 2:00-4:45 Field Session (8) and 5:15 - 7:30 PM Class Room Lecture (8)
- **Wednesday** - 8:30 AM Introduce the day; 9:00 AM- 11:45 AM Field Session (9); 11:45 AM - 1:00 PM Lunch

Break; 1:00- 2:00 PM Class Room Lecture (9) 2:00-4:45 PM Field Session (10) and 5:15 – 7:30 PM Class Room Lecture (10)

- **Thursday** – 8:30 AM Introduce the day; 9:00-11:45 AM Field Session (11); 11:45 AM – 1:00 PM Lunch Break; 1:00- 2:00 PM Class Room Lecture (11) 2:00-4:45 PM Field Session (12) and 5:15 – 7:30 PM Closing Discussion/Remarks (12)& Closing Ceremonies

**NOTE: ALL Lectures & Field Sessions Start on Time for Coaches**

**(Attendance sheet must be signed for all sessions)**



## **Day One of Scheduled Coaching Course**

**9:00 – 10:00 PM**

**Lecture Topic: GSM Coaching Football Education Program**

***'C' Level Course - "Coaching Small Side Game for Youth & Senior Players"***

Part of our GSM International mission through their Football Education Courses are to grow the game of football nationwide increasing football coaching education programs that will develop and strengthen coaches in international methods. Our goal is to provide attending coaches with the knowledge to change their player's directions in the match to perform at a higher level of play allowing for the development of what we call *'The Elite Player'*.

We provide a 500+ page Coaching Manual with information about football, leadership and football science as a resource for participating coaches. This tool and others located on our [www.globalsoccerministries.org](http://www.globalsoccerministries.org) website will assist coaches in their player training sessions and beyond. We strongly believe coaches are always developing and need to be open to more knowledge, should be filled with integrity and love for their players. This provides an avenue to change players holistically increasing the number and quality of female and male players into throughout the nation. *We believe all developing football programs in your country, that coaches represent, hold a responsibility for developing themselves as knowledgeable leaders in football-based holistic player development.*

GSM in football education cannot make a difference alone. Program like ours and others will not only grow the game, but impact the lives of youth, young women and men, and coaches in a constructive way bringing hope and change so coaches are able serve others in this beautiful game.

### **GSM Coaching Purposes, Goals and Objectives**

Global Soccer Ministries International overall strategic plan allows coaches and players a clear understanding needed for better development methods producing higher level coaches to identify and develop a higher level elite female and male football players.

We have designed a coaching education program for present and future youth and senior coaches in Jamaica. Our coaching seminars over the next 5-7 years will provide professional coaching for the participants through modern coaching methodology providing the coach with an international understanding of the game to create better players. Beside this January 2015 course, 'C' level, we have set in place a 'B' course in early July of the same year. Both Part 1 & 2 'A' level courses include a total of 100 hours of football education in January 2016 we will offer and start a 'B' Level Coaching course which will take 1.5 to 2 years to complete and 'C' and 'B' must be completed to enter. We able to host a Master's Coaching Course for coaches who have taken and completed all four levels (C, B, A 1 and A 2). We can in future hold a series coaching seminars dealing with *Football Fitness and the Match, Goalkeeping, Attacking*

*and Defending Football and Creating and Scoring Goals*

having all courses through GSM football education program. These are for 'C', 'B' and 'A' level coaches.

These courses 'C' and 'B' level certificates will be a progressive process of coaching development based on educational principles for football teaching values for training players through small sided games to 11 vs. 11 match play. Evidence of academic research says, *"Players at the developmental stages in various phase of the match increase their technical, tactical and football fitness abilities begin with small side games"*. Football experts for the most part agree that players and teams develop by playing less numbers in training to increase player involvement, providing more player development in the match and enjoyment in training sessions. Course 'C' will focus on youth and senior coaches using small sided games in the developing of elite field players, goalkeepers, methods for training elite players and coaching leadership.

These key goals, objectives and principles needed to be support modern coaches educational processes that

envelopes the learning theories for player development with a coaching philosophy through the future of the game must have a holistic approach when developing players and coach must know how to implement this in their trainings and other times with their players. Coach must create an atmosphere for the development on and off the field for their players. They will have success and make a significant impact on football in Jamaica by using our methods. All three components; player pathway, sound coaching education experiences, and players holistic development must be part and partial of the game allowing a coming together for a coherent vision for football in Jamaica for both the female and male player. The game has always been for the players, about the players, and never for the coach or the football administrator. This is because the players are the ones who play the match. Everything we then do in football brings us to only one conclusion, i.e. allowing better player development producing a higher level of player for a the football industry inside and outside your country.

**9:45 AM – 11:45 AM – Goalkeeping Field Sessions (1)**  
**“Methods for Developing the Goalkeeper”**

**Topic: Warming Goalkeepers up through Various  
Methods**

- Quick Feet and Quick Hand exercises
- Warming up through Dynamic Movement as it relates to the Goalkeeping position

- Quick Feet Exercises with Cones
- Defending Technique work from a static position to movements relate to the match from the flank and through the middle (diving laterally; footwork; deflections; boxing; shot stopping, foot saves; catch low, medium and high balls
- Attacking Technique work from a static position to movements relate to the match with attacks to the flanks and to the middle players
- Small Sided Game Warm-up and the Goalkeepers Role

**1:00 - 2:00 PM - Lecture Session (1)**

## **Lecture Topic: The Concept of Coaching Football & Player Developmental (1)**

*The following are for coaches to seriously take into consideration when training players:* 1) You must provide your players with modern football methods that change their match playing levels for a higher level of performance; 2) Create a total training and match atmosphere allowing you the coach to use development of methods that include holistically approaches that will develop each player to a higher standard of society morality, player spiritually, and positive socially development; 3) Challenge your players so they will able to better make decision in the direction which will be beneficial to the Jamaican culture ' 4) Develop players physiologically to play the game better, and 5) Develop players mentally so they see that higher education is important to their future in this game of football.

As a coach/leader/mentor you must create a professional environment, even in Jamaica, for your players to receive what they need for their development and future. *Create future hope for their lives beyond the game.*



This can only happen if you as the coach are open minded for your football development, if you're willing to develop your understanding of modern football methods, grow with integrity and know for sure that you want to put the player first before yourself. Remember players win match only from your guidance not how you play. An old saying, ***"If it's good and worthy success will come"***. If you create a horrible experience for players and not centered on a holistic approach to the game you will be a loser and bring your players down with you. You'll blame them and they'll blame you and no one really wins. Have a vision for their future not yours.

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 struggle playing under this type of person. There is a huge lack of developing players because the coach is blind. There is another old says, ***"If a blind person leads a blind person they will fall into a pit"***.

The truth is that if you are struggling in this game as a coach or you're new to coaching you want to know more information to get the job done. The formula for coaching is **KNOWLEDGE = WISDOM = DECISIONS = GOOD FOOTBALL SUCCESS**. This does not happen overnight and its choices you decide to change the direction of your thinking, speech and actions so your players will develop to a higher standard regardless of what age you are coaching.

The **Believable Coach** gets results and players want to play and listen to this person who they know will develop their game. Which one are you?

### **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 much player or team success
- No player development
- Players are frustrated with no success and often the same for the coach with the players not performing to

their demands which are confusing or not age appropriate for development

### **Characteristics of the *Believable Coach***

- Achieve 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 of the Field
- Players and Team Development Takes Place
- Players believe they are Magical and the Coach Believes they are Magical as well
- Coaches Give Praise to their Players rather than look for the praise for themselves

**2:00 – 3:15 AM – Field Session (2)**

**“Small Side Games & Attacking Football Training”**

**Topic: Basic Football Techniques and Tactical Components of Attacking Football in Small Sided Games of 5 vs. 5 and 8 vs. 8 with goalkeepers**

- **Vision** (seeing the game before it happens)
- **Communication** (sharing verbal attacking information with)
- **Serving or Playing the Football Forward** (to team mates feet, to attacking space and behind opposing players)
- **Receiving and Player Body Shape** (playing forward at match pace)
- **Running in Attack** (with or without the football)
- **Creating and Supporting** (developing attacking space for yourself or teammates)
- **Supporting Teammate (s) from Your Playing Role** (when they are in attack)

### **3:15-4:45 PM - Field Session (2)**

#### **Topic: Coaching Football Warm-ups through Dynamic Movements and Football Technical Exercises**

- **Warm-ups through technique repetitions** for players feet movement to increase the foot speed in those movement for specific training player functions in a match and preparing players aerobically or anaerobic in nature for football match fitness as related to muscular warm-ups and cardio-vascular warm-up (cones are used)
- **Dynamic body movements for warm-up** relating to body muscle movements in a football training session or to prepare for small side games or 11 vs. 11 that mimics match movements in attack or while defending opposing players
- **Football technical exercise** with the ball to warm-up players
- Passive small side games for warm-up in 5 vs. 5 & 8 vs. 8

- **Specific football tasks or match functions** (techniques and tactics) for players to achieve in warm-up a relaxed pace say 20 % output to 80-90% output in attack or defense or as required to prepare players for next phase of training or a match.

## **5:00 - 7:30 PM – Lecture Session (2)**

### **Lecture Topic: About the Development of Goalkeepers**

- Warming Goalkeepers up through Various Methods and Post Stretching After Practices
- Goalkeeper Fitness Related to Defending and Attacking Techniques
- Goalkeeper's Attacking Techniques Out of the Back
- Communications and Visualization Skills in Attack
- Goalkeeper's Defending Techniques from the Attack from the Flank and through the Middle of the Field
- Goalkeeper Training Exercises through Repetition Methods
- Playing the 'Pass Back'

## **Introduction to the Goalkeeping**

- Goalkeeper related fitness (Number of reps, Tapering, Life of the Goalkeeper)
- Communication – verbal, non verbal, make saves without touching the ball
- Visualize at dead balls – Positive

## **Role of the Goalkeeper Coach**

- Punctual - Arrive 15 minutes before practise minimum
- Communicator
- Player contact numbers and emergency contact numbers
- Health Question Air
- Organise equipment and facility
- Risk assessment
- Be a role model
- Keep a register of players attendance
- Be a listener, show compassion to players

## **Good Coaching Practices**

- Don't get involved in the session (Demo only)
- Use a competent Goalkeeper to Demonstrate
- Observe from the outside (coaching position)
- Positive and constructive feedback with technical information (5-1 Ratio)
- Reinforce coaching points

- Project voice so that everyone can hear
- Adapting the exercise to suit the player (Ability, Age, Physical attributes, Mental focus)
- Short and long-term Goal setting
- The focus on training is on development

### **Developing the player (Technical and Tactical)**

- Recommended training to games 4-1
- Individualization of skills training to address strengths and weaknesses
- Consistency in performing skills
- Perform skills under competitive conditions
- Positional awareness in relation to the ball
- Play effectively in small sided games
- Understand the rules of the game

### **Developing the player (Movement Skills)**

- Warm-ups in practice and before a match
- Attacking Techniques
- Defending Techniques
- Foot work
- Hand Speed
- Quickness and reaction time
- Body Shape
- Position
- Set Plays – defending corners and 2-5 man free kicks
- The Pass Back

### **Developing the player (Mental Factors)**



- Development of goal setting within training and games
- Develop an understanding of quality training and competitiveness
- Mental concentration training introduced to develop ability to switch attention in different situations
- Introduction to pre-performance routines to help develop focus
- Technique's to help control emotions before, during and after games
- Developing imagery, positive self talk, commitment, goal setting, and performance evaluation
- Develop an understanding of quality training and competitiveness
- Mental concentration training introduced to develop ability to switch attention in different situations
- Introduction to pre performance routines to help develop focus
- Technique's to help control emotions before, during and after games
- Developing imagery, positive self talk, commitment, goal setting, and performance evaluation

### **Developing the player (Life style management)**

- Performance = Training + Recovery + Adaptation  
Players responsibility for each of these factors
- Rest, nutrition and hydration are all key factors
- Sleep depravation
- Educate the player to manage themselves off the training pitch.

## **Correct Use of Training Rhythm in Goalkeeper**

### **Development**

- Getting the Most in Your Training Sessions. What to emphasis?
- Getting the Most from Your Keepers in Your Training Sessions (including football fitness for keepers, keeper technique and tactical awareness)
- Training Groups Weekly & Yearly
- Getting the Your Goalkeeper to be a Thinking Player
- Is your goalkeeper a leader or a murder with his or her mouth?
- Why Goalkeepers Train with their Field Players in tactical sessions from the first attacking zone and in the final defending zone?
- Who runs goalkeeper training session?

***7:30 PM - Closing Comments or Open Discussion from attending coaches***

## **Day Two Scheduled of Coaching Course**

**8:00 AM - Review of Today's Coaching Sessions**

**8:30 AM- 10:00 AM - Field Work (3)**

**Attacking Component of 5 vs. 5**

**Topic: Football Techniques and Tactical Components of Attacking Football in Small Sided Games of 5 vs. 5 with goalkeepers**

- **Attacking Forward playing through balls into space behind opposing defending midfielders or backs**

- **Creating Space by Check Runs Away from Opposing Players Who are Marking attacking forwards and midfielders (creating space to attack)**
- **Creating Attacking Opportunities (in the final attacking zone going down the wings and through the middle of the pitch)**
- **Attacking by Penetrating Ball Services into space ahead of running players**
- **Match Playing Speed (individual and team speed going forward)**

**10:00 AM - 11:45 AM - Field Work (3)**

**Attacking Component of 8 vs. 8**

**Topic: Football Techniques and Tactical Components of Attacking Football in Small Sided Games 8 vs. 8 with goalkeepers**

- **Attacking Forward playing through balls** into space behind opposing defending midfielders or backs
- **Creating Space by Check Runs** Away from Opposing Players Who are Marking attacking forwards and midfielders (creating space to attack)
- **Creating Attacking Opportunities** (in the final attacking zone going down the wings and through the middle of the pitch)
- **Attacking by Penetrating Ball Services** into space ahead of running players
- **Match Playing Speed** (individual and team speed going forward)

### **1:00 – 2:00 AM – Lecture Session (3)**

#### **Topic: GSM Strategies for Youth Football Developmental**

Youth Development or what FIFA is says, *“Grassroots programs should be part of the primary development curriculum of clubs and school, delivered by educated female and male youth coaches”*.

We strongly believe all coaches must be trained in coaching education programs for 1) Understanding of how player development takes; 2) How to identify potential elite players; 3) Know and understand how to evaluate players technical, tactical and football fitness abilities in attack and defense and 4) Provide holistic training sessions that always provide opportunities for players personal growth and football development.

Football programs need to be designed to provide a structured pathway towards football, scholastic and other aspects of holistic player development for male and female players. Football programs provide coaches an opportunity to create healthy environment for players that develop their physical, moral (spiritual) and social literacy.

There are five (5) strategic points created by our football education training programs that will help the coach identify and select future elite players. Further educating and holistic development in football for the coach will create opportunities for female and male players for a future national youth and senior teams and the football industry. As the coach, you will impact the society of Jamaica not only in the game of football, but in the game of life.

### **Topic: GSM International Strategies**

1. Provide an opportunity for male boy and female player between the ages of 7-12 years to expose their potential football abilities and play organized football.
2. To provide future players for the national youth and senior teams.
3. To build social skills to encourage young boys and girls through meaningful football and non football activities. Having these skills you will allow the young footballers to build confidence and learn leadership skills.
4. To promote healthy lifestyles to help the footballers develop physically and have good body playing balance and build strong bones and muscles.
5. To promote players to develop holistically not only in football, but is academics, growing socially in a

positive direction, spiritual development and emotional/psychological development.

### **Topic: Crossing the Bridge Coaching Method**

- How do you visualize and coach the player problems and provide a solution?
- Use of player football technical development sequencing to develop players with a higher skill level of competency.
- Understanding/Know in detail the Core Topics of Emotional Growth and Physical Development Stages of players to move them forward in their development.
- Crossing the bridge ***“Skill Conversion”***
  - Backwards as well as Forwards
- Problem Solving Coaching: ***“Skill Sequence”***
- Adapting to the 3 “Golden Age Development Groups”
  - Playing Numbers
  - Rest/Repetition Ratio
  - Age/Ability Levels

### **2:00 – 3:15 AM - Field Work (4)**

#### **Topic: Coaching Methods - Player Identification in 5 vs. 5 Sessions**

#### **Coaching Various Types of Football Warm-ups through Small Sided Games (5 vs. 5 and 8 vs. 8 with keepers)**



- **Passive Playing in Small Side Games** (shape, passing, receiving, shooting, combination play, vision, communication skill)
- **Passive Movements** for football techniques to be practices in attack in Match Related Functional Exercises
- **Passive Play** in a Small Side Game while Attacking
- **Passive Play** in a Small Side Game while Defending
- **Passive Tactical Movements** in Small Sided Games as Related to Match Play
- **Functional Small Sided Game Exercises**
- **Match Related Exercises**

### **3:15 - 4:45 AM - Field Work (4)**

#### **Topic: Coaching Methods - Player Identification in 8 vs. 8 Sessions**

#### **Coaching Various Types of Football Warm-ups through Small Sided Games (8 vs. 8 with keepers)**

- **Passive Playing in Small Side Games** (shape, passing, receiving, shooting, combination play, vision, communication skill)
- **Passive Movements** for football techniques to be practices in attack in Match Related Functional Exercises
- **Passive Play** in a Small Side Game while Attacking
- **Passive Play** in a Small Side Game while Defending
- **Passive Tactical Movements** in Small Sided Games as Related to Match Play
- **Functional Small Sided Game Exercises**
- **Match Related Exercises**

## **5:00 -7:30PM - Lecture Session (4)**

### **Topic: Effective Use of Coaching Abilities**

#### **How to Teach the Game of Football**

1. Bridge the gap between a youth/grassroots player and elite players
  - a. Grass roots players "***Crossing the Bridge***"
  - b. Elite players "***Reversing the Bridge***" – moves to a higher level
2. Playing level & age focus on training groups
3. Problem solving in coaching sessions – teaching skill sequences for development

4. Theme & position specific or component planning to creating goal chances individually and score (Theme)

### **The Value to Players of Skill Sequences – Example:**

#### **Receiving (1<sup>st</sup> touch when receiving the ball)**

1. Look at Players with the ball
2. Move into space and call for the ball
3. Look up and adjust body shape to where you want to next play the ball
4. Touching or playing the ball in a specific direction to create a positive attack
5. Play with a great 1<sup>st</sup> touch at top speed
6. Play under the pressure of the opposition even at top speed

### **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 how to be demonstrate 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

**7:30 PM - Closing Comments or Open Discussion from attending coaches**

## **Day Three of Scheduled of Coaching Course**

**8:00 AM - Review of Today's Coaching Sessions**

**8:30 - 10: 00 AM - Field Session (5)**

**Topic: Systems of Play (5 vs. 5)**

- **Coaching 5 vs. 5 and Goalkeepers Playing System**

1. K - 1 B - 3 M - 1 F

2. K - 2 B - 1 M - 2 F

3. Youth Playing Field

4. Senior Training Functional Training in Final zone (flank and middle play)

## 5. Coaching an 5 vs. 5 playing system in a match

**10:00 AM – 11:45 PM – Field Work – Field Session (5)**

**Topic: Goalkeeper Fitness Related to Defending Techniques**

- Catching variations of served balls under pressure (ground, high balls, balls from the flanks, etc.)
- Boxing and deflecting under pressure
- Defending ground balls (hands and feet)
- Defending air balls
- Power Steeping



- Defending Angles
- Covering Post to Post

**1:00AM - 2:00 PM - Lecture Session (5)**

**Topic: Coaches Must Be Leaders: Influencers with Integrity**

*“Leadership is a relationship of influencing their players. When leadership is being exercised the coach is seeking to influence the vision, values, attitudes, or behaviors to his*

*players. Leadership is not all about your authority as a coach over your players. Leadership is always a relationship between a leader and a follower — a relationship in which both persons lead and both follow.” Paul Banta*

*Coaches who are servant leaders are one with their team. They listen, honor, trust, help and encourage players-treating them with dignity and respect. This model of leadership is a radical one because it represents a dramatic return to what we believe are the original Heaven-defined concept of leadership and a departure from the egocentric concept that seems to pervade current secular thinking.” Paul Banta*

## **INTEGRITY IN YOUR LIFE & COACHING THE GAME OF FOOTBALL**

### **What is this about?**

- 1. Possession of firm principles:** The quality of possessing and steadfastly adhering to high moral principles, professional standards and being a coach/leader who is filled with integrity/honesty.
- 2. Completeness:** the state of being complete or undivided or what I call God’s got my attention.
- 3. Wholeness:** the state of being of sound mind and work on living a life of strong morals or Biblically ethics
  - A lack of integrity in a societies leads to a lack of integrity in our lives and then into our coaching.

- If you're going to coach you must be a person of honesty.
- Look around you'll see of lack of it all around you. You may even be trapped by the lack of integrity and dishonesty in some parts of your life.
- If you've a lack of integrity and drifting aimlessly through life and coaching the game and are not serious about the result you're required to achieve in the game you don't belong in the game.
- We need to be, as coaches, filled with integrity because you'll revolutionize the game.

### **What are some examples of integrity?**

Coaches would like to think that they have some integrity, but if you only have some you're simply not completely filled with integrity. If you're good for awhile and then bad for awhile you've got a major problem. The old saying, "*Your sins will find you out is so true*". It's either 100% or you're a zero where integrity is concern. It's hard but you've got to work at it.

### **What two things you must do to have integrity?**

1. Stay clear of those in our society and those in the game that would like to have you believe that integrity is not all that important.
2. Be a person of integrity living out characteristic of love, joy, peace, patient, kindness, grace, mercy, faithfulness, gentleness and self control.

*“If you were created and designed to coach you were also designed to go beyond just winning and that includes integrity or what we call.....Going beyond the Game”. Paul Banta*

If you don't have integrity or a lack of it expect your players not to trust you as a coach. They'll struggle to figure out who you are and what you really stand for and that could make a difference in the direction of their football and life. Allot of coaches like this type of separation and they want players in the dark about them; guessing who they are and what they are about. This only causes confusion for your players. I can tell you it's not healthy for them, the team and your leadership. In the end you're the loser and the players have wasted their time with you the *'Poser'*.

Your position with your players is to bring something into their game and lives that's in sync and something that will benefit them and not yourself.

If you have integrity your players want to be around you, follow you and in time give 100% to you and the team. The more players that want to see you hear you, believing in you and work for you will only provide the team with success.

If you do this daily and early in your coaching career you will put integrity 100% into your plans, decisions, words, actions, and if you're really serious about doing this, you will bless and change the direction of your players through the love you have for them and the game.

Your players are not looking for the smartest person, the best looking or the most articulate coach. They are looking

for a coach who is willing to help them and help their play match play. If you believe you were created to coach football you were created to coach the game with integrity. Work at it and you'll find out what I mean.

**2:00 PM - 3:30 PM - Field Work (6)**

**Topic: Systems of Play (8 vs. 8)**

- **About coaching 8 vs. 8 and Goalkeepers Playing System**

1. K - 2 B - 4 M - 2 F

2. K - 3 B - 3 M - 2 F
3. K - 2 B - 5 M - 1 F
4. Senior Training Functional Training in Final zone  
(flank and middle play)
5. Coaching an 8 vs. 8 playing system in a match

**3:30 PM - 4:45 PM - Field Work (6)**

## **Topic: Goalkeeper's Attacking Techniques Out of the Back**

- The Goalkeeper is the first option to create quality attacks
- Serving/Playing the football with hands
- Serving/Playing the football with feet
- Goalkeeper serves all dead ball situation from the back
- Playing to tactical targets to initiate successful attacks
- Playing the 'Pass Back'

## **5:00 PM – 7:30 PM - Lecture/Discussion (6)**

**Topic: Influencing Players by Your Leadership: “Effective Approaches Developing Your Players”**

### **What is Leadership?**

A leader is a visionary who shows the way in speech and actions to motivate others to end results by reminding them of the overall vision and the accomplishing of the goals they plan to achieve. Leaders are inspirational as they clearly communication to others and inspires their confidence in being led. Leaders get others to do what they see best for them and like it.

“Our faith, knowledge, wisdom, and love with our believing that we can help players develop will be dead with out our servicing others by out work ethics, so we have to walk a path of servant hood to lead others.” Remember this, **“If a**



***blind coach guides another blind player, both will fall into the pit.*** If you are blind to the modern game and the understanding of how you are to develop your players and you are not a servant changes needs to place so you can begin to influence your players forward in their development as a whole person that will go ***“Beyond the Game”***.

***“Football has the power to inspire, as well as unite, in a way that little else can. It speaks directly to people in a language they understand; especially those who are living in areas afflicted by violence and struggling with abject poverty”*** - Paul Banta, President and Founder Global Soccer Ministries International

Every coach in this lecture hall has the responsibility to positively influencing others. As a coach/leader you influence your players every moment you're with them by what comes out of your mouth, and by the actions you show them. Make real sure that what you think, how you look at them, speak to them, and move about the field will lift them up and not tear them down. You picked them to play for you,

so design each training session and match that will help develop and change their character and as player and person created in the image of our Father in Heaven.

### **What is the Football Coach in Today Game?**

- What is Your Role as a Football Coach?
- How Do We Define Football Leadership?
- What Is the Role of a Leader in Youth Football?
- Why Be a Leader in Football Developing Players?
- How Can We to Be that Top Leader in Coaching?
- When and Where Do We Lead as a Football Coach?
- Coaches are to be Influencer when Develop Players
- Lead Your Player to Success: They Will Be Significantly Special in Football and Life
- The Importance of Morality, Integrity and Spiritual Base Mentoring is Your Responsibility
- Live Out Your Role out as a Youth Football Coach/Mentor/Leader

### **WHAT IT TAKES TO BE A FOOTBALL LEADER**

## **Leaders Must Be Committed or Quit Up Coaching!**

Commitment means more than the physical hard work and emotional energy it takes to do the work on and off the field. A significant level of moral maturity or spiritual commitment is required. If you're going to serve your players through your passion for the game, you need to put in extra time to commit to developing your moral or spiritual concerns for your team. Guess what? It's a hard battle. You can't go it alone.

## **You Need to Love**

You need to be honest and speak the truth in a caring manner to our players. Love, our great gift for them, is what most player need and want.

## **Players Need to Be Mentored**

Most players don't have coaches in their lives that show them that they honestly can care for them, and who care enough about them to tell them about their development in the game. Your job is to help improve their match play and to help grow in their moral and spiritual walks. Coaches need not fear teaching players truth. Just do it in a loving and honest way and you'll see what happens?

## **You Need to Be Humble**

When you played did ever experience a coach who is stubborn, single-minded, the picture of self-importance, a know-it-all guy, rude, or ***"It's my way or the highway"*** kind

of person? Not many players wanted to commit to this type of a coach once they get to know them.

### **You Don't Need Pride**

Pride blocks coaches from moving ahead with your players' soccer development. With pride on your plate, you will struggle to integrate your passion for the game into the lives of your players. Prideful coaches may think they're getting the job done, but your self absorbed blindness is killing your players and eventually they'll walk away from you. It is the player game not yours.

*Here are a few ideas you should use when your pride starts to appear and your humility is not functioning. Try them. They can work for you if you use them:*

### **Learn to Be More Patient**

Be willing to wait for your players to respond to your instruction and stop verbally interfering with them. Let them try to sort out and solve problems in training sessions so they develop skills that carry over into match play. Don't expect instant perfection—Rome wasn't built in a ninety-minute match. Have some fun, then wait and see whether they can respond to your coaching. Don't try to manipulate them with pressure; it doesn't work effectively. All you have to do is figure out a new ways to teach them to play football better. After all, you're the coach, and you need to be able to challenge them with different approaches to change their game. If you're patient with your players chances are they'll get it and will be able to put a big effort into what you want

from them. They'll even appreciate you giving them time to get where you wanted them to go.

### **Be Ready to Receive Correction and Follow It**

You're not the only coach in the game who needs a course correction to straight out your coaching. For years, my wife has been my greatest advisor and friend—whether or not I like or want it. If only I had listened to her earlier in my coaching career! They say behind every man is a good wife. In my case, as I say from time to time, behind my dead brain cells is an unbelievable wife.

In your case, it could be an older person who could mentor you. It could be your players; listen to what they think about you. Find a friend who will hold you accountable for getting it together. Remember that you're not always right. Life's a learning experience, and the answers are out there if you don't know them all. Find a source to do your job better.

### **Point the Spotlight Away From Yourself**

Give honor and the credit for your accomplishments to other people who were part of it and who deserve some of the applause. Most likely it will be your players, who have to physically and mentally put up with what you give them and who kill themselves for you.

### **Be Careful What You Say In Public**

Keep your public words to a minimum and keep what you would sometimes like to say to players or others inside you. In other words have a tight two lips and a smile on your

face. Don't sin with your words, but rather show love through them during the good and the bad times.

### **Humbly Think and Do Things for Others and Not For Your Agenda**

In essence, humility is the act of thinking less about you. You think, do, and say more about your players and staff than you do about yourself. When you start focusing mentally and verbally on others and their successes, you're honoring those around you who really deserve credit. Focusing less on the '*me concept*' and more on the '*others concept*' means you're on target for becoming the humble character you're to be. Humble women and men are coaches to be trusted and believed. If you want your players to believe and trust you be a humble character.

### **Respect Your Players Regardless of Who They Are & How They Play**

The key to gaining the respect of your team is to understand where your players are coming from and where you believe you can take them. We all carry baggage that affects our daily living. Players are no different. They carry baggage just like you, sometimes pretty heavy stuff. We've all seen many types of baggage; divorced parents, the death of a family member, boyfriend or girlfriend problems, drugs, stealing, cheating, alcohol, bad grades, only a mom for a parent, and a plethora of other issues. Don't emphasize how far your players have to go to change their baggage, but rather how far they have come with the baggage they carry. You coach players, not baggage.

As you accept your players and help bring their lives and games together, you will be able help get them out of the holes they're in and where they often fell there's no hope. If you respect your players as players and resist disrespecting them because they carry loads that burden them, they will respect you for working with them. That will build confidence within them to move their very characters, lives, and game forward.

**7:30 PM – Topic: Open Discussion from Coaches Attending**

## **Day Four of Scheduled of Coaching Course**

**8:00 AM - Review of Today's Coaching Sessions**

**8:30 AM - 10:00 AM - Field Session (7)**

**Topic: Goalkeeper Communications and Visualization**

**Skills in Defense**

- Read the game visually ahead of time
- Sharing specific information
- Giving tactical advice and information that's useful with the right words
- Defending against a system that is attacking at you and your team
- Players in front of you do you job for the most part
- Be the leader your players need



**10:00 AM - 11:45 AM - Field Work (7)**

**“Creating, Shooting & Finishing”**

**Topic: The Art of Shooting and Scoring Goals**

**Shooting Techniques in final 3<sup>rd</sup> attacking zone**

- **Dead ball situation or statics play**
  1. Shooting Technique Ideas
  2. The Clock
  3. Shooting Tactical Ideas on 1 v1
- **Creating Goals Through Attacking Playing Groups**
  1. 1 attacker vs. 1 defender and a keeper
  2. 2 attackers vs. 2 defenders and a keeper

3. 3 attackers vs. 3 defenders and a keeper

- **Tactical Awareness to get those Goals**

1. System playing in attack
2. Playing in groups of 2 or 3
3. Attacking the Pressure of the Opposition

- **Shooting Exercises in final 20-30 meters**

1. Flank play
2. Play through the middle
3. Player responsibilities (forwards/central midfielders and winger or outside midfielders)

### **1:00 PM – 2:00 PM – Lecture Session (7)**

#### **Topic: Key Principles of GSM Football Development Plan**

In order for the modern game of football to develop in Jamaica a progressive holistic player development plan must be put in place that will prepare coaching youth through senior participants to identify and develop female and male youth players in an elite holistic training atmosphere where authentic learning about the game will not only take place but provide, in the years ahead, and avenue for the national youth and senior team players to be developed.

As we said earlier during the next several years we will initiate and host a number Football Seminar. If we are all serious about changing the direction football must go we can make a difference together along with the support partners in your country and the USA, whose mission is the development of football and we will not only grow the game, but impact the lives of young boys, girls, men and women within the nation in a constructive way.

**The Key Principles are as follows:**

- To implement a progressive model and phased developmental for a player's pathway to be selected into the Youth Elite Academy Programs for higher level of selections.
- The value of small-sided games to develop and train players.
- Flexibility for all stakeholders in our program will be the key to meet today's societal demands.
- To implement a football development program that is about the modern game and a cutting edge approach to competition that puts the learner at the heart of the modern game of football.

- Complement developments in coach education that offer will a rich and authentic learning experience for players.

### **Elite Program for Male & Female Youth Players:**

There seem to be a serious gap the in merging education and football. Players with obvious natural talent tend to at time fall short academically, socially and even spiritually.

Football is not the only avenue for player's development alone and coaches must encouraged to develop the social, spiritual, education and beside the football side of life.

### **Objectives for Understanding Player Development:**

- To indentify the best players within a holistic developmental system and have the footballers train as motivated elite players to adjust the international football performance standard.
- To training coaches who will be able the coach the modern game, and who will mentor and lead players beyond the game and who will be able to develop

players by sound football, social, spiritual and educational methodology.

- To use the game of football as a powerful vehicle for football and social change, by supporting the development of the game, academic scholarship, with goals to ensure that players in underserved communities have easy and affordable access to quality football programs that support their physical and personal development.

### **Elite Program Player Implementation Training Concepts Example:**

#### **Age groups (Boys & Girls) U10 through U13, U15, U17, and U19**

1. U10 through U13 – GSM will have 60 minute training sessions.
2. U14 and U15 – GSM will have 90 minute training sessions.
3. U17 and U19 GSM will have 120 minute training sessions.

#### **The times are as follows:**

1. U-10 through U13- Training Monday, Wednesday and Fridays with one match per week for 40 weeks.

2. U15 through U-19 – Five days weekly with one match per week for 4 weeks.
3. Eight (8) months per year November to June (takes consideration for school football other months).
4. Two (2) coaches per age group, curriculum set by the GSM/UWI Technical Director.
5. Constant evaluation, testing and mentoring.
6. The center will operate on high performance standard always with the main thrust of player holistic development.

## **2:00 PM – 4:45 PM - Field Work (8)**

### **“Coaching Small Sided Games: Possession & Shape in Attack”**

#### **Topic: Coaching 5 vs. 5 in Possession and Shape in Attack**

- **Coaching Warm-up with passive game**
  - **Coaching Players in Attack and Defensive Roles**
1. Coach Techniques of serving and receiving
  2. Coaching visualization and verbalization in Attack

3. Coaching Playing in Groups of 2/3 in Attack
4. Coaching visualization and verbalization in Defense
5. Coaching Playing in Groups of 2 in Defense

**Topic: Coaching 8 vs. 8 in Possession and Shape in Attack**

- **Coach Warm-up with passive game**
  - **Training Players in Attack and Defensive Roles**
1. Coach techniques of serving and receiving
  2. Coaching visualization and verbalization in Attack
  3. Coaching Playing in Groups of 3/4 in Attack
  4. Coaching visualization and verbalization in Defense
  5. Coaching Playing in Groups of 3 in Defense

**5:00 – 7:30 PM – Lecture Session (8)**

**Topic: Influence Players through Leadership Concepts – Part 1**

**Four (4) Stages of Developing Influence**

- 1- Modeling-Is what they see in you.
- 2- Motivation-Being able to encourage and communicate to players to their physical, emotional and mental levels in training, matches and other necessary times.
- 3- Mentoring-Means pouring your life into players and helping them reach their potential.
- 4- Multiplying-It's when you help others influence others.

### **Four (4) Actions You Do To Nurture Your Players**

- 1- Positive self-worth
- 2- Sense of belonging
- 3- Feeling of significance
- 4- Hope is given

### **As a Leader How Do I Become the Nurturer To My Players?**

- 1- Commit to them
- 2- Believe in them
- 3- Be accessible
- 4- Given with no strings attached
- 5- Give the opportunities
- 6- Lift them to a higher level in their spiritual developments

### **Action to Creating Faith in Those Players You Lead**

**B**= Believe in them before they succeed

**E**= Emphasize (focus) on their strengths

**L**= List their past successes (remind them and re-motivate them)

**I**= Instill confidence when they fail.



**E**= Experience some wins' together, both at a ministry experience and away from serving.

**V**= Visualize their future success with them.

**E**= Expect a higher level of commitment and life style from your others.

### **Some Suggestions for Being a Good Listener**

- 1- Look at others when they speak.
- 2- Focus on understanding what they are trying to say.
- 3- Determine their needs from what they are saying.
- 4- Suspend your judgments.
- 5- Ask questions for clarity.
- 6- Make sure you understand what they need.
- 7- Let them take ownership.

### **How Can You Understand Your Players?**

- 1- Know they want to be somebody to feel important and valued by others.
- 2- Others don't care until they know how much you care about them.
- 3- Everybody needs somebody to be successful and grow.
- 4- Others can be somebody when they know you understand and believe in them.
- 5- When you help others you influence a lot of others around you and them.

### **Some Qualifications for a Coach That Will Empower Players**

- 1- You're the leader and you're in a position to lead.

- 2- You must develop a relationship with others you want to empower.
- 3- Others will be empowered by you if they respect you.
- 4- You must be committed in all you think, say, do and never turn your eyes from this goal and follow through on your objective in doing so.

### **These Are Seven (7) Steps So Empowering Your Players**

- 1- Evaluate them-where they are and where you see them going potentially.
- 2- Model for them. They do what they see you do and say what they hear you say.
- 3- Give them permission to succeed.
- 4. Transfer your authority to them to get the job done.
- 5- Show your confidence in them publicly.
- 6- Supply them with feedback (honest and positive). Be a good grace and mercy giver.
- 7- Release them to develop on their own.

### **How Can You Navigate Your Players As a Coach?**

- 1- Help your players identify their destiny. Since you see further than they see you can help them get there.
- 2- Help them plot their course of action.
- 3- Think ahead for them when necessary.
- 4- Course corrections-get players back on track if they get off.
- 5- God navigators stay with their others and the ship. A best friend is he who brings out the best in you.

### **To Connect With Your Players You Need To Do The Following:**

- 1- Don't take them for granted. They are valuable.
- 2- Posses a make a difference mindset or attitude. Believe you can make a difference, believe what you say can make a difference, believe the person you are leading can make a difference, believe that together you can make a big difference. I can do what you can't do, you can do what I can't do and together we can make a difference.
- 3- Initiate movement toward each player.
- 4- Look for common ground and what areas you have in common.
- 5- Recognize and respect differences in personalities.
- 6- Find the key ways to others and what make them tick.
- 7- Communicate from your heart. What really matters to them? Be real and honest.
- 8- Share common experiences together.
- 9- Once connected move forward.

### **When You Enlarge Your Players You Need To Do The Following:**

- 1- Raise their level of living and serving.
- 2- Increase we their potential for success.
- 3- Increase their capacity for growth and development.
- 4- Your team and the body of believers grow.

**Note:** To mentor players you need to be on a higher level yourself and continuing to grow to mentor others. The secret of success is to go through life never getting used up. Continue to learn and recharge your batteries and find better and more useful and practical ways to get your leading accomplished.

## **To Enlarge Together A Commitment On Your Part Is Required.**

### **To maximize to the commitment process follow these:**

- 1- See others potential and be committed to enlarge them.
- 2- Cast a vision for their future. It's been said, "The realist knows where they are going, but the dreamers have already been there". Travel ahead of others in their minds and plant visions.
- 3- Tap into their passions, personal characteristics and abilities.
- 4- Address any character flaws and get them to stand strong in the midst of a challenge or hard time.
- 5- Always focus on your players strengths.
- 6- Enlarge them one step at a time and don't overwhelm them with to many task where they will not succeed.
- 7- Put recourses in their hands.
- 8- Expose them to enlarging experiences and plant a desire for them to soar to higher levels.
- 9- Teach them to be self-enlargers

## **Day Five of Scheduled of Coaching Course**

**8:00 AM – Review of Today’s Coaching Sessions**

**8:30 – 11:45 AM – Field Session (9)**

**“Coaching Concepts of Various Types of Defending Ideas”**

**Topic: Coaching 5 vs. 5 Tactically in (3) Defending Zones**

### **Coaching High Pressure Defending**

1. Withdrawing players out of 1<sup>st</sup> defending zone into 2<sup>nd</sup> defending zone
2. Organize marking opposing players
3. Closing ball side down & zone on opposite field side
4. Defend in groups of 3-4 with verbal communications
5. Win ball if possible in your 2<sup>nd</sup> defending zone to attack forward with a group of 3-4 players with pace
6. In final 3<sup>rd</sup> defending zone no crosses or shots. These are closed down by players staying on their feet defending and no tackling

### **Coaching Low Pressure**

1. Withdrawing all players over the halfway line
2. Player organize opposing players to mark

3. Pressure opposing flank attacking player only on ball side in your own half of the field with players on the opposite flanks drop off to control pace
4. Pressure only central attacking players in the middle with you flank players dropping off and away from flank areas
5. In final 3<sup>rd</sup> defending zone no crosses or shots. These are closed down by players staying on their feet defending and no tackling
6. When you win the ball anywhere on the field counter attack with pace whenever possible

## **“Coaching Concepts of Various Types of Defending Ideas”**

### **Topic: Coaching 8 vs. 8 Tactically in (3) Defending Zones**

#### **Coaching High Pressure Defending**

7. Withdrawing players out of 1<sup>st</sup> defending zone into 2<sup>nd</sup> defending zone
8. Organize marking opposing players
9. Closing ball side down & zone on opposite field side
10. Defend in groups of 3-4 with verbal communications
11. Win ball if possible in your 2<sup>nd</sup> defending zone to attack forward with a group of 3-4 players with pace
12. In final 3<sup>rd</sup> defending zone no crosses or shots. These are closed down by players staying on their feet defending and no tackling

#### **Coaching Low Pressure**

7. Withdrawing all players over the halfway line
8. Player organize opposing players to mark
9. Pressure opposing flank attacking player only on ball side in your own half of the field with players on the opposite flanks drop off to control pace
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11. In final 3<sup>rd</sup> defending zone no crosses or shots. These are closed down by players staying on their feet defending and no tackling
12. When you win the ball anywhere on the field counter attack with pace whenever possible

### **1:00 PM – 2:00 PM – Lecture Session (9)**

#### **Topic: Are You Every Out of Control as a Coach?**

If you are and you know what do you need to get under control?

If you got some major personal problems and thing are not going you way and you think you not out of control get yourself evaluated by some good friends? All of us have been out of control at times in our personal and coaching lives.

Maybe some of you are really out of control right now. You have a lack of self control and you down deep inside know you need to sort it out and change yourself and yet you continue to struggle from old habits blocking any efforts you can make on you own. It's a daily struggle and you can burst at the seam just about anytime.

You're out of control effects how you live, the association with others and how you coach your players. If you don't think you're out of control ask others how they see you. A tough one to do, but being honest with yourself when you have a major problem is important if you're going to stay in this game and use it to change lives.

### **What is Coaching Out of Control About?**

#### **The Way We Negatively Think, Speak and Act To Our Players**

This could be what wrongs come out of your speech (mouth to wide open to much) and using it wrongly

It could be about not knowing what you're doing in training sessions (not football educated) and blaming the problem on your players.

#### **Why Do We Coach Out of Control?**

You're selfish and you are struggling to break a cycle. What's causing this and what's lacking in us? Usually you refuse the opportunities to grow your life and knowledge of football, family, and society forward. Maybe you're spiritual



up bringing poor. You might just think you can get by on what you know or your too lazy to go the extra mile to learn. You may have low level of self worth or maybe you haven't given it enough concern thinking. Whatever it is you need to change in a different direction.

### **THINK Before You Speak in Anger**

***“Stupid people express their anger openly, but sensible people are patient and hold it back.” (Proverbs 29:11)***

Anger confounds many people in our world today. We simply don't know how to handle our anger like we have in the past. One of the Bible's simplest yet most profound answers for our anger comes in Proverbs 29:11: *“Stupid people express their anger openly, but sensible people are patient and hold it back”* (GNT).

Think before you speak. Delay is a tremendous remedy for anger. You don't need to delay indefinitely. If you've got an issue you need to deal with, you need to do so. Anger delayed indefinitely becomes bitterness. That's worse than anger. Bitterness is always a sin; anger isn't.

If you respond impulsively, you tend to respond in anger. If you wait to talk about whatever conflict you're dealing with, you'll be more rational and reasonable when you do. The longer you hold your temper, the better your response will be. Give yourself time to think.

When conflict arises and you give yourself time to think, what should you think about? Consider these five questions:

**T: Is it truthful? Is what I'm about to say the truth?**

**H: Is it helpful? Or will it simply harm the other person?**

**I: Is it inspirational? Does it build up or does it tear down?**

**N: Is it necessary? If it's not necessary, why do I need to say it?**

**K: Is it kind?**

THINK before you speak. Reflect before you react. It'll slow down your anger every time.

### **WHAT A COACH SHOULD BE DOING ON & OFF THE FIELD**

- Choosing My Standards
- Accepting Responsibility
- Developing Trust
- Developing Self-Control
- The Balanced Life
- Showing Respect

- Offering Forgiveness
- Maintaining Moral Purity
- Showing Fairness

## **2:00 PM - 4:45 PM - Field Work (10)**

### **Topic: Coaching Scoring Goals Tactically in 8 vs. 8 Games**

#### **Attacking Through Flank Play**

1. Attacking player roles in a GK - 2 B - 4 M - 2 F
2. Attacking in playing groups around the flanks
3. Playing exercises to attack down the flanks
4. Creative wing play ( 1v 1: 2:1 & etc) and attack flank space
5. Getting in behind opposing flank defenders

6. Attacking Forwards and Midfield Player attacking the box
7. Creating opportunities
8. Scoring

### **Attacking Through Midfield Play**

1. Attacking players role in a GK - 2 B - 4 M - 2 F
2. Attacking in player groups through the midfield
3. Playing exercises to attack through the central players (CB, CM & CF)
4. Creativity through the midfield and combination play with midfields & forwards ( 1v1; 2v1; 2v2; 4v4 & etc)
5. Where do wing flank players play
6. Getting in behind opposing central defenders
7. Creating opportunities by creating space for the shooter
8. Scoring from the outside & inside the penalty box

**5:00 - 7:30 PM - Lecture Session (10)**

## **Topic: Leadership Qualities You Need To Possess**

### **Can A Person Develop New Leadership Skills and Abilities?**

**The answer is a resounding YES!**

Leadership is a combination of specific personal qualities. It begins inside a person and relies as much on good moral and ethical philosophical approach as it does on learned new skills or developing the one the coach already possesses.

### **BE COURAGIOUS AND STRONG**

Have the courage and strength of your convictions, is a familiar saying. Leaders must have a strong belief system to boldly meet soccer's challenges and maintain the courage of their convictions. By believing in their own physical, emotional, intellectual and spiritual standards and values this enables them to apply all their resources and creative energy when faced with problems or overwhelming odds.

### **THINK BIG, PLAN SHORT & LONG TERM & CASE VISIONS**

Leaders have the ability to see things in a larger perspective, and also to see things better than they are. Curiosity is essential! Many leaders have "divine discontent." They challenge tradition. They are not afraid of idealism, and are eager to create and bring out the best in others. Coaches have clearly defined their personal goals

and have the ability to help others expand their thinking and imagination.

### **MASTER OF CHANGING**

Leaders move people and things in directions more beneficial to all. Coaches not only have the ability to create change, but they also accept, handle and succeed during times of change. Change is welcome since they learn from the past and let it go. Leaders don't burden themselves with old ideas, prejudices, habits or processes. The inspired leader looks for the opportunity in change and tries to understand it even if he/she doesn't like it.

### **HAVE PERSISTENT AND BE A REALISTIC LEADER**

A leader sets realistic goals and sees them through to completion. Even when under pressure they remain committed to those goals. Current struggles are acknowledged as essential for future achievement, and coaches will sacrifice immediate satisfaction for future gains. They also help others overcome obstacles because they realize that patience is a good measure of persistence. Leaders do not quit!

### **GET SENSE OF HUMOR**

It is said, "If you take yourself too seriously, no one else will." A sense of humor is the key. Learn some jokes and how to deliver them. Coaches know that life and soccer are no joking matter, but they have the ability to keep things in perspective. They are self-accepting. They can laugh at themselves. They have enthusiasm. Leaders are spontaneous and can express their feelings. Their ready wit lightens the

load of all those around with whom they associate. When stress and pressure become a problem, the leader's sense of humor gives everyone a momentary "emotional vacation" so that the task or situation can continue with balance and clear direction.

### **BE A SOUND RISK TAKER**

Taking risks is a vital part of leadership. Leaders have the courage to begin while others are waiting for better times, safer situations and assured results. They are willing to take the risk because they know that over cautiousness and indecision are robbers of opportunity and success. They are willing to fail in order to succeed. Coaches know that no one wins all the time and winning is not always the goal. They take initiative, are independent, and are not unduly influenced by others. Leaders allow themselves and others to grow by making mistakes and not expecting perfection.

### **BE POSITIVE AND FILLED WITH HOPE**

Eighty percent of success in life is having a positive attitude. Coaches have the ability to see the good in a bad situation, to see hope where others do not and to have faith when others give up. They know that one person with a belief is equal to ninety-nine who only have an interest. They are optimistic and can elicit the same from other people. They trust themselves and others. Leaders know that everyone wants to make a difference, accomplish something in soccer, be accepted and receive acknowledgement for their skills



and talents. The leader takes action to reinforce a person's self worth and value, in a positive and hope-filled manner.

### **BE A DECISION MAKER**

Deciding to decide is often harder than carrying through once the decision has been made. Leaders know that not deciding is still a decision made by time, fate and circumstance. The leader is vitally aware of this and would rather make a wrong decision than none at all. Few decisions in life are so critical that they cannot be corrected. If that is true for life then for soccer it is doubly so. Leaders know that indecision wastes time, energy, talent, money and opportunity. They make decisions and commitments to avoid future failures. Coaches are also willing to make decisions and plans that affect future generations, because they know that indecision will forfeit everyone's future.

### **ACCEPTS AND USES POWER WISELY**

Leaders do not shrink from power, nor do they seek it unnecessarily. They know that having clout often intimidates others, so they use power judiciously. They "pull rank" only in emergencies. Leaders use their power to direct others to help them achieve their full potential. Coaches take responsibility for themselves, their actions and the results. They use their personal power to instill this example in others. Power and greatness is not a goal, but a by-product of learning how to serve. This they do gladly!

## **BE COMMITTED AND DO NOT QUIT**

Commitment is the primary word for coaches. They realize that without it, all else is meaningless. They have a zeal and dedication to their cause that pulls others to them. Their commitment exudes confidence and hope. Leaders set high standards of excellence for themselves and others, and people grow to those expectations. Leaders determine a course, make a plan and then have the self-discipline to follow through in spite of obstacles. Coaches stay in the game long after the others give up. Most people quit too soon, missing the riches of life. Just like the seasons, life and soccer have cycles. The leader's commitment is sustained through the good and bad, hot and cold, ups and downs. Although coaches are committed to their goals, they live only for one day at a time and know that if they take care of today tomorrow will take care of itself.

## **BE A COACH WHO HAS SELF CONTROL AND SELF DISCIPLINE**

### **Reason Why Coaches Get Out of Control at Times**

1. Overwhelmed by the circumstances
2. You may have got into your situation because you chose the excitement rather than the actual responsibility of coaching.
3. You're a defenseless person and vulnerable.
4. You're running scared and you do not know your direction with regards to good training sessions, handling players, etc.
5. You're fake, posers and a fraud or you've become this way and have no idea or not enough ideas what to do.

With self control brings you into a level of competences. You become confidence and have this inner peace and sense of security which will lead to the success of you and your players as you bring something of value to them before yourself. You become a servant with self confidence rather than a slave to being out of control.

Self control and Self Discipline will be the key factors of your coaching success. They are to learn and understand who you are and who you are to your players. Without both done correctly your chances of survival in this growing game and achieving anything of great worth and lasting value will probably not happen. If you think you can put your players through 'hell on earth' in training and your team meetings guess again, as it will eventually back fire if this is your contestant approach to the game.

Both your own and your players performance requires self control and self discipline and you must lead them. A battle for you and then but you brought them on your team because they were special and they came to you thinking you were special.

### **How Do I Get There?**

1. Accept responsibility for your lack of self control. Don't play ignorant and ignore your problem. "What problem? It's just my way of doing football?" I did not a good coach and parents? You simple can't blame others for your lack of capabilities with out doing something about them. What are you waiting for?

2. Put your past behind you and don't look or go back. "Forgetting what's behind me, I strain on to what's ahead and I press hard on forward to achieve that goal that's before me".
  
3. Don't go by your feelings. Don't give into your negative feeling as authority over your coaching. Feeling are higher unreliable. Don't let your moods manipulate you. If you're a moody person off the field you'll be bringing it onto the feels and your players will suffer from you.
  
4. Start believing you can change. Your beliefs will control you behavior, speech, thought and destiny. The way you think determines the way you feel and the way you feel determines the way you act out your work efforts and ethics.
  
5. Avoid anything that tempts you to be out of control and not a disciplined person and coach.
  
6. Start depending on God's power to help you. Let Him (HS) direct and steer your life and you will not have to run your life by the pressure and wrong idea in this old world. Don't get entrapped by saying I'm just not good enough and worthy enough to depend on God steering my life by His power.

**7:30 PM – Topic: Open Discussion from Coaches Attending**

## **Day Six of Scheduled of Coaching Course**

**8:00 AM – Review of Today’s Coaching Sessions**

## **8:30 AM – 11:45 AM - Field Work (11)**

### **Topic: Coaching 5 vs. 5 Tactically in (3) Attacking and Defending Zones**

#### **Coaching Session in Attack to include:**

2. System of play in attack will be K- 1 B – 3 M – 1 F
3. Vision and Communities Skills
4. Playing techniques to coach are passing & receiving to go 80 forward with very few passes backward.
5. Defend in groups of two and three
6. Attack through the Flank and Middle of your Attacking Zones
7. Other demands on players will be coached if needed to achieve the above

#### **Coaching Session in Defense to include:**

1. Immediately drop back into your 2<sup>nd</sup> defending zone
2. Low pressure defending
3. High pressure defending
4. Defending in groups of two

5. Stay on feet and no tackling
6. Win but to counter attack from your groups field position

## **1:00 - 2:00 PM - Lecture Session (11)**

### **About Creating and Scoring Goal**

#### **What's it all about?**

As coaches, we just don't run training sessions and hope goal go in without coaching the session about creating and scoring goals. A big question for us as coaches are our training sessions created for players to win matches by putting the ball in the back of the net. Are you actual training your players to create and score goals in most of our training session through the week and have fun doing it.

When we deliver high level, and competitive exercises to our players in our training sessions are we focus on this subject with exercises that are enjoyed by players, so they score. If so we need to have the following elements in our session and in creative way that are under match relate or condition situations through the middle and down the flanks of the opposition final 40-60 meters:

**1. Exercises that are functional** - 'The function is to provide opportunities that we provide potential goal opportunities either from a creating emphasis (assisting in getting goals for other players) to and score goals.'

## **2. Exercises that game related or match conditions**

**related** – You create from a position of attack from a system you plan to play in attack. You might be changing your system of attack from a 4-3-3 in the first half to a 4-4-2 in a second half. As coaches players need to train in match related exercises that are based on either system or from any system you use. 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 have very time on the ball to figure out how this is possibly less than 20 minutes of possession out of 45 minutes in that half.

## **3. They are coached and shown what you are expecting**

– You coach 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 play forward or simply through a 1 v 1 situation. Your players in time eventually become very capable of applying what they have received in your sessions at full speed to create and score goals in matches.

Practicing creating and scoring goal 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. Practice must be trained at match pace so when the time a match takes place the speed in which your players have to play (the demand for today game) they'll be able to create and score goals much easier.

Remember, the opposition does not want you to score goals just like your defense, so what make the difference. One is hard work, a higher level of understanding that training



exercises are very valuable. Lastly, the training is done with a high level of playing speed that will be required down the flanks and through the middle. Your players must perform in practice at a top speed. Training at low speeds may get goals in practices, but when it comes time for the match, which is played faster and with opposing defenders, who do not want you to score, your team in the end will not get the ball in the back of the net.

In open field play in attack goals come from both flanks and through the middle and this always part of your practice and this is why we practice playing in the tactic structure of a system and you as the coach creative opportunities and score goals from various place on the field. This becomes hard for the opposing team to consistently defend throughout the match time.

We need to point out that a match has 60 - 90 minutes of play pending the age level of your team. There are many of dead ball situations (penalties, throw-ins, corners for and against, free kicks, etc.). Your team may only have the ball in their attacking possession for 20-35 minutes, so it become very imperative that you spend much of your session in creating and scoring the goal through open field play. You are responsible for creating and scoring goals through all attacking restarts, and these have to practice. You may have to take additional time away from a 2-hour training session to do this. Scoring goals are what the game of football is about. If you neglect this, you have failed as a coach, and you've failed your players and club. No one likes a failure including you.

## **2:00 PM – 4:45 PM - Field Work (12)**

### **Topic: Coaching 8 vs. 8 Tactically in (3) Attacking & Defending Zones**

#### **Coaching Session in Attack to include:**

1. System of play in attack will be K- 2 B – 4 M – 2 F
2. Vision and Communities Skills
3. Playing techniques to coach are passing & receiving to go 80 forward with very few passes backward.
4. Defend in groups of three and four
5. Attack through the Flank and Middle of your Attacking Zones
6. Other demands on players will be coached if needed to achieve the above

### **Topic: Coaching 8 vs. 8 Tactically in (3) Defending Zones**

#### **Coaching Session in Defense to include:**

1. Immediately drop back into your 2<sup>nd</sup> defending zone
2. Low pressure defending
3. High pressure defending

4. Defending in groups of three
5. Stay on feet and no tackling
6. Win ball to counter attack from your groups field position

**5:00 – 7:00 PM – Open Discussion & Closing Remarks –  
Lecture (12)**

- Guests and Sponsorship Acknowledgments
- GSM Coaching Staff Final Comments
- GFF Staff Final Closing Comments
- Coaches Certification Awards Ceremony





