

Global Soccer Ministries International



Winning Matches – Concepts to Help You Coach

Presents

Advanced Coaching – Developmental Football Information for to Produce Great Training Sessions for Your Players

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INTRODUCTION

Dear Coach,

The teams I've coached over the years always played better in the 'final attacking zone' when I finally gave up most of my antiquated training methods and exercises that never proved to be successful in match condition, because for the most part they were not match related enough and they were not functional for the players to create and score goals.

My training sessions were not only useless for my players and we never got those goals to win more matches. When you play the game you play to win by more goals than your opponent and as coaches and player we never ever play to tie a match, so you need goals to win. It's that simple. All this was entirely my fault after, all I was the leader and coach.

Over the early part of my coaching, my teams had way too many ties and not enough wins even though they won their fair share of matches.

My efforts were on playing tactically well in both attack and defense, but I did not put enough time into our training sessions to have my players scoring goals and with the right methodology.

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

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

As coaches, we must never too rigid, close-minded in our thinking or to magical to learn better methods that produce winning results. I challenge you to watch and enjoy our training sessions and methods that will change you thinking. The words you speak to your players and the actions you show to your players as they participate in your well coached training sessions. You'll be surprised about how much they'll help your team, and you will be more excited about coaching.

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

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

What's it all about?

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

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

1. Exercises that are functional – Functional meaning we provide opportunities that will challenge each player in their playing position potential chances or opportunities either from a creating passing emphasis (assisting in get goals for other players) and to actually scoring goals.
2. Exercises that are matches related – You create from a position of attack from a system you plan to play in going forward. You might be changing your system of attack from a GK-3-5-2 in the first half to a GK-4-4-2 in a second half. As each player possess their playing skills and talents, this also becomes part of your teams playing style within the system you play. As coaches, players need to train in match related exercises that are based on either system. The Style of your players will reflect creatively within your system of play. Coaches must allow for this and not hard fast rules to having your players stay in rigid attacking structures. If coaches only train in a 4-3-3 system and never a 4-4-2 system you can't expect your players to guarantee you goals because your team play can become predictable and be closed down with a simply tactical approach the second half of the opposing teams second half plans.

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

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

Remember, the opposition does not want you to score goals, so what make the difference? One it takes hard work and at a higher level of understanding that training exercises are very valuable and lastly training with a high level of playing speed/pace will be required down both flanks and through the middle. There are not many teams that get goals from practice playing slow. Training must be at full speed ahead.

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

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

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

Moving Your Team Forward By Creating and Scoring More Goals

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

Scoring goals must be a great part of most all our training sessions and as coaches we must look for the best methods. Functional Training Exercises that become related to your next match to win matches is a goal that must become a reality. No one likes losing matches; especially the players who kill themselves in your practice

sessions. In GSM International coaching education programs, you'll be provided with training methods and exercises that work, but they have to be coached and practice by your players, so they get it. Your sessions will be more meaningful and also fun for your players, and you too when you see those goals go in. Training is the real thing.....the game to be played.

Various Components (13) of Coaching Attacking Football

- Coach Attacking Football in Pre-season Preparations
- Coach Attacking Football During Your Season Daily Sessions
- Coaching Attacking Football in Three Attacking Zone (1st, 2nd, and final 40 meters)
- Warm-up Player in Attacking Football Exercises
- Coaching Attacking Football in the Final Zone to Create and Score More Goals
- Coaching Attacking Football Through Restarts (throw-ins, corners and free kick around the penal box)
- Attacking Football Exercises for your players in their playing positions under matches conditions and at top speeds
- Combining Developing Perfect Passing and Shooting Techniques and Attacking Tactics into Your Training Exercises
- Attacking Football Exercises for Goalkeepers
- Attacking Football Exercises for Player Motivation

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

Identify Problems and Makes the Necessary Changes

Coaches are often put (either by themselves or others) on a pedestal (place of superior status above everyone else) when in reality the players belong there not the coach.

Coaches often think they are magical, mystical and genies' ready to pop out of a magic lamp and are the answer to their club and players success.

Many coaches believe they are something so special by what comes out of their mouths and if they speak enough they get to believe they are worth is beyond measurable and at any level in the game (youth to senior).

This, however, is not a reality of our position, but a false position created only by a fantasy that without the coach the player is nothing. Unlike who came first the chicken or the egg, we need to know that

the players who kill themselves to score goals, not the coach are the most important to the match and their club are first.

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

Allot of coaches often don't trust their players to the game, and they are constantly taking over every part of the session and not letting players make choices. This happens in the match as well. They just need to shut up and let the players play.

Some of this is due to the screaming coach, angry coaches, coaches who think they know about the game, but do not. Coach are often (1) not properly prepared for their training session based on the previous match and players get very little help, because of the delivery and the purpose of the session provide little hope to play the next match better. Players eventually tune coaches like this out and are not interested in listening. They are there physically, but good players wish they were someplace else. (2) Too much noise in the session or the match from the coach slowly kills them, and their game development suffers.

Only Two Kinds of Coaches in Football

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

and players can't play for this person. The Believable Coach because they get results and players can play for this person.

"You can't jump start a dead battery with another dead battery."

Characteristics of the Unbelievable Coach

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

Characteristics of the Believable Coach

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

- Coaches Give Praise to Players

Areas You Must Use to Create Player Development

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

- Make sure all your training sessions are always match related and that you use functional exercises for player development
- Your practice has the following elements for the length of your session: Warm-up; Functional tactical exercises that are match relate to 1) players positions and 2) the match in attack or defending for field players and goalkeepers
- Bring football to your players, so they have fun and get training results for themselves, so they play their best in a match. Match success in both attack and defending is up to your players but with sessions that are about the football game.
- Remember players love the game, and they come to you because you picked them.
- Show them love and that you're the type of a coaches that's filled with integrity. They will put out a big effort because you can be trusted and not just in football.

Training Concepts That Develop Your Players

- Training your players through 'functional and match related exercises' to create and score goals

- Methods or exercises that change their thinking, words and actions of your players in the final attacking zone
- Training games that get results – more goals
- Attacking down right and left flanks (wing space)
- Attacking through the middle in and around the penalty box
- Coach functional and match related games to create and score goals for your training sessions that work with demonstrations
- Understanding systems of play and player styles to score more goals
- Organizing your training sessions that are centered around creating and scoring goals
- Free kicks and corners for scoring goals

Four Concepts of Scoring Goals

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

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

Tools Coaches Needs to Develop Your Players

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

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

B. The Art of Shooting and Scoring Goals

- Creating Opportunities as a Player (developing confidence in players and their given roles i.e. wingers, forward, midfielders)

- Shooting Technique Ideas for Players (i.e. what the foot does, the ball has eyes)
- The Clock Method (going around players, getting a ball past a goalkeeper)
- Tactical Awareness to get those Goals (who wants to stop you vs. when you should shoot, where opposing players are normally defending you)
- All above must be part of training players and coached to get it right from non-pressure to match pressure situations

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

- Various Playing Systems to Use in Attack
- Using Various Playing Speeds in Attack
- Center Forwards Tasks
- Wing Players Tasks
- Central Midfielders Tasks
- The Over Lapping Back in Attack
- Creating Goals Through Attacking Playing Groups
- Attacking the Pressure of the Opposition and Team Pace

- Shadow Play from the Flank in Final Zone with 4-5 Midfielders and 2 Forwards
- Repetition Training in Attacking Techniques and Tactics for player positions from attacking the final zone. Defending players pressure is controlled (types of pressure would be defending a % of a players efforts, no tackling, no winning attacking balls, other ideas.
- Creating Space from Forward and Midfielders Partnership to attack into spaces behind opposing defenders.

D. Two Warm – up Methods:

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

Warm – Up Your Players Physiologically and Progressively with Small Side Games

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

Exercises to be Coached & Demonstrated (paint a picture of what you want for the session)

- Shadow Play in the Final Attacking Zone by a Playing Group from Flank Play developing into a final team efforts
- Shadow Play from the Middle Attacking Zone into the Final Attacking Zone by a Playing Group from Flank Play developing into a final team efforts
- Shadow Play in the Final Attacking Zone by a Playing Group from Central Play developing into a final team efforts
- Shadow Play with ball possession by the Back Attacking Players from Check Runs of Forward and Midfielders in the last 60 meters.
- Passive play in small sided games (5 vs. 5 + Goalkeepers and 8 vs. 8 + Goalkeepers) with players in their attacking playing positions

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

25%-35%-40% Concept in Attacking Football

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

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

This is no longer a concept in modern attacking football and has to be forgotten with regards to getting goals in matches. Even when you are winning the ball in your half of the field playing slow or even backward could put your players at the risk of losing it to the opposition. Training your players to run fast without the ball or with it passing fast and go forward puts pressure on the opposing team defending eleven and creates more opportunities for goals for your team.

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

We are asking our coaches to teach our players to take positive passing risks going forward. To do this, our players need to see those opportunities to go forward before they receive possession of the

football from a teammate. Training players to see opportunities visually is necessary to create opportunities to score goals.

If players are not trained to see ahead and how best to serve a ball forward and technically execute a variety of passes this is really not football, but rather a game of pass to me and I'll pass back to you, because I don't know where to go as I did not see anything forward of great value ahead of time and I really don't want to take a risk now of losing it, because my teammate and the coach may not like that.

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

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

What Is the Future for Players In This Game?

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

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

So then our GSM coaches staff we come to training prepared to coach our players with the concept of no more than 25% of your team possession time on the ball going forward should be 25-30% services to feet, 30-55% of your team possession time on the ball services should be into a space a team mate is attacking into (playing the ball ahead of him/her so they have to run on to it and possess it) and lastly 45% of your team possession time on the ball should be played in the space behind an opposing team defending midfielders or backs. Attacking players should actual look for opportunities to get passes in and behind defending back with priority as there should be enough space to create better chances to score goals, break down the opposing teams back (defenders) physically and play the game as it's meant to be.

The earlier you start your players thinking and training this concept (ages 8/9 through 13) the better they will have been prepared to move from youth through senior football when they become of age or when their math abilities afford them a senior level team chance. Without a strong and caring football coaching education program and a player academy developmental program in the early stage of youth development you will be throwing away the development of the game that really matter.....scoring goals and having fun. Remain in the past expect the worse....not many goals. Play for the future and go forward for more goals and success

Remember in a match for youth teams of 60 minute for two halves your team normally would be in possession at a max of 20-30 minutes (senior football a bit more). So you've got 20-30 minutes on the ball and if your training sessions are centered around teaching your player the 25% - 35% - 40% you will educate your players in special match

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