

# GSM Coaching Football Education

A GSM International Football Developmental Education Program



Course Contents are as follows

**“Introduction to Coaching Football Tactics & Holistic Leadership  
in Football”**

**GSM International Advanced Coaching Education  
‘D’ Level Course**

**Writings Provided by Paul J. Banta**

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## **Course General Introduction Day One**

**12:30 PM – Coaches Check in & Register at Course Site**

**Register/Check for Course, Welcome and Introductions**

### **Partnership in This Coaching Course**

- Global Soccer Ministries International, Inc.
- 1<sup>st</sup> Service Artificial Turf

### **Welcome to GSM International Coaching Course Level ‘D’**

- Paul Banta – Global Soccer Ministries International President/Founder/Course Organizer
- Others Partnering Organization TBA

### **Course General Information/Daily Schedule**

- About GSM International and Coaching ‘D’ Level Course
- Three (3) days of 25 hours of combined field work and lectures in the afternoon and evening
- Day 1 is 12:30 PM - 6:30 PM
- Day 2 is 8:00 AM - 6:00 PM
- Day 3 is 8:00 AM - 6:00 PM
- Coaching Seminar Certificate for “Introduction to Coaching Football Tactics & Holistic Football Leadership”
- Coaches attending all sessions will receive a GSM Course Certificate  
Note: GSM International Coaching Certifications are not a national license from the USA or other countries)

## **Seminar Coaching Staff**

- Other Coaches or Translator in this Course TBA and listed
- Paul Banta – President of Global Soccer Ministries International; USSF Full 'A' License Coach and International Coaching Educator; Football Coach, Lecturer/Speaker, and Author; President and Founder of Global Soccer Ministries International

## **Day One of Coaching Course**

### **1:00 PM – Lecture: About GSM International Coaching Education Coaching Program**

- Our GSM Levels D, C, B, A level 1 and A level 2 Courses to includes 250 hours of Modern Football Education
- Developing Educated Coaches with Modern Football Methods
- Developing Yourself as a Holistic Football Coach who is a Leader/Mentor of Players
- Player Development through Educating Coaches

### **What Is Coaching Education About?**

- What is Coaching Education in Football About?
- About GSM International Internationally Football Development
- What is Coaching Development in Todays Modern Game?
- What is Player Development in Todays Modern Game?

### **What Is the GSM International 'D' Coaching Course About?**

- Coaching Football Tactics in Attack and Defense
- Holistic Leadership in Football

## 2:00 PM – Lecture Part 1: “Introduction to Modern Leadership Coaching Football”

### **Coaches Must Be Leaders & Mentor Who Disciple Their Players**

***“COACHES WHO ARE LEADERS/MENTORS LET GOD OPERATE THEIR LIVES ON AND OFF THE FIELD AND HANG ON TO JESUS BY THE POWER OF THE HOLY SPIRIT DOING THE WORK HE DESIGNED THE COACH TO DO.” ..... Paul Banta***

The Christian Football Coach who has declared to be a leader/mentor of their players needs a vital growing relationship with the Living Jesus and His Father. Being an effective leader is hard work. Being a great leader without the Lord to lead your life is impossible. The best Coach is a truth teller, so know the Person (Jesus), who is Truth.

***How do you let the God and His Son Jesus lead you in your coaching?***  
You must intentionally build your relationship with ***Them*** just like any real trustworthy friendship while be empowered by ***Their*** Holy Spirit.

***How do you develop a friendship?*** You meet someone, get to know them, ask questions about who they are. You tell them about yourself, spend time with them and include them in your daily life coming along side them. It’s no different with your friendship with God and His Son.

The difference is that Jesus won’t force His way into your life; you must willingly invite Him to be your Forever Friend and then He’ll chose you to coach His type of Game. You need to accept the Lord who invites you into His life, challenges you while His Holy Spirit Influence you.

***“Leadership is relational and comes about by being influenced. When leadership is being practiced, one person is seeking to change others by dreams, goals, visions, values, attitudes, and behaviors that will result in a serious of successful experiences. Leadership is not about position; it is not about the person. Leadership is always a relationship between a leader and a follower — a relationship in which both people lead, and both follow. Both participants in a relationship of leadership exercise leadership both seek to influence***

*the other. Coaches lead as they seek to influence with visions, values, beliefs or behaviors of those around him or her. However, in many ways followers finally determine the presence of leadership. Only when others choose to follow have we successfully influenced their vision, values, attitude or behavior.” ..... Paul Banta*

## **Influencing Others with Your Leadership**

***Leadership:*** “Effective Approaches to Being a Positive Impact on Your Players’ lives on and off the football field.”

### **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 the goals they plan to achieve. Leaders are inspirational as they communication to others and inspire their confidence in being led. Leaders get others to do what they see best for them and like it.

**Matthew 15:14** reads, *“If a blind man guides a blinds man, both will fall into the pit.”*

### **Two Questions:**

How can you, as a Christian Coach, be an effective leader and bringing others to Christ, make them disciples, provide them with a greater understanding how to serving others through Christ while at the same time create an atmosphere for yourself and those you're leading to being living a growing worthy lifestyle for Christ?

How can you have a positive impact on your players and lead and equip them to help them to come to Christ and then disciple them?

**The answer is:** By being holy, (**2 Timothy 1:9** and **1 Peter 14-16**) and use the power of the Holy Spirit, reading, understanding your Bible and

other literature, learning from other deep Christians, meditating and praying you can have that power to influence others.

***“Your faith is dead without our servicing the Lord, so you have to have walked a path of servanthood to lead your players.” ..... Paul Banta***

***“Every Coach influences someone and as a leader, and you shape your players every moment you’re with them. You influence by the way you look, speak, walk and touch them as individuals and as a group.” ..... Paul Banta***

**Acts. 1:8, Ephesians 1:13-14 and 2 Timothy 1:7.**

Influencing others to make positive changes in their lives takes a personal decision, commitment, effort (physical, emotion, mental and spiritual on your part) and quite a lot of your time both on and off the field.

## **4 Stages of Developing Influence**

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

## **Nine Areas of Action you should use as you Influence and Lead Your Players**

**I=Integrity**



**N=Nurtures**

**F=Faithful**

**L=Listens**

**U=Understanding**

**E=Empowers**

**N=Navigates**

**C=Connects**

**E=Enlarges**

## **ABOUT INFLUENCING YOUR PLAYERS AS A COACH**

### **I=Integrity - John 7:18, Proverb 10:9 and Psalm 15:2**

A leader is a person of influence has integrity (honesty) with those in his charge. If players can't trust you at one point, they may not trust you at all. If you're a person of integrity, your followers will want to be around you. A leader who is a person of integrity influences others to bring something to their life and something that will benefit them not the leader. The advantage of integrity is trust. The Trust holds others together. When you earn the trust of others, you earn their confidence. Without integrity, you can fail.

*"It's always easy to do right when you know way ahead of time what you plan to stand-up for." .....* Paul Banta

### **N=Nurtures - Hebrews 3:13-14 and Hebrews 5:14**

A leader is a person of influence and nurtures the players they lead because they will need help. The Holy Spirit produces what your players need through your life as a coach: This is love, joy, peace,

patience, kindness, goodness, faithfulness, gentleness, and self-control. As a leader, you can't antagonize and influence at the same time. The heart of a nurturing process (your heart) is a genuine concern for others.

You can't dislike, despise and discourage your players. Give them your love and respect. You can't make a player you lead feel important if you secretly feel they are nobodies. The key to becoming a nurturer is you the coach being other minded.

Put others first rather than put them in their place. When you have a sense of peace about yourself, and understanding God's intentions for you, you will be other minded and give your time, talents and treasures away to your players.

### **Four Actions Coaches Do When You Nurture (Grow) Your Players**

- 1- Develop a positive self-worth spoken by you about your players
- 2- Create a sense of belonging for what you plan for the on your team
- 3- Allow them to feel like they are significance as a part of the team
- 4- Hope is given by you to them

### **As a Coach, how do I become the Nurture to your players?**

- 1- Commit to your players
- 2- Believe in your players
- 3- Be accessible to your players
- 4- Given to your players with no strings attached

5- Give them opportunities to excel upward

6- Lift them to a higher level of both football and spiritual development and them walk with Christ (**Proverb 3:5-6**).

### **F=Faithful - Romans 10:17, Colossians 2:5, and James 2:14-19**

A Coach is a person of influence who must have faith in players. Here are some points to consider as you work to develop them trusting in you as a Christian leader and believing in Christ with a testimony of faith.

- 1- Most players do not have complete faith in themselves
- 2- Most players do not have someone that has faith in them
- 3- Most players may not know when the leader has faith in them
- 4- Most players will do anything to live up to you having faith in them

Players, you are leading rise and fall to meet your expectation levels you expect of them. If you believe in them, they'll go the extra mile for you to do their best. You need to create an atmosphere of success so they can be a significant part of your team. When you have faith in others (genuine belief in them), you give them an incredible gift. Trust others, and they'll be true to you.

***"Treat your player's great and they'll show themselves great." .....***

Paul Banta

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

**B= Believe** in your players before they become successful

**E= Emphasize** (focus) on your players strengthens

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

**I= Instill** confidence when your players fail or make mistakes.

**E= Experience** some wins' together, both with match experience and biblical beliefs growing their faith in Christ.

**V= Visualize** your players future success with them.

**E= Expect** a higher level of commitment and lifestyle from your players.

**L=Listens** – **James 1:19-20 and Mark 4:24-25** says, *“Then he added, “Pay close attention to what you hear. The closer you listen, the more understanding you will be give—and you will receive even more. <sup>25</sup> To those who listen to my teaching, more understanding will be given. But for those who are not listening, even what little understanding they have will be taken away from them.”* NLT

A leader is a person of influence when he listens to players and they learn to listen to them. Leaders must not do all of the talking. They must be experienced listeners and teach players to be able to share openly to speak honestly and solve personal and team problems. To become a good listener, you must be able to listen to others and hear what they are saying.

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

- 1- Look at your players eyes when they speak
- 2- Focus on understanding what they are trying to express
- 3- Determine their needs from what they are saying
- 4- Suspend your judgments

- 5- Ask them additional questions if you are not understanding the way they express themselves to your or the team
- 6- Make sure you understand what they need
- 7- Let them take ownership by the right words they have to share

### **3:30 PM – Field Session: “About Warming-up Your Players for Training and Matches”**

## **Concepts for Warming-up Your Players**

### **Warm-up Ideas Related to Football Fitness Training and Match Preparation**

- Warming up at the beginning of your practice (field players and goalkeepers)
- Warming up progressively to meet the demands you require for a particular practice (heavy-medium heavy or light)
- Dynamic muscle movement before practices and matches
- No post-match warm down for players in the match
- No static stretching ever

### **Football Warm-ups Ideas through Small Sided Games**

- Passive Play in small side games technically for a function in a match

- No Tackling in Defense. Stay always on your feet.
- Specific football related tasks for players to achieve (technically and tactically) in the position by themselves or in groups
- Functional and Match Related Games or Exercises that relate to the nature of the match

## **5:30 PM – Lecture Part 2: “Introduction to Modern Leadership Coaching Football”**

### **Coaches Must Be Leaders & Mentor Who Disciple Their Players**

#### **U=Understands – James 1:5, and Ephesians 4:14-16**

A leader is a person who understands his players. The Key to leading others is for the leader to want to know those they are leading. The moment your players see that you understand them, they become more motivated to see more of your influence on their lives. This will have a profound impact on their serving, mentoring others and their spiritual development. You will be giving them the freedom to express themselves, leading to the success of their serving.

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

- 1- Know they want to be somebody to feel important and valued by you and their team mates
- 2- Players don't always care until they know how much you care about them
- 3- Everybody needs somebody to be successful and grow
- 4- Players can be somebody when they know you understand and believe in them
- 5- When you help your players you influence your will help others around you and them

#### **E=Empowers – I Corinthians 16:13, Philippians 4:13 and Titus 2:15**

A leader is a Coach of influence who empowers their players. As a leader, you empower to enable them to reach their highest level of



personal and spiritual performance. Empowering is giving your influence to your players for the purpose of their growth and development in the match and life off the field.

### **Some Qualifications for a Leader that Will Empower Their Players**

- 1- You're the leader, and you're in a position of authority to lead and change your players directions
- 2- You must develop a relationship with players you want to empower
- 3- Your players 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 following through with your plans that are good and beautiful

### **These are Seven Steps to 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 your players permission to succeed to be significant
- 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 giver and mercy provider.
- 7- Release them to develop on their own

***“The key to empowering others is to find out what they want and help them achieve this.” ..... Paul Banta***

### **N=Navigates – 2 Thessalonians. 3:5**

A leader is a person of influence when they help navigate players. Taking your place under your wing and sticking it out with them until they can make it on their own. Come alongside them and teaching them how to go through training, serving and living. You can be at the helm of their understanding and development and set the course for their game and life.

### **How Can You Navigate as a Leader/Coach/Mentor?**

- 1- Help your players identify their destiny. Since you see further, you can help them visualize what's ahead and assist them to get there.
- 2- Help the plot their course of action for the future.
- 3- Think ahead for them when necessary.
- 4- Course corrections-get them back on track if they get off.
- 5- God navigators/coaches stay with your players and the team.

***“Be a best friend to your players and bring out the best in them.”***  
..... Paul Banta

### **C=Connects – I Peter 1:22 and Psalms 86:11-12**

A leader of influence connects with the players. You must come alongside them and almost attached yourself at times to them. Connecting is by your love is seen by those you are leading. Leaders go the extra to be part of their future. Use your heart to do this.

## **To Connect with Your Players, You Need to do the Following**

- 1- Don't take them for granted. They are valuable.
- 2- Possess a make a difference mindset or attitude. Believe you can make a difference, believe how you can make a difference, believe the person you are leading can make a difference, believe that together you can make a huge 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 the personalities of your players.
- 6- Find the key ways to having your players be successful
- 7- Communicate from your heart. What matters to them? Be real and honest.
- 8- Share common experiences together.
- 9- Once connected move forward together.

***"You can't impact the lives of others in serving Jesus until you connect with them and only then can you take them on a journey and make differences." ..... Paul Banta***

### **E=Enlarge - Psalms 119:32**

A leader is a person who enlarges the lives of their players. To do this, you have to come alongside others and get into their lives. If you want your players to grow, improve, and succeed you have to take the next steps with them. You have to mentor them. This is an investment of time

and energy into them. When you mentor, you give of yourself to becoming their friend. They are not serving you. They are to be your friend and will enjoy the game better and achieve more.

### **When You Enlarge Your Players You**

- 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 players grow.

**To mentor your players**, you need to be on a higher level yourself and to continue 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, it takes commitment on your part. Maximize your commitment process follow these:**

- 1- See your players potential and be committed to enlarging themselves.
- 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 your players 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 firm in the midst of a challenge or hard times on and off the field.
- 5- Always focus on your player's strengths.

- 6- Enlarge your players one step at a time and don't overwhelm them with too many tasks so 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

**6:30 – Closing Comments and End of day**

## **Day Two of Coaching Course**

**8:00 AM - Introduction to the Day**

**8:30 AM - Lecture: “Providing Holistic Leadership by You to 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 communicate 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 without our servicing others by our work ethics, so we have to walk a path of servanthood 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***

Every coach in this lecture hall has the responsibility to positively influencing others in this game of football and everyday life off the field. 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/Leader 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 Football at all Levels?
- 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 Developing 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



## **9:45 AM – Field Session: “Tactical Sessions Playing Out of the 1st Attacking Zone”**

### **About Training Your Players in Attack from Your 1<sup>st</sup> Attacking Zone**

- Variations of playing out of the back 40 meters or your First attacking zone with goalkeeper, back and midfielders
- Maintain good ball possession through sharp and accurate passing away from the opposing defending players
- Higher levels of visual communication before a player receives a ball and to make sure that players has a minimal of 3 options to go forward and not backward
- High verbal specific sharing of information when communicating with team while in attacking pressure situations
- By passing players with the ball to get it wide faster or forward faster
- Playing in a system of attack with fluid flexibility of player position place changing as needs to go forward with success
- Finally playing into the Second Attacking 40 Meters fast and with possession

## **The Goalkeepers Role in Starting Attacking Opportunities**

- Goal Kicks, Throws, Punts and Drop Kicks GK Technique and Tactics
- Attacks to Full Backs
- Attacks to Stoppers
- Attack to Center Midfielders
- Attacks to Wing Midfielders
- Attacks to Forwards
- Playing Back to the GK as a Field Player
- Creating space to get out of the back if the opposing team use a high defensive pressure

**12:00 PM – Lunch**

## **12:45 PM – Lecture: “What Is Required of the Coaches in Modern Football Today”**

### **The Coach and Your Personal Characteristics to Develop Players**

- Sensitive teacher of the game
- Enthusiastic and not boring
- Posses football match awareness
- Posses understand of playing roles of players – keepers, back, midfielders and forwards
- Ability to demonstrate or utilize someone who can paint a good picture (older player, assistant coach)
- Knowledge of the key factors of basic football technical skills

- Understanding of individual and small group tactics should be the focus of the training sessions
- Give encouragement and no negativity
- Treat all players as equals
- Demonstrate your caring for them and love
- Make sure your words do not murder them

## **2:00 PM – Field Session: “Tactical Training In the 2nd Attacking Zone”**

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

- Playing from the back into center forwards
- Playing from the back into the flanks
- Playing into space behind opposing defending outside backs
- Playing into space behind opposing defending midfielders or man on man coverage to maintain ball control by receiving players
- Playing into space behind opposing defending midfielders with center forward check runs
- Playing a ball behind an opposing central defender into space for a forward or overlapping center midfielder to collect
- Utilizing space behind the opposing back four to create attacks
- Creating space on throw-in allowing your team to get into final zone either on the flanks or through the midfield
- Long driven balls from the attacking goalkeeper or backs to center forward or wingers on quick counter attacks into space behind defender back 3 or 4

- Playing through attacking Goalkeepers directly to Wing Midfielders and Central Midfielders feet
- Playing in Attacking Groups from the Second Zone into the Final Zone. Attacking play that comes from the central part of the field and playing that come from the flanks. Combinations play from central and wing midfielders into strikers into central part of field or into flanks behind defending midfielder. Playing into space behind opposing back four or back three

### **3:30 PM – Field Session: “Tactical Training in Your Final or 3rd Attacking Zone”**

#### **Concepts of Attack into the Final Zone to Create and Score Goals**

- Playing coming through your flank space from Your Winger or Outside Midfielders in a K-4-4-2 System of Attack
  
- Playing through the middle of the final zone from attacking midfield areas into the feet of forwards in a K-4-4-2 System of Attack
  
- Playing through the middle of the final zone from attacking midfield areas to forwards, but into created space behind opposing backs in a K-4-4-2 System of Attack
  
- Penetrating the penalty box from the flanks by well-timed runs from planned attacking player groups (forwards, midfielders and

wingers) to create opportunities to score goals in a K-4-4-2 System of Attack

- Combination player in and around the penalty box and Out Side the Penalty Box to Create and Score Goals in a K-4-4-2 System of Attack
- Set-pieces or Restarts - Attacking Corners, Attacking Direct and Indirect Free Kick (includes penalties)



**5:30 PM – Lecture: “Open Discussions from Attending Coaches on Coaching Attacking Systems of Play”**

**Notes:**

**About the K-4-4-2**

**About the K-3-5-2 or K-3-4-3**

**About the K-4-5-1**

**About the K-4-3-3**

**6:30 PM – Closing Comments and Questions from Coaches Attending**

## **Day Three of Coaching Course**

**8:00 AM – Introduction to the Day**

**8:30 AM – Lectures: – “Coaching Your Players with Integrity”**

### **Every Loose Your Control When Coaching?**

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

You might be thinking, acting or saying the wrongs thing with your speech and you're no aware of it. Maybe you just have bad habits.

It could be about you 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 Verbally and Mentally?**

They’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 was poor. You might just think you can get by on what you know or you're too lazy to go the extra mile to learn. You may have a 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**

Anger confounds many people in our world today. It could be cultural, inherited from you family, maybe you got results angry players and other reasons. Coaches may not know how to handle their anger. One of the simplest yet most profound answers for anger is found in the Bible

in the book of **Proverbs 29:11**. This verse says, ***“Stupid people express their anger openly, but sensible people are patient and hold it back.”*** (New Living Translation)

***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, and you need to do so rather than keep it festering inside you. Anger delayed indefinitely becomes bitterness.

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?** Will what comes out of your mouth harm the other person?

**I: Is it inspirational?** Do your words build up or does it tear down?

**N: Is it necessary?** If your words are not necessary to give away, why do you need to say it?

**K: Is it kind?** Do you intend your words to hurt or kill the heart of your players?

**THINK** before you speak. **REFLECT** before you react. It'll slow down your anger every time. Be prepared ahead of time not to get angry.

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

- Choosing Higher Standards for their life and coaching

- Accepting Your Responsibility
- Developing others will Trust you and you can trust them
- Developing Self-Control
- Live a Balanced Life
- Showing and living out Respecting others
- Offering Forgiveness
- Maintaining Moral Purity (what you think, say and act out)
- Showing Fairness
- Showing Kindness
- Showing Love

**9:30 AM – Field Session: – “Coaching Defending Against Attacking Systems in 11 vs. 11”**

**Concepts of Defending the Opposition - Fundamentals of Team Defense**

- Coach concepts your players must understand
- Defending is a total team effort
- Defending takes anaerobic and aerobic football fitness
- Concepts are for all players to withdraw into their 2nd defending zone; mark opposing players; defend flank ball possession side to win it or stop forward passing from the teams' attack; zone the non-ball flank of opposing team
- Get opposing wide attacking players to play into the midfield of you 2nd attacking zone and win the ball

- Attacks through the middle mark ball tight and zone with partnerships of groups of 2 and 3 defend opposing teams attacking space
- Defending space behind your midfielders and backs
- Defend Attacking flank space with intelligence and good coverage

## **Two Beginning Conceptual Methods to Coach:**

### **Concept One - Coaching High Pressure on Ball Side and Mon/Zone Coverage in the Middle of Field and Zone Coverage Non-Ball Side of Field**

1. Withdrawing players out of 1st defending zone into 2nd 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 2nd defending zone to attack forward with a group of 3-4 players with pace

6. In final 3rd defending zone no crosses or shots. These are closed down by players staying on their feet defending and no tackling

### **Concept Two - Coaching Low to Moderate Pressure with High Pressure only in last Defending Zone**

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 3rd 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

## **11:00 AM – Field Session: - “Concepts of Defending Systems of Play of Opponents”**

### **Defending Concepts for You to Stress with Your Players in Training Sessions**

- Team Defending against various systems of play. Example: GK- 4-4-2
- Defending in groups of 2, 3, 4, 5 and 6 ball side
- Staying on your feet to win the ball from an opposing attacking player
- Defend opposing players on the strong side
- Close down so the football is forced to play negative football (playing back or square, but not forward)
- Visual and verbal communications amongst your players
- Winning the ball and counter attacking from your defending positions

## **12:00 PM – Lunch**



## **12:45 PM – Lecture: – “Coaching Creating and Scoring Goals”**

### **Coaches Who Want to Win Create Training Sessions to Create and Scoring Goals**

Scoring goals must be the majority of most all our training daily sessions and as coaches, we must look for the best methods. Functional training exercises, which become related to your upcoming match to get goals, is a must. No one likes losing games; especially the players who kill themselves in your practice sessions. In this our courses, you'll be provided with training methods and exercises that work. Your sessions will be more meaningful and also fun for your players and you too when you see those goals go in.

*“My teams played better in the ‘final zone’ when I gave up most the stuff that never proved to work in a training session that we’re not only boring to my players but never got those goals we needed. Over the early part of my coaching, my teams had way too many ties and not enough wins. My efforts I thought were on playing tactically well in both attack and defense, but I did not put enough time into the scoring of goals with the right methods. When I started to use other good coach’s ideas training sessions that could help my players, they got more excited about achieving in their training sessions. The sessions were more fun, more active, used to create what was needed and they produced a higher level of success. The training for my players became more about getting the ball in the back of the net focusing on creating attacking situations that gave my players a chance to use their talents and gifts better rather. As a coach, I challenge you to enjoy our GSM training sessions. You’ll be surprised at how much they’ll help your team.” ..... Paul Banta, USSF A Coaching Educator*

## Concepts About Coaching Creating and Scoring Goals

### What's Scoring Goals All About?

As coaches, you just don't run training sessions, and hope goal goes in without coaching the session about creating and scoring goals. A big question for us as coaches are what training sessions are we creating to get your players to create and score goals and have fun doing it.

When we delivery High-Level Exercises to our player in competitive training sessions to produce goals, we need to consider having the following elements:

1. Exercises that are functional – The function is to provide football attacking opportunities that will provide potential goal opportunities either from a creating emphasis (assisting in getting goals for other players) and to score goals.
2. Exercises that are matches related – You create tasks from a position of attack from within a system you have trained to play the game. 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. If coaches only teach 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 five players in combination playing forward or simply through a one v one situation. Your players in time eventually become very able to apply what they have received in your sessions at full speed to create and score goals.

## **2:00 PM – Field Session: “Scoring Goals in your Final Attacking Zone”**

### **Concepts for Coaching in the Final Zone to Create and Score Goals**

1. Practicing creating and scoring a 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 the game 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.

#### **Notes:**

2. 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 defend throughout the match time consistently.

#### **Notes:**

3. We need to point out that a match has 90 minutes of play. There are allot 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 30-35 minutes, so it becomes very imperative that you spend much of your session in creating and scoring a goal through open field play.

#### **Notes:**

4. 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 all 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.

**Notes:**

### **Four Concepts for Scoring Goals**

1. Creating attacking space and using it correctly
2. Knowing attacking possibilities or opportunities before they happen with your teams. This could be in groups of 3-5 through 11 vs. 11
3. Attack in shape or a system of where your players line up, but this should not be rigid
4. Receive and be able to serve a football under pressure of opposing players and the pressure of playing at top speed

### **3:30 PM – Field Session: “Coaching Shooting Techniques and Tactics”**

#### **Concepts of Warm-up as related to Creating Goals Opportunities**

- Warming up before Practice done with shooting techniques
- Warming up progressively to meet the heavy demands of practice
- Warming up must have technical skills related to the aspects of scoring goals
- Warm-ups must include actual non-ballistic shooting

## **Technical Shooting Idea to Score Goals – “The Clock”**

- See where opposing defenders are including the goalkeeper
- Non-kicking foot placement on ground near the football
- Kicking foot strikes the ball on a time number on the clock
- The follow through of the kicking leg to a time on a clock
- Landing on the ground with kicking foot

## **Training Games to Score Goals**

### **The Circle/Oval Game and Box Shooting Games**

- 30 x 30 meters 3 v 3 players or 40 x 40 meters for 4 v 4 + GKs
- 50 x 50 m for 6 v 6 + GKs (2 wide players and 4 central players)  
The Box Game

- Standard 30 x 30 meters and 40 x 40-meter box game + GKs
- Standard 40 x 40-meter (2 wide and 3 central players) box game with wide players + GKs

### **Three vs. Three Game + GKs**

- Variations and restriction imposed on attacking players
- Playing space is 30 x 30 meter

**5:30 PM – Final Course Comments:**

- A Few Comments from Coaches in the Course
- GSM Coaching Staff Comments

**6:00 PM - Awards Ceremonies**

- Awarding Certificates









A series of 30 horizontal lines for writing.











