



Bentonville Parks and Recreation Soccer Coaching Quick Guide

1. **BPR Soccer Coaching Resource Center** – <http://bentonvillear.com/509/Coaching-Resource-Center>
 - a. Coaching Crash Courses / Rules and Info / Training Activities
2. **Coaching Clinic – Saturday,**
 - a. **Location:** Sporting Arkansas Training Facility, 11301 AR-72W, Centerton, AR 72719
 - b. **Time:** – Introductory to Coaching Class – great for new coaches or coaches with some experience who would like to learn more about coaching and develop their coaching skills
3. **“Play-Practice-Play” Coaching Technique** – PPP is to allow players to experience the game and game-like situations as much as possible. This approach differs from traditional practice that have players standing in lines, running laps and participating in drills that don’t resemble the game of soccer. When players arrive to practice, players engage in small-sided games (2v2, 3v3, 4v4) with the primary focus on having fun! To learn more, please visit: <https://www.ussoccer.com/stories/2018/02/five-things-to-know-about-playpracticeplay>
4. **5 Elements of a Training Activity**
 - a. Organized / Game-Like / Repetition / Challenging / Effective Coaching
5. **Coaching Tools**
 - a. Guided Questions / Key Words / Demonstrations / Freeze Moments / Coaching in the Flow
6. **Guided Questions**
 - a. Get players thinking about how they can successfully reach the goal of the training session by asking open ended questions (How, Why, What, Where, When) that guide players to the answer, not giving them the answers. Listen to and guide your players to the answers.
 - b. “How can you...”, “What would work well..”, “When should you...”
7. **Websites**
 - a. <https://www.usyouthsoccer.org/coaching-resources/>
 - b. www.thechallengerway.com – pass code CHALL20 for free access
 - c. www.arkansassoccer.org/education/
 - d. www.mayouthsoccer.org
8. **Coaching Education Courses**
 - a. <https://learning.ussoccer.com/coach>
 - b. FREE Introduction course
 - c. Online Coaching courses for U5-U8 (4v4) and U9-JRH (9v9)
9. **Status Me** – Instant Field updates when soccer is closed at www.playbentonville.com
 - a. Click “Check Status” icon
 - b. Sign up for text and/or emails