



## Bentonville Parks and Recreation Soccer Coaches Information



Thank you for volunteering to coach with Bentonville Parks and Recreation Soccer! The coach is the most important influence in creating a great soccer experience and developing a player's love for the game. Your time and energy are an invaluable part of this program and we could not do this without you. We hope that your season will not only be fun but also very rewarding!

Our goal at Bentonville Parks and Recreation Soccer is to develop a love of the game by bringing the best experiences to players through participation, skill development, sportsmanship, and **FUN!**

Whether you are a first-year coach or a 20-year veteran, each season provides new and exciting experiences for you. Making a difference in the life of a child is one of the most gratifying things anyone can do. We want all of our coaches and players to walk away from our program better than when they walked in. We will be here every step of the way to make sure that your team receives as much support as possible.

### Things to know for the season:

- **Coaching Priorities**
  1. Make every session fun
  2. Keep players safe
  3. Focus on developing skills- not winning games
  4. Set goals for your team NOT based on the final score
  5. Create a positive atmosphere around your team.
  6. Play every player at every position
    - a. Mandatory at U9 for every player to play goalkeeper at least once during a game in the season.
- **Communication** - Communication is key! Your first job as a coach is communicating with your team parents. Make sure your team parents know where to be, when to be there, and what to bring. Please tell your parents to print a map from our website and bring it to their first practice if they need it.
- **Equipment** – Coach ID Badge, soccer balls, cones, and team uniforms will be provided to you for your team. You can pick these up at the coaches meetings or at the soccer building at your soccer complex. Coach ID Badges **MUST** be worn at the fields every time you are coaching.
- **Education** - We provide the Coaching Resource Center at [www.playbentonville.com](http://www.playbentonville.com). You will be able to use the resources here to plan your practice sessions. It will benefit you greatly if you take a few minutes to plan out your practice sessions ahead of time. We also offer free pre-season coaching clinics. Here is a free website that can help all coaches:
  - <https://www.mlssoccer.com/mlsco/playbook/>
- **Attendance** - If you are ever going to be absent (we understand that not every coach can be at every game and practice), please speak with your team parents beforehand and assign a replacement coach for the game/practice needed. Notify the League Director to get the parent a Coach ID Badge.
- **Equal Playing Time** - **All players receive equal playing time during games regardless of skill.**
- **Rules** - Be sure to review the rules document that is sent to you. The rules are also available at [www.playbentonville.com](http://www.playbentonville.com) under the Coaching Resource Center webpage. Print it, save a copy on your phone and take it to the fields with you so you have it on hand if you are unsure of a policy or rule.

- Please review your rules sheets for our official rules.
- The majority of rules follow the FIFA guidelines. [FIFA LAWS OF THE GAME](#)
- **Understanding Your Schedule**
  - Practice and game times are scheduled for your team, but you are allowed to add additional practices. Please contact the League Director to schedule those.
  - When sharing a field- the team listed first (the left of the &) will practice on the North or East side of the field.
  - Makeup dates have been scheduled for the end of your season and will only be used if needed.
  - If you see your schedule and your team is alone with no opponent, it means you have a **BYE week**. You are welcome to use the field assigned to you for an additional practice.
  - Find a team parent to organize the snack schedule for your team. Allow them to take this responsibility off your plate.
- **Inclement Weather Policy – Status Me**
  - In the event of inclement weather the league may decide to cancel or postpone games/practices.
  - Field Status is posted at [www.playbentonville.com](http://www.playbentonville.com). Select the “Check Status” icon.
  - Sign up for “Status Me” to receive Text Message and Email Alerts at [www.playbentonville.com](http://www.playbentonville.com) to receive instant status updates. Be sure to have your team parents sign up as well.
  - Field status is updated on the day in question by 3pm on weekdays and 7:30am on Saturdays
  - Temperature Threshold - 40 Degrees at 5pm weekdays or 9am on Saturdays
- **Uniforms**
  - Please hand out the uniforms on your first day of practice. Please check that the player is on your roster before giving them a uniform.
  - Uniforms should not be given to anyone who is not registered with the program. If you or someone on your team would like to purchase a uniform, please contact the League Director.
  - Players keep the uniforms after the season is over. Those playing in the spring will use the same uniform.
- **Field Marshals**
  - Field Marshals are at the fields to help resolve issues and answer questions.
  - They are your onsite resource to provide support.
  - Marshals will be in a Bentonville Parks and Recreation shirt or referee jersey.
- **Working with Referee’s (U9 - Jr. High)**
  - Ages U9 and older will have referees to officiate games.
  - **Before the start of every game please shake the referee’s hand and introduce yourself.**
  - Show the referee respect before, during, and after the game.
  - Talk to them at appropriate times (before/after the game, half time).
  - If you need an issue resolved with a ref during a game, please find a Field Marshal and have them come over and discuss the situation with you.
  - **Please Do Not yell, criticize, or argue with the referee. BPR has a zero-tolerance policy.**
  - If you have an issue with a referee, please tell the League Director, not the referee.

- **Additional Rules for U7/U8**

- **Before the start of every game please shake the other coach's hand and introduce yourself.**
- Show the other coach respect before, during, and after the game.
- Coaches officiate the game.
- Only one coach for each team is allowed on the field at a time. Please do not stand in front or block the goal.
- Have a non-coach keep time on the game.
- **Encourage defensive players to move up with the play during a game.**
- **No Defender Box** – This rule is to teach defensive players to move up and down the field and move with the ball as the play moves. The no defender box is the inner small box painted just outside of the goal mouth. No defenders are allowed to stand inside or kick the ball inside the box. If a defender kicks the ball inside this box, the opposing team gets an indirect free kick from the arch on their offensive half.
- **Throw in's**
  - Coach proper technique – feet on the ground with two hands on the ball directly overhead.
  - Re-throw – give each player opportunities to use the proper technique when throwing in. If improper technique is used, please stop the game and re-throw. The importance is on learning the technique.
  - Teams cannot score directly on a throw in. The ball must be touched by any player before scoring.

**What you need as a coach for your first practice:**

- Practice Plan (Coaching Resource Renter provided by league for U5-Jr. High)
- Balls and Cones (provided by league)
- Team Uniforms (provided by league)

**What players need to bring to practice:**

- Shin Guards
- Soccer Ball (U5-U8 - Size 3; U9-U12 - Size 4; Jr. High - Size 5)
- Appropriate Attire (uniforms for game days)
- Soccer Shoes
- Water