



Bentonville Parks and Recreation Soccer Coaching Tips

1. **Plan** your session in advance – take notes with you.
2. **Check** equipment needs – balls, pinnies, cones, etc.
3. **Set** a good example – arrive early for every session.
4. **Do not use valuable practice time stretching** – players should do this on their own while you set up.
5. **Set up and start** each session on time.
6. **Keep all explanations** and instructions brief and to the point.
7. **Introduce** coaching points one at a time.
8. **Provide a demonstration**, or have a player demonstrate.
9. **Vary the tone** and inflection of your voice.
10. **Move around** the area and correct individual players mistakes.
11. **Provide feedback** but do not commentate throughout the practice.
12. **If a practice is not working**, adjust the rules or the field size. If it still does not work – change the activity.
13. **Do not allow** the more accomplished players to get bored – set them specific challenges.
14. **Allow players** to re-hydrate frequently.
15. **Use break times** to reinforce key factors.
16. **Constantly reinforce** positive behavior.
17. **Re-cap** your session with guided questions to your players to check if they have absorbed the information.