DES PLAINES PARK DISTRICT

SOCCER COACHES RESOURCES SHEET

To help provide you with the tools to provide a fun and learning experience for your team this spring, below are the following resources that you can take advantage of. Being prepared and organized is over half the battle when implementing a successful practice and creating appositive environment for your team. If you have any additional questions, please feel free to contact me at [chris.poole@dpparks.org](mailto:chris.poole@dpparks.org).

1. Visit [www.switchingthefield.com](http://www.switchingthefield.com)
   1. Click on Resources
   2. Select Drop down Menu; Videos
2. Visit [www.thechallengerway.com](http://www.thechallengerway.com) (Click on Sign Up)
   1. Promo Code: CHALL13 (This will bring your balance to zero)
3. The Des Plaines Park District will cover the cost of any coach that would be interested in receiving their National “F” soccer coach license. This is a great tool for the parent volunteer coach. To view more information, visit <http://www.ussoccer.com/coaching-education/licenses/national-f> OR contact me.
4. And of course, the lovely YOUTUBE. This a great tool to get a visual on how to conduct certain drills. Key words to search for are: small sided soccer drills, soccer practice games, soccer speed and agility drills.