

Checklist for Coaches/Players/Parents

Players	Practice Day	Game Day	Comments
Item			
Soccer Shoes	xxx	xxx	ensures controlled footing
Shin Pads	xxx	xxx	protects against injury
Water Bottle	xxx	xxx	stay hydrated
Towel	xxx	xxx	hand towel size
Soccer Ball	xxx	xxx	size 4 U10-12; size 5 U14 and above
Uniform		XXX	can't play without it
MouthGuard	xxx	xxx	optional, though recommended
Special Equipment	xxx	xxx	if you have own goalie clothing

Coaches/Assistant Coaches	Practice Day	Game Day	Comments
Item			
Practice Balls	xxx	xxx	practice day - 1 for every player; game day at least 4-6
Air Pump for Balls	xxx	xxx	plus extra needles - plastic ones are forgiving
Game Ball		xxx	size 4 U10-12; size 5 U14 and above ; recommend not to use for practice; must have if home team
Cones/field marker disks	xxx		required to setup 1v1, 3v3 and other field drills
First aid kit	xxx	xxx	Player Safety is Serious, Be Prepared
Extra water	xxx	xxx	1/2 gal jug -- players appreciate when they forget or run out
Pre-made game roster for team		xxx	required at the start of each game, handed to the referee
Goalie shirt, washed		xxx	especially if you have 2-3 goalies sharing the position each game
Other goalie equipment	xxx	xxx	may choose to provide gloves, kneepads, elbow pads
Rule Book	xxx	xxx	be familiar with the League rules in addition to FIFA.
Line-up/position sheet		xxx	you develop before each game -- this is your strategy -- players want to know where they are going to play
Practice book/practice plan	xxx		develop a weekly plan for the season, for incremental skill development and teamwork
Teaching aides	xxx		lots of things to buy, read, or put together
Season schedule	xxx	xxx	provided by the league - keep handy for parent and player communications -- when is next game
Markable clip board	xxx	xxx	help clarify your communications with players to illustrate play, strategy, and position
Extra Referee Payment Forms		xxx	first 3 weeks of season bring to game
Practice Pinnies	xxx	xxx	takes the confusion out of practice teams; may be needed when teams show up with same colors; emergency goalie shirt.

Parents

Oranges		xxx	teams U8-U12 appreciate
Snacks			nice surprise once in a while / lean toward healthy

