

# Coach Training/Match Day Checklist

- ☐ 3 days before, remind parents to
  - ☐ Add player's availability to App
  - ☐ Arrive early 15min Practices 30min Games. Late affects training and playing time
  - ☐ Player needs to wear Team Kits (Jersey, Shorts, Socks)
  - ☐ **No Jewelry of any kind**
  - ☐ Balls pumped and the correct size
  - ☐ Shin guards with socks over them. (Cannot play without them)
  - ☐ Soccer cleats or sneakers. (No other cleats allowed)
  - ☐ NO garbage on the fields
- ☐ Coach Kit (Jersey & Shorts)
- ☐ Whistle
- ☐ [Know Match Day Protocol](#)
- ☐ [Match Day Lineup](#)
- ☐ Arrive early
  - ☐ 15 min Training (set up)
  - ☐ 45 min Match day (set up)
- ☐ Pickup Gear on Arrival (Elite in Bag)
  - ☐ Balls
  - ☐ Cones
  - ☐ Pinnies
  - ☐ Goalie Gloves (U9 Up)
  - ☐ Binder with Medical forms CPR/AED protocol
  - ☐ Elite Only
    - ☐ First Aid Kit
    - ☐ Ball Pump with needles
    - ☐ Pop Up Goals
- ☐ Check that each player has
  - ☐ Team Kit
  - ☐ Balls pumped and the correct size
  - ☐ Shin guards with socks over them (Cannot play without them)
  - ☐ Soccer cleats (or sneakers U4 down). (No other cleats allowed)
  - ☐ NO JEWELRY
  - ☐ Bring own water
  - ☐ No Garbage left on the fields
- ☐ Go over the week's lesson during 30 min warmup for Match Day
- ☐ Ref is at game (Report missing ref to the board)
- ☐ Players and Spectators adhere to the [league code of conduct](#). (Report an abuse to the board)