

## HEAD COACHES CHECKLIST (U4-U14)

- What you will need
  - Whistle and stop watch are almost mandatory.
  - Clipboard is highly recommended.
  - The league provides coach's shirt.
- Contact assistant coach, if applicable.
- Contact team
  - Provide contact information.
  - Inform parents of your preferred form of communication (I prefer email). If it is email ask for their preferred email address(s)—the one(s) they check the most.
  - Ask if there are any practice conflicts—days or times.
  - Provide picture day.
  - Tell them what they will need—ball [(U4-5 ball is in equipment bag), (#3 for U6-U8, #4 for U10- U12, #5 for U14)], shin guards, cleats (make sure they are soccer cleats), water bottle, or beverage.
  - Check for allergies, if you are doing snacks. Snacks are typical for U6 thru U8.
- Complete risk management new coaches and then every two years. League will provide information.
- Schedule practices (before season begins)—recommendations.
  - U4 and 5 - No practice before the season begins, however teams typically have a meet-and-greet and you can do some fun games on that night.  
NOTE: U4 and U5 will practice during the season and follow a practice/scrimmage format.
  - U6 - one practice before the season begins - no more than 45 to 60 minutes.
  - U7 - one to two practices before the season begins - no more than 45 to 60 minutes.
  - U8 - two to three practices before the season begins - minimum of 60 minutes.  
NOTE: U6 thru U8 will practice during the season and follow a practice/game format.
  - U10 - five to six practices before the season begins - 60 to 90 minutes. A minimum of one practice per week during the season.
  - U12 and U14 - six to eight practices before the season begins - minimum of 90 minutes. One to two practices a week during the season—depending on number or games in a given week.
- First practice
  - Pick a spot to meet—parents won't find you otherwise. Maybe wear a special hat or shirt to make it more obvious.
  - Usually shorter than the rest—introductions—evaluate skills to be better prepared for second full practice.
- Find at least one team to scrimmage—U10 and up. You are only allowed half of a field for practice and a scrimmage partner gives you the whole field. Example practice/scrimmage at U10: 90 minute total split 50 minutes for practice and 40 minutes for scrimmage.
- Attend coach's orientation - first and second season coaches.
- Pick up equipment bag.
- Distribute game schedule and snack schedule.
- Picture day
- Games begin

- End of season
  - Consider a special event—ice cream (lets say Dairy Queen) or a visit to the concession stand after the last game. Hand out medals/trophies.
  - Complete player's evaluation.
  - Return equipment bag after spring season only (unless not returning after the fall season).