

HEAD COACHES CHECKLIST (U4-U14)

- What you will need
 - Whistle and stop watch (can use a phone, however, U8 and under is on the field) are almost mandatory. Whistle is used stop play and get attention is necessary—NOT for running drills or sprints.
 - Clipboard is highly recommended.
 - The league provides coach's shirt.
- Contact assistant coach, if applicable (unlikely for divisions U6 and below).
- 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 date asap.
 - 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. Do not recommend cleats for U5 and below. Fact is clients are not required in any divisions.
 - Check for allergies, if you are doing snacks. Snacks are typical for U6 thru U8.
- Complete risk management, it's every year. League will provide voucher information—no cost to coach.
- Schedule practices (before season begins)—recommendations. How to reserve a field can be found at the website--under the Coach's Corner tab
 - 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. U4 and U5 will and follow a practice/scrimmage format. These divisions have a pre-planned training program, which can be found under the Coach's Corner tab
 - U6 - No practice before the season begins, however teams typically have a meet-and-greet and you can do some fun games on that night. U6 will and follow a practice/scrimmage format. These divisions have a pre-planned training program, which can be found under the Coach's Corner tab.
 - U7 - one practice before the season begins - no more than 45 to 60 minutes. U7 will and follow a practice/scrimmage format. These divisions have a pre-planned training program, which can be found under the Coach's Corner tab.
 - U8 - one or two practices before the season begins - 60 minutes. U8 will and follow a practice/scrimmage format. These divisions have a pre-planned training program, which can be found under the Coach's Corner tab.
 - U10 - four to five practices before the season begins - 60 to 75 minutes. A minimum of one practice per week during the season. Lots of training drills under the Coach's Corner tab.
 - U12 and U14 - five to six practices before the season begins - 75 to 90 minutes. One to two practices a week during the season—depending on number or games in a given week. Lots of training drills under the Coach's Corner tab.

- 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).