

GAME DAY CHECKLIST

Pre-Game

- Call opposing coach mid-week to confirm jersey color, time and exact location
- Be sure all players know above info, meeting times, field directions, etc.

Paperwork

- Medical Release Forms with Emergency Contacts
- Player Passes (Spring League)
- Roster
- Written Lineup, Substitutions, etc.

Safety

- First aid-kit with gloves, dressings, etc.
- Cold packs

Soccer Supplies

- Balls for warm-up, game ball if home game
- Air Pump and needles
- Pinnies if other team has same color jerseys, good for quick goalkeeper subs
- Goalkeeper jerseys (2) and gloves (2 pair)

Spares and Repairs

- spare game jersey, warm clothing, raingear, hair ties
- extra water and snacks
- shoe laces and duct tape