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Soccer Practice Checklist

Ages 4-8. Stick it by the door and tick it before you leave.

Child: _____ Practice day and time: _____

Required for play	
☐	**Shin guards** — Fully covered by long socks, at practice and games
☐	**Long soccer socks** — Over the shin guards, never rolled down
☐	**Shoes that suit your league and field** — Sneakers or cleats: ask your coach before you buy
Check with your coach	
☐	**Size 3 ball with your child's name on it** — Some programs ask each child to bring one
☐	**Uniform** — Game day, if your league provides one
Safety & comfort	
☐	**Full, labeled water bottle** — Water whenever they want, no rationing
☐	**Sunscreen, on before you leave** — Broad-spectrum, SPF 15 or higher
☐	**Prescribed medicine + the doctor's plan** — Quick to reach; the coach knows where it is
☐	**Medical alert bracelet, if your child wears one** — Keep it on, secured, with the information visible
☐	**Rain jacket or long sleeves**
☐	**Soft hair tie** — If your referee accepts it
Leave at home	
☐	**Jewelry, watches, hair charms** — Taping over them isn't allowed
☐	**Hard-brimmed cap for play** — Fine on the sideline

Safety first

1. **Thunder?** Everyone to shelter right away, before packing up. Wait 30 minutes with no thunder, or the official all-clear.
2. **Heat:** more water breaks on hot days. Signs of heat illness: stop and get to shade. Heat stroke: call 911.
3. **Dropping off?** Check in with the coach first and be back on time for pickup.

A checklist, not a rulebook: your league's rules and safety policies come first, and medicine follows your child's doctor's plan. Full guide: kick-zone.com/what-to-bring-to-soccer-practice/. Free to print and share.