Start of Season Checklist

In addition to the obvious skills and tactics that go into preparing your team for the start of season, there are lots of other "game related" pieces that are crucial for your players and team to know. Depending on the age group of the team you are coaching, some of the topics below might or might not apply to your team/age group. These topics are in no particular order and feel free to add others as you see needed.

☐ Set up preseason scrimmage games with opposing teams prior to the start of the season.

☐ Laws of The Game – Do your players know the rules of soccer and how they apply to the game? The laws of the game should be part of the developmental process. Put together a little mini quiz before the season starts to see what rules your players know or don't know.

☐ Implement your pre-game warm up and cool down used on game day.

☐ Decide on a formation that the team will play for the season. Formations will differ based on the age group you are coaching and the number of players allowed on the field.

☐ What do we do on kick offs? Do we go forward? Do we play backwards? This will depend on your coaching tactics and philosophy.

☐ How will we set up to defend our opponent's goal kicks? How will we align our players? What will their starting points be?

☐ How do we set up on our own goal kicks?

☐ How do we defend on corners? Man to man? Zone? Some Zone, Some Man to Man? Players on both posts? Do we position a player short? Do we leave any players up?

☐ How do we attack on corners? Who do we want in the box? Who do we want taking the corners? Who do we want back? Do we have any special corner set pieces?

☐ How do we defend direct and indirect kicks around the box? How many players in the wall? Who is in the wall? Who isn't in the wall?

☐ Do we have any attacking set pieces for our own direct and indirect free kicks?

☐ What do we do on throw in's? Throw in's in our own defensive 3rd? Throw in's in the middle third of the field? Throw in's in our opponents defensive third ……our attacking third?