



# Equipment

The International Coaches Association

[www.TheICA.com](http://www.TheICA.com)



# Equipment

It is important to consider your entire equipment requirements before the season commences. This section provides you with a thorough guide to your equipment needs and advice on each item.

## Uniforms

There are a variety of companies supplying game uniforms and accessories. They differ in quality, range and price. Find a kit that fits your budget. When selecting a uniform ensure that it is lightweight, breathable, practical and attractive to your players.

Soccer shoes should be supple, preferably leather, have a snug fit and cared for after each game. A young players foot size will change each season, so common sense should be used in purchasing new shoes. Older players who are serious about the game should have two pairs of soccer shoes. One pair with molded soles for hard playing conditions and another with screw in studs for wet surfaces.



## Balls

Ideally you should have one ball per player, or at a minimum, one ball between two players. Invest in buying hand-stitched balls. Plastic or molded balls can cause poor habits and are often uncomfortable to head or control.

Select the correct size ball for the appropriate age group

- Ages 5 to 8** - Size 3 ball
- Ages 9 to 12** - Size 4 ball
- Ages 13 and over** - Size 5 ball



## Cones

You need to have a good supply of cones to mark off boundaries for your practice grids and small-sided games. Minimum 24 cones.



## Training Vests

Bibs are necessary to identify teams in small-sided games and individual players in drills such as forwards and defenders.

Go for florescent colors like yellow or green. Minimum 12 bibs.



## Nets

Whenever possible use nets on the goals, there is nothing more exciting for a player than watching the ball hit the back of the net.



## Corner Flags

Corner flags are ideal for making goals in small-sided scrimmages. It also provides a better visual target for the players.



## First Aid Kit

You should always have a well-stocked First Aid kit at every practice and game. Routinely check to make sure you have all the necessary supplies in your kit. Also keep emergency telephone numbers, directions to local hospital and change for a pay phone in the kit.

### What you need in your Kit

- Latex gloves
- Band-Aids
- Adhesive tape
- Gauze pads
- Scissors
- Tweezers
- Ice pack



Antiseptic  
Alcohol pads  
Sun Screen  
Thermometer  
Ace bandage  
Sting relief  
Mirror  
Tissues  
Medical release forms

## Cellular Phone

If possible take a cellular telephone along with you to practice in case of emergencies. If you don't have a cellular phone make sure you have change for a pay phone.

Tape a quarter and a map showing the most direct route to the closest hospital to the inside of your Medical Kit.

Always have emergency contact numbers for each player at every practice and game.



## Ice

Always take a cooler with plenty of ice. Put some zip lock bags in the cooler for ice bags.



## Water

Ensure each player brings a bottle of water to every practice and game. Allow players appropriate water breaks, especially in hot conditions.

Have each player write their name with an indelible pen on their water bottle. Don't allow players to drink from the same bottle.



## Whistle & Clipboard

Take a whistle and clipboard to every practice.

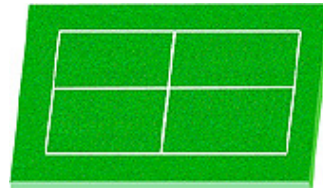
The whistle is important to stop and start practice drills and also for officiating small sided games.

Always have your practice plan attached to your clipboard. Don't be afraid to refer to your notes during practice. It is a good idea to place your clipboard in some type of see through plastic cover to protect your notes from the weather elements.



## Coaching Grids

Use grids to mark off boundaries for practices and small-sided games. Standard size grid are usually 10 x 10 yards.



## Coaching Attire

Coaches should dress appropriately for practice sessions and games. Presenting a professional image for your players is very important.

Do not coach in street clothes. This sets a bad example for your team. Wear a shirt, shorts, socks and select the correct footwear for the field conditions.

Other items to include in your coaching bag are:

- Sweat Suit.
- Rain Gear.
- Towel.
- Whistle.
- Clipboard.
- Stop Watch.
- Notebook.
- Sun Screen.



Copyright, TheICA.com All Rights Reserved