



SOCCER SEASON CHECKLIST FOR PARENTS

Your Complete Guide to Soccer Season Success



ESSENTIAL EQUIPMENT (Must-Haves)

- Soccer cleats (proper fit & sport-specific)
- Shin guards (NOCSAE approved)
- Soccer socks (knee-high)
- Practice jerseys (2-3)
- Practice shorts (2-3 pairs)
- Water bottle (BPA-free)
- Soccer ball (age-appropriate size)
- Equipment bag/backpack
- Mouth guard (if required by league)
- Athletic underwear/compression shorts

Age-Specific Ball Sizes: Size 3 (ages 8 & under) | Size 4 (ages 9-12) | Size 5 (ages 13+)




Budget Tip: Buy cleats at end-of-season sales. Generic shin guards work just as well as expensive brands for recreational play.



GAME DAY ESSENTIALS

- Team uniform (clean & complete)
- Backup uniform/socks
- Hair ties/headband (if needed)
- Sunscreen (SPF 30+)
- Hat/visor
- Towel

- Extra water (2+ bottles)
- Healthy snacks
- First aid kit (basic)
- Folding chair (parents)
- Blanket
- Camera/phone for photos

 Game Day Notes: Arrive 30 minutes early • Check weather forecast • Bring cash for concessions • Pack entertainment for siblings • Charge phone/camera battery

SEASONAL GEAR

SPRING SOCCER

- Rain jacket/poncho
- Extra towels (for muddy gear)
- Waterproof gear bag
- Warm layers (removable)
- Extra cleats (for muddy conditions)
- Umbrella

FALL SOCCER

- Warm-up jacket/tracksuit
- Thermal underlayers
- Gloves (thin, grip-friendly)
- Beanie/warm hat
- Reflective gear (evening games)
- Hot beverages (thermos)

TOURNAMENT PREPARATION

- Multiple uniforms (2-3 sets)
- Extra everything (socks, shorts, etc.)
- Portable shade/tent
- Cooler with ice
- More snacks and drinks
- Phone charger/power bank
- Cash for concessions

- Entertainment for siblings
- Comfortable shoes (parents)
- Tournament schedule printout
- Player registration documents
- Hotel/accommodation info

ORGANIZATION & SAFETY

Organization:

- Designated gear storage area
- Pre-packed game day bag
- Equipment check routine
- Regular gear cleaning schedule
- Size check every few months


Safety:

- Proper equipment fit verification
- Regular equipment inspection
- Emergency contact info (updated)
- Medical info/allergies documented
- Insurance information accessible

SMART SHOPPING GUIDE

When to Buy Quality vs. Save Money:

- Invest in Quality: Cleats, shin guards, goalkeeper gloves
- Save Money: Practice shirts, shorts, socks, basic accessories
- Best Times to Shop: End of season (50-70% off), back-to-school sales, Black Friday

 *Money-Saving Tips: Check second-hand sports stores • Join team equipment swaps • Buy in bulk with other families • Look for previous season's colors at discount*

END OF SEASON CARE

- Clean all equipment thoroughly
- Check for needed replacements
- Store properly for next season
- Donate outgrown items
- Plan for next season needs
- Take inventory of what you have

PERSONAL NOTES

Team Contact Info:

Coach: _____

Phone: _____

Email: _____

Important Dates:

Season Start: _____

First Game: _____

Tournament: _____

Remember: Preparation prevents problems. When your child is properly equipped and ready, they can focus on what matters most – having fun and playing their best!

 *Wishing your family a fantastic soccer season!* 

For more soccer parenting tips and resources, visit our website!