



## FOOTBALL TRAINING & MATCHDAY CHECKLIST

This checklist covers all of the equipment you will need for this season's matches and training sessions. We have added links to many of the products on this list to help you find exactly what you need.

### MANAGERS MATCH AND TRAINING ESSENTIALS

- Football kits
- Goalkeeper gloves
- Footballs - match & training
- Ball pump & pressure gauge
- Ball carrier
- Football nets
- Net pegs & net hooks
- Mallet
- Water bottles & carrier
- Corner flags
- Respect barrier
- Mobile phone
- Contact list
- Whistle
- Stop watch
- Training bibs
- Markers & cones
- Note pad & pens
- Team sheet

### EXTRAS

- Tactics board & marker pens
- Stud spanner
- Industrial strength tape
- Spare kit - shin pads / socks / shorts
- Linesmans Sticks and Flags

### PLAYERS

- Football kits
- Football boots
- Warm training wear
- Base layers
- Shin pads
- Waterproofs
- Spare trainers
- Towel
- Kit bag
- Water bottle
- Snacks
- Match fees

### FIRST AID KIT

- Big plasters
- Elasticated bandages
- Large sterile dressing
- Waterproof dressing
- Antiseptic wipes
- Instant ice pack
- Freeze spray
- Heat spray
- Scissors
- Latex gloves
- Tape