Soccer Coaching, Training & Conditioning

In order to set the right tone and make training as effective and efficient as possible, soccer coaches must ensure that the training environment is properly set. The ingredients are as follows:



- [ ] 1. Appropriate number of soccer balls
- [ ] 2. Soccer balls must be properly inflated
- [ ] 3. An adequate number of cones
- [ ] 4. Coaches must be dressed in the proper coaching attire
- [ ] 5. Appropriate number of training jerseys (“pennies”)
- [ ] 6. The field should be set out before training begins
- [ ] 7. All additional training equipment should be available
- [ ] 8. Players should wear a training uniform

Make and Share Free Checklists
checkli.com