

Equipment, Practice and Game Materials

Coach and Player Equipment

All players must wear shin guards. The shin guards are to be worn underneath the socks. Referees have been instructed not to allow players on the field if any portion of the shin guard is exposed. Shoes must also be worn. Soccer shoes, either the rubber multi-cleated turf shoe or molded plastic cleats are highly recommended. Baseball and football style cleats are NOT permitted for the safety of other players. Hard shoes/boots should not be worn for the same reason.

All players on the field must be attired in matching jerseys. In the event of a color clash, the home team will be required to change color (using pinnies). If nothing else on the schedule so indicates, then the first team listed is the home team for the game.

Players may not wear anything that is dangerous to themselves or other players. No earrings or ear studs (NO EXCEPTIONS) and no watches, rings, necklaces, bracelets, friendship bracelets, wristbands, casts, or splints with any solid material in them (EVEN IF COVERED). Soft hair band, if used, must be elastic and without balls on them. Other articles that in the opinion of the referee may endanger the player or other players are also not allowed. Hairpins, bobby pins, and barrettes are NOT OK. The referee is the sole judge as to the safety of any other item.

1. Issuance and Return of Player Uniforms: Coaches will pick up jerseys, shorts, and socks from the Equipment Coordinator. The jerseys, shorts and socks will belong to the players. Coaches will be notified by the Uniform Coordinator as to the time and location of uniform distribution.
2. Coaches Shirts: Head and Assistant Coaches will receive a shirt they can keep. These shirts are provided to further team spirit and as a memento of the coaching experience.
3. Issuance and Return of Balls Each: Each Coach will receive a number of practice soccer balls, a game ball and a ball bag from the Equipment Coordinator. Since they are expensive to replace, the Coach should maintain the balls in as good condition as possible (e.g., correct inflation pressure, restrict usage on concrete or asphalt, etc.). Players should be encouraged to bring their own soccer balls to practice, so that each player has a ball. Balls and bag **MUST BE RETURNED** at the end of the season.
4. Issuance and Return of Practice Cones: Each Coach will receive a set of practice cones for use during practices. Please ensure that they are marked with "SBSC" with permanent marker. These **MUST BE RETURNED** at the end of the season.
5. Issuance and Return of Goalie Shirts: Each Coach will receive a goalie shirt. These shirts **MUST BE RETURNED** at the end of the season.
6. Issuance and Return of Pinnies / Practice Jerseys: Each coach will receive a number of sleeveless, mesh practice jerseys, also called "pinnies". These can be used during

practices and scrimmages. The practice jerseys **MUST BE RETURNED** at the end of the season.

7. Issuance and Return of Equipment Bag: Each coach will receive an equipment bag for use in transporting practice equipment. This bag **MUST BE RETURNED** at the end of the season.
8. Issuance and Return of First Aid Kits: A First Aid Kit will be issued to each coach. It will be included in their equipment bag, and shall be taken to all practices and games. The first aid kit contains basic items necessary to treat minor injuries (cuts, scrapes, bruises, etc.). At no time should anyone administering first aid go beyond his or her capabilities. **KNOW YOUR LIMITS. IN CASE OF AN EMERGENCY CALL 9-1-1.**

Supplies for the first aid kit should be replenished immediately after use, but in any event, prior to the team's next scheduled activity.

9. Goal Nets: Practice goals are available for use at Solana Vista an Skyline. Please contact the Fields Coordinator for more information.
10. Shin Guards and Shoes: It is required that all players wear shin guards during regular games and practices. Please ensure that each player has a pair. Youth soccer shoes with rubber cleats are to be worn at all games. Football and baseball cleats **CANNOT BE WORN**. Please ensure that players have soccer cleats. Each player must provide his/her own shin guards and shoes.
11. Equipment Return: The Equipment Coordinator will contact coaches at the end of the season regarding dates for equipment return. Coaches must return practice balls, game ball and ball bag, equipment bag, practice cones, practice jerseys (pinnies), and goalie shirts. Return of these items is essential to help the SBSC avoid unnecessary increases in registration fees.
12. Additional Recommended Equipment: In addition, we recommend the following equipment for practices:
 - Cones or poles for setting up drills.
 - Whistle for scrimmages
 - Additional practice jerseys / pinnies for scrimmages if you would like to have two different colors. See coaching resources later in this package for places to purchase these jerseys (pinnies of different colors can also be used to help the kids understand positions).
 - Extra pair of shin guards. Players **MAY NOT PARTICIPATE IN PRACTICE OR GAMES WITHOUT THEM**, so an extra pair can save the day!
 - Have a plan for each practice. A typical practice plan is included. You can get help on practice plans from the Coaching Coordinator.
 - Please remember to bring drinking water for the practices.

Practice Equipment Tips From Fellow Coaches

More information will be added as it becomes available.

- **EXTRA SOCKS:** Advise your parents to pick up some extra soccer socks at a local soccer store. Players must wear socks long enough to cover their shin guards, and it is no fun to be digging for one missing sock on Saturday morning. Having 2 to 3 pairs for the season is a great idea.
- **Goalie gloves (U8 through U19):** Gloves allow better grip on wet balls and provide protection for stopping faster balls.

Player Cards

SBSC requires that Coaches have Player Cards for U19, U16, and U14 and bring the cards to each game. The League Registrar will create the cards. Each player must provide a 1" x 1" passport style photo to the coach or upload a picture using the online registration system.

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