

Pardaan

Pre-Season Planning Checklist

Everything to sort out before your first session of the season.

A calm, organised start to the season sets the tone for the whole year. Work through this checklist in the weeks before your first session so nothing is left to the last minute. Tick each item as it is done.

Admin & people

- ☐ Confirm your squad list and register every player with the league.
- ☐ Collect consent, medical and emergency-contact forms for all players.
- ☐ Agree training nights, times and the venue; book the pitch.
- ☐ Set up your team communication group and share key dates.
- ☐ Confirm your coaching team and check qualifications / DBS are current.

On the pitch

- ☐ Check and count equipment: balls (correct size), bibs, cones, pump, goals.
- ☐ Draft your season themes and plan the first training block.
- ☐ Plan gentle re-introduction and fitness sessions for the first weeks.
- ☐ Arrange 2-3 pre-season friendlies of increasing challenge.
- ☐ Prepare a simple 'welcome' message with expectations for players and parents.

Safety

- ☐ Pack a stocked first-aid kit and know the venue's emergency plan.
- ☐ Complete a quick risk assessment of the pitch and surroundings.
- ☐ Confirm who is first-aid trained on match and training days.

Tip

Start lighter than you think in week one. Players arrive at different levels of fitness after the break - build load gradually to avoid early injuries.