

A quick checklist so nothing is forgotten.

Before the session

- ☐ Session plan ready and objectives clear
- ☐ Equipment: balls, bibs, cones, goals, first-aid kit
- ☐ Pitch / area checked and safe
- ☐ Register and player medical notes to hand
- ☐ Water and weather considered

After the session

- ☐ Equipment collected and counted
- ☐ Quick reflection: what went well, what to change
- ☐ Notes on individual players recorded
- ☐ Next session focus decided