**First Practice/Team Meeting:**   Here is a list of items you want to include in your first practice with a team. Since this may be the first time many of these kids and parents have played on the team, it is important to have good instruction to start the season off.

Introductions:

* Coach introduction to Players/Parents. Let them know your experience and qualifications.
* Players and parents introduce themselves to each other. Players can do something fun like say their name, their school and their favorite cartoon character.
* If you need assistant coaches, ask parents if anyone is available to help with coaching. They must complete the full registration process before they can coach.

Equipment

* Confirm players have appropriate equipment (shin guards, correct size ball, soccer cleats)
* Let families know that GK and G1 uniforms (shirt and socks) will be given to the players by the coach before the first game.
* Bring water to every practice and game.
* No jewelry.

Expectations for Players at practices and games

* Be on time! That means be at the field a few minutes early so you are ready to go when the coach starts practice.
* Be supportive of your teammates. No negative comments.
* Listen to coaches and accept their coaching.
* Do your best.

Expectations for Parents

* Only positive comments and cheering. No criticizing of players or referee.
* No coaching from the sidelines. Let the coaches do the coaching.
* If you have a problem/question, please talk directly to the head coach.

Game rules

* Review the rules and format of play for your age group. It may have changed since last season.
* Full rules for GK and G1 are on the Westside website ([Game Rules](https://westsidewarriors.demosphere-secure.com/_files/programs/micros-k-1st-grade/fall/WSCMicrosCoachParentsGuide_Fall.pdf))

Team Name

* Let players pick a name sometime during the first few practices. Questions?