



MY FOOTBALL CHECKLIST

Things I need to remember for football training and matches

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FOOTBALL BOOTS AND TRAINERS	
SHINPADS	
WATER BOTTLE	
MEDICINE (Ask your parent or carer about this one)	
KIT (Shirt, shorts, socks)	
EXTRA CLOTHES (Tracksuit, hats & gloves if its cold)	
HAIRBAND (If you have long hair)	
REMOVE JEWELLERY (ear rings, rings, bracelets, watches, piercings)	
SAFE AWAY CARD (Ask your parent or carer about this one)	