

# SOCCERSMART SUMMARY



1. Collect personal details and emergency contact information for all your players – you never know when you'll need them.
2. Develop an agreed squad warm-up and cool-down.
3. Make sure it's dynamic stretches before play and static stretches after.
4. Reward the development of physical fitness as well as technical skill.
5. Run safe tackling and safe heading training sessions before the start of every season and then practice.
6. Have a zero tolerance approach to referee abuse, violence, poor behaviour and cheating.
7. Make shin pads compulsory in training.
8. Encourage players to play and train in suitable footwear.
9. Ensure players always have their drink bottle with them and make sure they have regular opportunities to drink from it.
10. Track injuries and report serious injuries to New Zealand Soccer within 48 hours.
11. Be prepared for all weather conditions and check equipment, the pitch and surrounding areas before play.
12. Treat injuries quickly, following the principles of R.I.C.E.D. and avoiding H.A.R.M.-ful factors.