



Bala FC – Practice Checklist for Players

- Inflated Soccer Ball (size 4 for U9 – U12, size 5 for U13-U19)
- Soccer Cleats
- Shinguards
- Correct Practice Jersey
- Water Bottle
- Inhaler
- Mosquito Repellent
- Sunscreen Lotion/Spray
- Post practice snack
- For Goalkeepers: Gloves (training pants in their back)
- Hairband if long hair

Use Restroom before attending practice.

Please arrive at practice at least 5 minutes early.

If you are dropping off your player, please make sure you pick up player on time.

Have their backpack checked the night before, prior to bedtime.