* **Game routine**
* **Check your game bag(game ball, cones, first-aid kit, ice pack, extra bibs, hand sanitize)**
* **Find outfield location**
* **Arrive 30 min before the kick-off time**
* **Have your formation and starting players positions ready on your pregame sheet**
* **Set the substitution strategy(equal quantity, and quality playtime)**
* **Set the objectives of the game**
* **Game plan talk no more than 3 to 5 min**
* **Set your warm-up area**
* **U13-U19 t warm-up 5 min dynamic 5 min with the ball including keepers**
* **Keepers warm-up( try not to score against your keeper)**
* **U5-U11 games for warm-up or warm up with the ball**
* **Review game phases with the players, ask for the players’ input**
* **Captain talks(ask the players who wish to be a captain or have a set rotation)**
* **Team Cheer**
* **First 10 min motivate but don’t coach, give a chance for the players to play trust the process**
* **Manage the players but allow the mistakes, celebrate success**
* **Half time**
* **3 min rest hydration and snack if needed**
* **Ask the players input**
* **Bring up positive actions, praise the performances**
* **Only address actions that are repetitive during the game either from your players or the opposition**
* **Ask about injuries**
* **Review the game phases adapt if needed**
* **Team Cheer**
* **Have fun coaching**
* **End of game**
* **Congratulate the players and the opposition**
* **Respect the officials**
* **Accept the outcome of the game. You are a role model**
* **Quick positive debrief. Avoid talking about the game in detail.**