



US LACROSSE COACHING EDUCATION PROGRAM

Tasks/Responsibilities of a Coach

As a coach, here is a list of items you need to bring to practices and games, as well as tasks you need to attend to:

1. **Accident/insurance coverage** if not all players are members and covered by US Lacrosse or another organization.
2. Thoroughly check the field for **safety concerns** (broken glass, wire, open drain holes, sprinkler heads that have not recessed completely).
3. **Medical/emergency contact forms**
Include child's name, parent/guardian names, phone numbers (home, work and cell), e-mail addresses, an emergency contact person other than parent (home, work and cell numbers), allergies, insurance information, physician's number, another team member that the player is friendly with, permission/medical release form. Bring completed forms to the field every day.
4. **List of emergency telephone numbers**
Closest hospital/ER, ambulance, and the phone number of the facility you are using.
5. **Other phone numbers**
Keep the home and cell numbers of officials and other coaches handy.
6. **Emergency/disaster plan**
Have a "Plan B" for surprise bad weather (thunder and lightening, and/or rain), or if someone gets hurt and you need to leave to take him/her to the hospital.
7. **Signed Code of Conduct Forms**
Bring them to the field.
8. **Your cell phone**
Make sure that you have reception on the field.
9. **First aid kit**
Includes rubber gloves, CPR certification, EPI pen, various bandages and butterfly kits.
10. **Ice and plastic bags for injuries**
11. **Water bottles, cooler and cups**





US LACROSSE COACHING EDUCATION PROGRAM

12. **Whistle**
13. **Clipboard**
14. **Timers**
Clock wristwatch for practices; time clock and penalty clock for games
15. **Equipment**
Additional new mouth guards, plenty of balls, sticks, goals, cones, pinnies, protective equipment (boys), goalie equipment and goalie jersey, marker to mark uniforms/goggles/helmets, uniforms
16. **Field-lining equipment**
17. **Practice plan**
A general practice flow: warmup, stretch, review, new skills, team concept, etc.
18. **Rulebook**
19. **Scorebook for games**
20. **Horns for games**
21. **Benches for teams**
22. **Time keepers, scorekeepers, ball boys/girls for games**
23. **Check-in table or area for first practice and games**
24. **Check or money to pay the officials**
25. **Any instructions, directions, or notices for the next practice or game**

