


A close-up photograph of a soccer ball with black and white hexagonal panels hitting a white goal net. The ball is positioned on the left side of the frame, and the net extends diagonally across the image. The background is a blurred green field.

# Cloverleaf Soccer Association

What does my child need for the upcoming season?

A large orange shape on the left side of the slide, consisting of a rectangle with a quarter-circle cutout on its right side.

What does  
my child  
need to play  
soccer?

- Your child will need four things for the upcoming season.
  - Soccer Ball
  - Shin guards
  - Soccer Cleats or Turf Shoes
  - Water Bottle



# Soccer Ball

- Soccer balls come in three sizes, 3,4 and 5
- If your child is playing academy, U6 or U8, they'll need a size 3 Ball.
- If your child is playing U9, U10, U11 or U12, they'll need a size 4 Ball.
- For U13 and up, they'll need a size 5 ball.
- Make sure you put your child's name on their ball.
- Balls typically last two years, so if you're child is going to move up a division the following year, it doesn't hurt to get them the next size up (ie., Size 4 for a U8 player or Size 5 for a U12 player).
- Soccer balls can cost between \$ 10 to \$100. Until your sure soccer is their thing, a \$10 or \$20 ball will be plenty good enough.



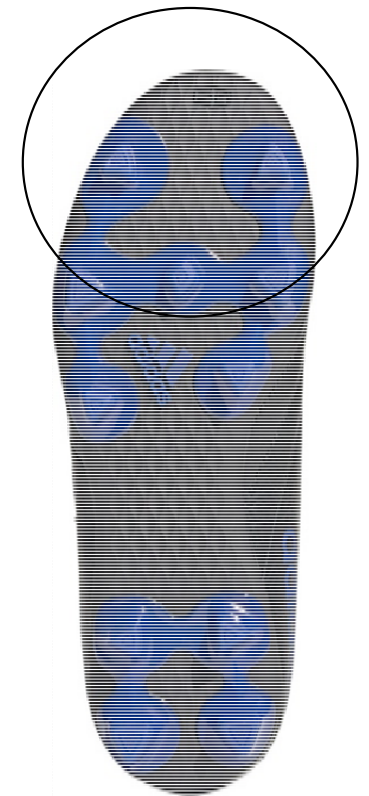
# Shin Guards

- Shin Guards must be worn at all times when practicing or playing soccer.
- Shin Guards should be worn underneath socks or covered by a sleeve so that they don't fly off during play.
- Kids typically grow out of Shin Guards before they wear out. During their youth career, you'll probably only need to buy them two pair before they reach high school.
- There are three basic types;
  - Slips that you slide into your sock or sleeve
  - Ankle Shin Guards – Combination shin guard and ankle protection.
  - Shin Sock – Sock with a shin guard built in. You put these on just like socks.
- They typically cost between \$8 and \$20 dollars.



# Soccer Cleats

- Soccer is played on grass fields which can get slippery at times. Cleats or turf shoes are highly recommended to avoid injury.
- There are two types of cleats you'll typically find when shopping, Soccer Cleats and Baseball/Softball Cleats.
- Soccer cleats do not have a cleat at the toe of the shoe, baseball/softball cleats often do.
- If your child plays both soccer and BB/SB, we recommend buying them soccer cleats. The toe cleat on BB/SB can cause injury to opposing players if you step on a foot, or rake down someone's calf. The soccer cleat gives adequate traction on a ball field, especially at the U12 and below.
- Cleats are another thing you can spend a bunch of money on. If you're lucky, your child may get two full years out of them.



# Miscellaneous Stuff

- Your child should bring water to every game and practice. If it's a refillable water bottle, please put your or their name on it.
- Soccer Bag – While not 100% necessary, a soccer bag, old school back-pack or drawstring bag is nice to have so they can put their shin guards, soccer ball and water bottle in one place. If they do bring a bag, make sure their name is on it somewhere.

# What Should my Child Wear to Practice and Games?

- Cloverleaf Soccer will provide all Rec Players a short sleeve game jersey.
- As for the rest of the kit, it depends on the weather.
- Always dress your child appropriately for the weather. For practice, this means a tee-shirt and shorts when it is hot and a sweat-shirt, sweat-pants and a jacket if it's cold.
- For games we ask that jersey is always the outer layer of clothing. So put it on over an undershirt or sweatshirt when it's cold weather. Avoid hooded sweatshirts when you can or tuck the hood underneath their jersey.
- Black sport shorts and white or black socks are preferred on game day, but not required. Dress them like you would for gym class.
- Please don't have your child show up with jewelry or ear-rings if it can be avoided. They can get lost, or worse yet, a soccer ball can drive the back of the earring into your child's head and cause an injury.