



**STICK
YOUR
HAND
UP**



**CHAT TO YOUR
TEAM'S COACH
ABOUT HOW
YOUR TIME CAN
HELP THEM AND
THE TEAM.**



TRAINING

KIT SETUP/ TAKE DOWN

15
**MINUTES/
WEEK**



Set out cones, goals and other kit according to what the coach has planned for the session. And the reverse! Arrive 15 mins before the session's start time.



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TRAINING

FLOOD LIGHTS

(BURFORD LODGE)



Requires several people, ideally 3-4
and access to the container at
Burford Lodge.



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TRAINING

ASSISTANT/ HELPER

<60
**MINUTES/
WEEK**



Helping to run a training session, even if just a 15 min warm up can free up coaches to focus on their plans & one-to-one time with players. Requires FA DBS, First Aid & Safeguarding course.



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MATCH DAY

**GOALS, FLAGS,
RESPECT LINE**

20

**MINUTES/
WEEK**



Taking these simple setup tasks away from a coach on Match Day allows them to focus on the team and tactics for the game.
Arrive 20 mins before the quoted meet time.



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MATCH DAY

RUN THE LINE (9V9 UPWARDS)



Find 4 volunteers per team. If everyone runs the line for half a game - you're doing half a game, every other game. Oh! And you'll learn the offside rule :)



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MATCH DAY

FIRST AID
(FA ONLINE COURSE)
+COVER MATCHES



The FA has an excellent 'Introduction to First Aid' online course. Each team could do with another medically trained volunteer. Also requires FA DBS and Safeguarding course.

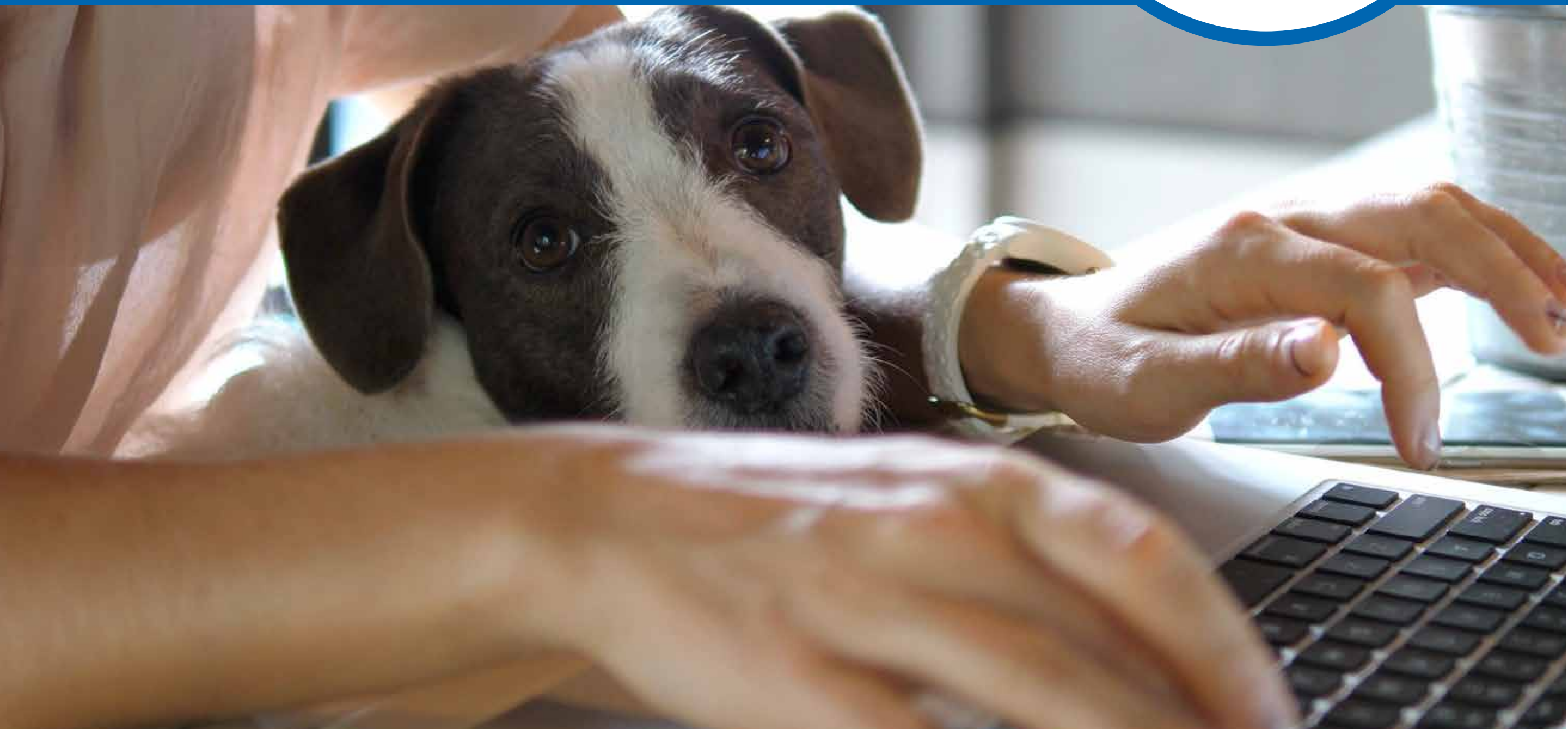


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ADMIN

BOOKING REF/ ORGANISING

15
**MINUTES/
WEEK**



Some coaches may need a hand finding available refs or facilities. Others may like a hand ordering kit for the team, or arranging games. Check with your coach to see what fits.



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FACILITIES

LINE PAINTING

90
MINUTES
PER SEASON



The unsung heroes of Elstead Sharks!
We have a rota of parents who give up their
time a couple of times a season. We'd love
some more. Check if your team is contributing.



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