



Return 2 Play Training Guidelines

Soccer

<u>Activity</u>	<u>Sport Risk</u>
Individual Skills	Slight: Phase 2,3,4
Team Play	Moderate: Phase 3,4

Guidelines

Phase 2

- Social Distance during group trainings
- Coach maintains social distance during instruction
- No contact in body placement or demonstration of skills
- Specific training groups remain small (10 or less) and consistent
- If a larger group, choose different nights or times to train
- No shared water, towels, equipment, bags, shoes, clothing
- No hydration stations
- Use marked soccer balls for each specific person to train with a unique mark for them
- Timed skills should be timed on individual phone
- Skills groups should be no more than 4 people per station participating
- Station work should be spaced accordingly to avoid athlete groups coming in contact with each other
- Athlete, if possible, should retrieve ball after each attempt at a skill
- If not, volunteers should have disinfecting wipes or spray to continuously clean and return to athlete by placing it on the ground for athlete to retrieve. Do not hand directly to the athlete
- Emphasize athletes are not to touch coaching equipment like cones and nets
- Should have a group of balls available to be in rotation while one is being cleaned another can be in play

Phase 3

- Same as above EXCEPT
 - May train with 50 or less
 - No throw ins



Phase 1: Low Risk Sports: 10 people or less, follow guidelines above



Phase 2: Slight Risk Sports: 10 people or less, follow guidelines above



Phase 3: Moderate Risk Sports: 50 People or less, follow guideline above



Phase 4: High Risk Sports: No Restrictions