

RETURN-TO-PLAY



- Review the Guidelines and get your players to understand them, especially the younger players: **Emphasize these rules with authority**
- Use cones for their stations—space them apart appropriately. At least ten feet apart
- In terms of managing your numbers, if you have numbers in double figures, then express this space accordingly. Not necessarily in a line but in a



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- **MUST** have a plan: your specific drills, specific agility sessions, etc.
- Periodize your training sessions: 3 minutes of work, 1 minute rest: 3:1 ratio at first. Observe how your players look with their fitness levels—it will be on a massive spectrum: FIFA Eleven Warmup
- * Review Physical Components Document
- Be aware that the vast majority of your players have not been going out and doing individual sessions and/or keeping in shape with parent/family member

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- Examine the example drill sessions—keep social distance with these drills at all times and work on technical elements within the sessions: vary the sessions in their emphasis (passing drills, agility session with the balls, etc.)
- Use mini goals for complete soccer movements: shooting and deliberative passing into goals
- Ease GKs into session—at early stage, let's get them involved with the group and then see how we can shoot with them in goal with controlled drills with movement

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- Be positive
- Be energetic
- Be encouraging
- Reflect on your session for improvements
- Have a strong ritual as your players leave the field