

Appendix 2

Technical Resources – Sample Training Sessions

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These Sample Sessions are designed to support Clubs and Academies on delivering soccer programs while adhering to the protocols and recommendations in place.

The resources provide a modified soccer experience with examples of session activities and plans that could be implemented as a basic structure to ensure sessions are physically active and conducted in a safe and fun environment. These sessions create an environment whereby Players will experience controlling, juggling, and passing the ball either individually or with a partner.

All activities delivered must adhere to the distancing measures and recommendations, along with any gathering restrictions issued by the Ontario Government and the guidelines set on this document.

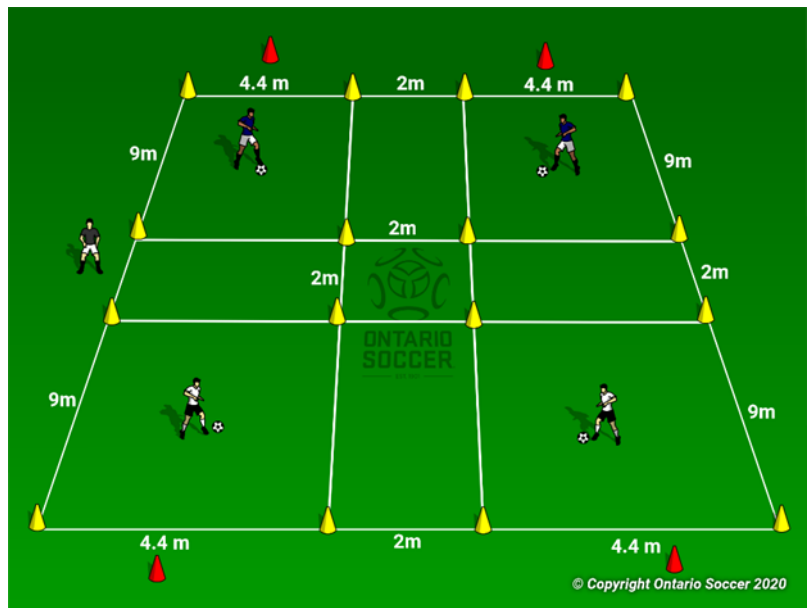
Important: Do not lose sight of the human element of sport. Sport is about people and connections whether you are a coach or leader. No one has all the answers, no one gets everything right and the projects we are involved with have always involved multiple minds and different perspectives. Please keep what is best for young people at the centre of any decision-making process and consider the bigger picture of the true value of sport and what it provides to society in terms of wellbeing, connections, leadership, and teamwork, physical and mental health. We need to work harder together to change the measures of success in youth sport.

Set-up

- Player to Coach Ratio: 4:1
- 2 meters distancing in place between each player
- Within a marked zone, each player has 4.4m x 9m to play - Yellow cones
- Free zone around the field for coaches to move
- Player equipment area next to each of their zones - Red Cones

Overview

- Duration: 60 minutes
- Activity: 55 minutes
- Rest & Transitions: 5 minutes
- Activities can be used in sequence or mixed
- Activities can be repeated if needed
- Activities can be modified to suit the needs of the players
- Activities are basic examples that abide by the physical distancing guidelines



Duration	Activity	Example
5 minutes	Warm Up	Ball Control
15 minutes	Passing	<ol style="list-style-type: none"> 1. One & Two Touch 2. Ball Swap 3. Through the gates 4. Soccer Tennis
15 minutes	Dribble	<ol style="list-style-type: none"> 1. Small Touches 2. Skills
15 minutes	Game	<ol style="list-style-type: none"> 1. Keep Ball to Targets 2. Keep Ball to Goals
5 minutes	Cool Down	Ball Control

Overall Recommendations

Before:

- Consider sending a session plan to parents and players prior to the session.
- Highlight which zone is allocated to which player.
- Ensure parents are aware of the Return to Play recommendations and guidelines.
- Have a designated bag for your equipment and a designated location on the field to place your own equipment.
- Have enough cones and balls available for your session.
- Follow all the procedures for any equipment cleaning process.
- Consider all factors when designing your session plan (i.e. explanations, activity durations and transitions for water breaks).
- Consider that transitions may take a little longer than normal when managing players and session set up.
- Clearly identify areas for players to arrive and to place their belongings while considering distancing requirements.
- Check with your club to confirm the amount of space available for your session.
- Prepare a session plan that includes the amount of players confirmed for your practice.
- Ensure that you have the right equipment (i.e. amount of cones and pumped up balls).

During

- Encourage the players to enjoy playing soccer in the current format.
- Don't be overly concerned about players lacking technical ability, especially during the initial phases of Return to Play.
- Keep distancing measures in place between players and coaching staff.
- Reset cones that delineate the physical distancing parameters whenever they are moved out of place.
- Ask and remind players to avoid touching the equipment.
- Be adaptive.
- Respect the timeline you anticipated in your session so parents can plan.
- Make use of your time by following your session plan guidelines.
- Don't stay too long on one activity to prevent boredom.
- Respect physical distancing at all times.
- Consider designating the Assistant Coach to help you manage the spacing throughout the session.
- Add more cones if required to clearly emphasize the boundaries.

After

- Validate the effort your players demonstrated during the session.
- Ask the players if they have any suggestions for session activities next time.
- Ensure that each player goes home with their designated household contact.
- Ensure that all equipment is taken from the playing field in a safe manner.
- Consider cleaning and disinfecting all equipment after the practice is over.
- Reflect on how the equipment was managed and distributed to improve this for the next session.
- Make sure you pick up all equipment and belongings before leaving the field.
- While respecting physical distancing, take some time to connect with your players after the practice and validate their efforts.
- Consider following up with a positive email to the players and parents encouraging them about the next practice session.
- Make sure you pick up all equipment before leaving the field.
- Don't leave any personal belongings on the field of play or team bench.
- Reflect on how the spacing worked out in the session and involve your players, the staff and ask the parents for their feedback.

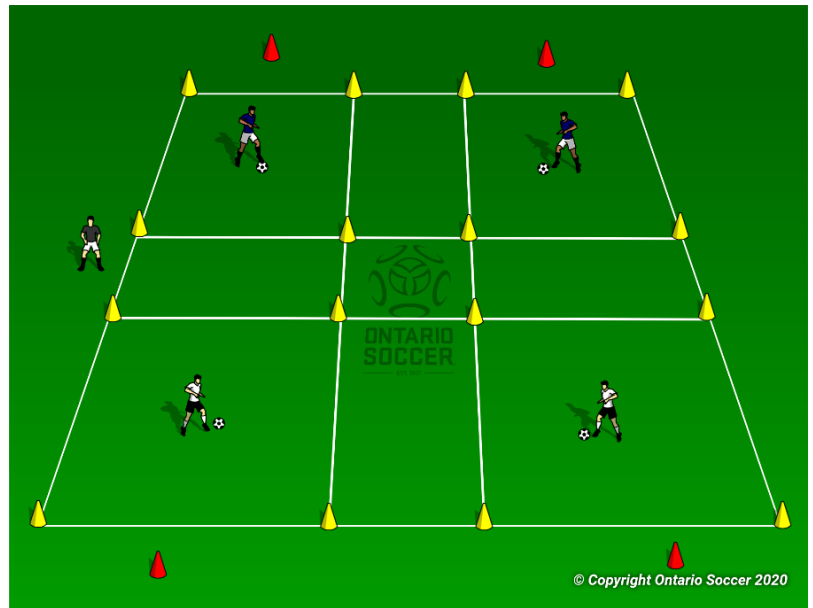
Warm-Up

Set-up

In their designated zone, players can use all parts of their foot, including the bottom, top, inside and outside as well as both feet. Players can take small touches of the ball in a variety of ways. This can be on the ground or juggling the ball in the air. Ensure players are not using their hands to pick the ball up.

Recommendations

Give players a challenge or task, for example a move to perform or the number of times they can juggle the ball. Let the players demonstrate their best skill or trick. Increase the tempo to have the players ready for the next activity.



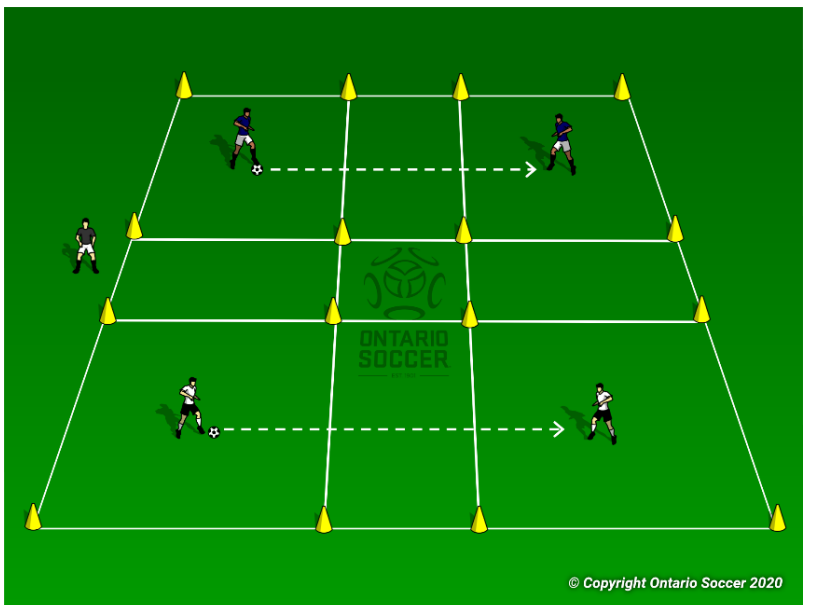
Passing - One & Two Touch

Set-up

In their designated zone, players can pass the ball to a teammate as shown. Encourage players use all parts of their foot as well as trying different passing techniques.

Recommendations

Give players a challenge or task in their team. For example, depending on age and stage, targets for a number of successful passes completed. Add cones for players to control the ball around or move to within their own zone prior to passing.



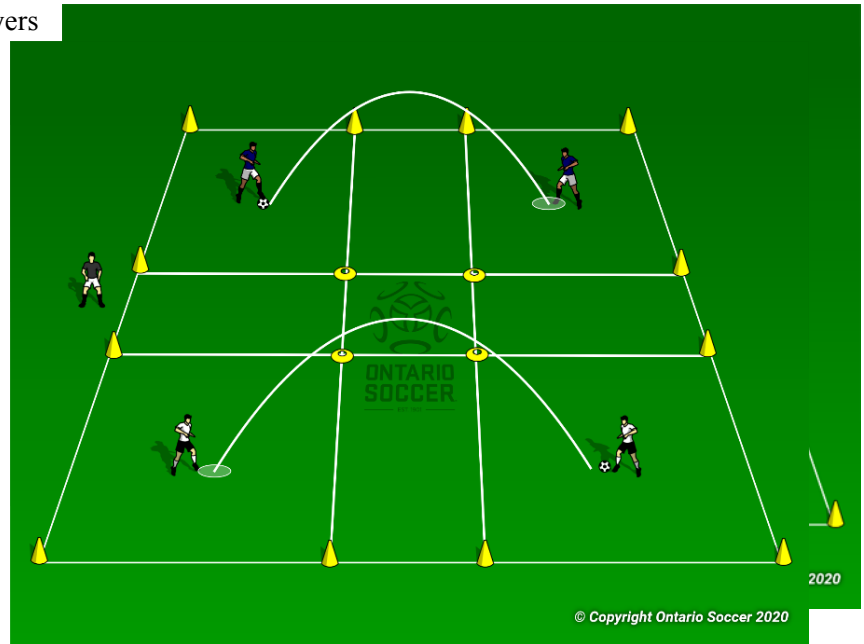
Passing - Through the Gate

Set-up

In their designated zone, have the players stand a certain distance away from the coned gates. Players must pass the ball through the gates to score a point.

Recommendations

Give players a challenge or task, for example, keep score within a certain time and rotate the players to experience a different opponent. Vary the distance to the gates to make it harder or easier. Vary the size of the gates to make it harder or easier. Remove the gates and players must chip or loft the ball into the other player's zone.



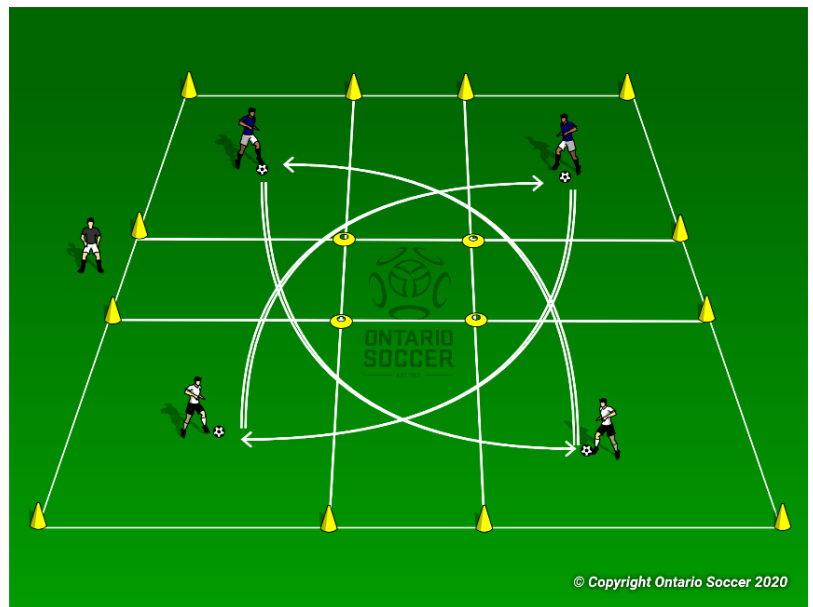
Passing - Ball Swap

Set-up

In their designated zone, each player has one ball and need to connect with another player by passing to each other and 'swapping balls'. Once they have completed one pass, players can find another player to swap balls with.

Recommendations

Encourage players to try different types and distances of passes. Encourage players to work together and communicate with each other.



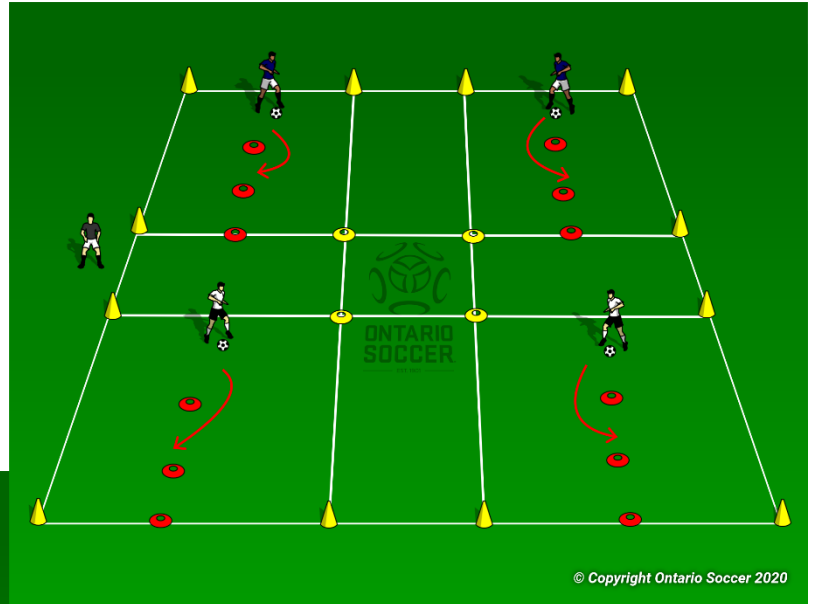
Passing - Soccer Tennis

Set-up

In their designated zone, players must play in two's and pass the ball to their teammate, keeping the ball in the air. Players can use a variety of ways to keep the ball in the air by using their feet and thigh. Ensure players are not using their hands to pick the ball up.

Recommendations

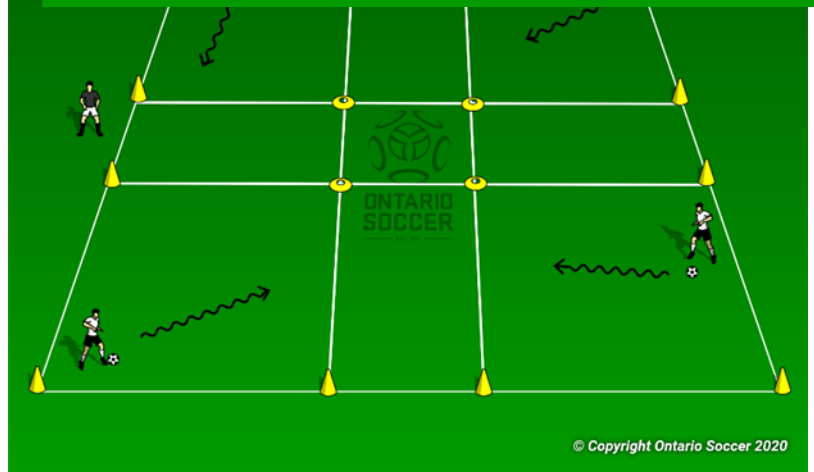
Give players a challenge or task, for example the players score a point if their teammate lets the ball bounce once or twice depending on the ability of the players. Keep score within a certain time and rotate the players to experience a different opponent.



Dribble - Small Touches

Set-up

In their designated zone, the player can use all parts of their foot including, inside, outside, top and bottom as well as both feet by taking small touches at various speeds and distances.



Recommendations

Let the players demonstrate their best skill or trick. Depending on age and stage, challenge players to try something new.

Dribble - Skills

Set-Up

In their designated zone, the player can use all parts of their foot including, inside, outside, top and bottom as well as both feet by taking small touches towards the cone and beating the cone (defender) with a trick or skill.

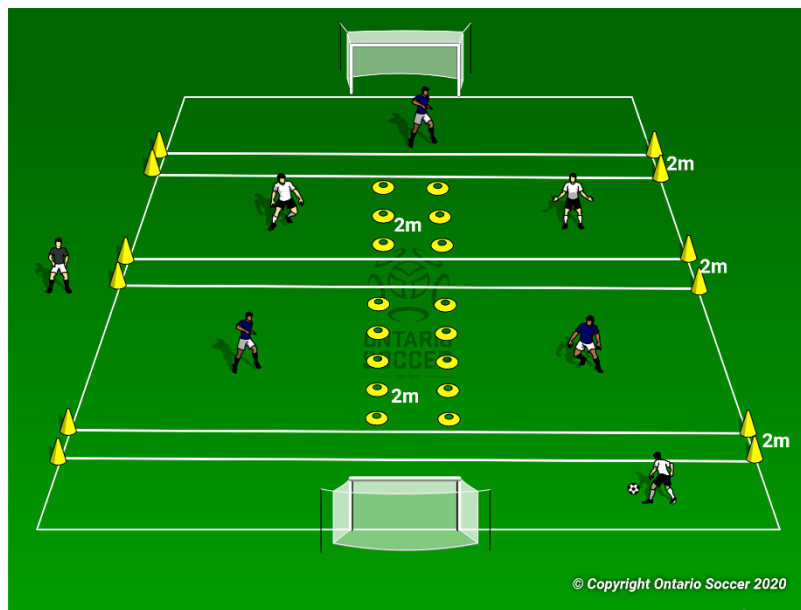
Recommendations

Let the players demonstrate their best skill as well as task the players to invent a new skill to beat the cone (defender).

Game – Keep Ball to Goal – Phase 1

Set-Up

Create a 2v2 game while establishing clear zones to prevent contact. Staying in their designated zones players must keep the ball by passing it through an opponent's zone and ending with a shot on goal. Staying in their designated zone, the opponent must try and intercept/block the pass/shot to stop their opponent from scoring.



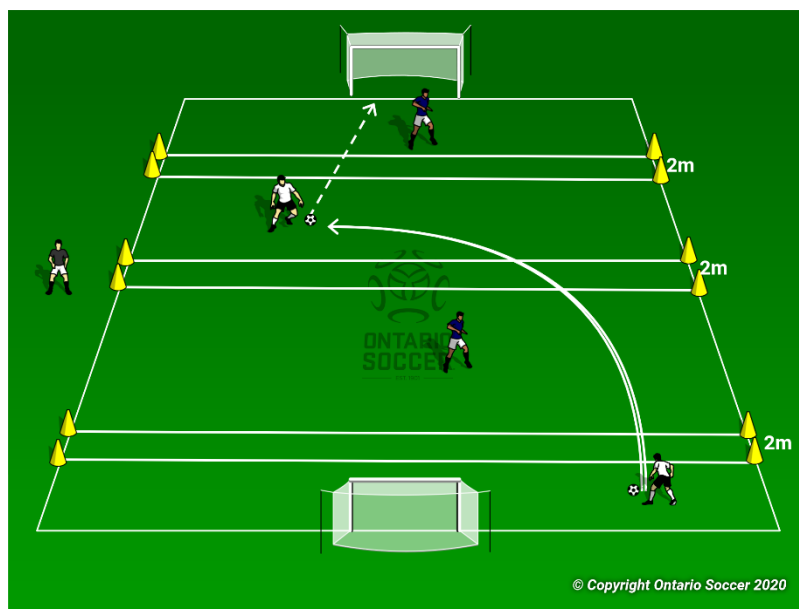
Recommendations

Vary the size of the zones depending on age and stage of players. Rotate the players so they experience being in the end zones as well as the middle zones. Always remember to maintain and prioritize the distancing requirements of two (2) metres (6 feet) between players.

Game – Keep Ball to Goal (3v3) – Phase 2

Set-Up

Create a 3v3 game while establishing clear zones to prevent contact. Staying in their designated zones player must keep the ball by passing it through an opponent's zone and ending with a shot on goal. Staying in their designated zone, the opponent must try and intercept/block the pass/shot to stop their opponent from scoring.



Recommendations

Vary the size of the zones depending on age and stage of players. Rotate the players so they experience being in the end zones as well as the middle zones. Always remember to maintain and prioritize the distancing requirements of two (2) metres (6 feet) between players.

Cool Down

Ball Control

Set-up

In their designated zone, players can use all parts of their foot, including the bottom, top, inside and outside as well as both feet. Players can take small touches of the ball in a variety of ways. This can be on the ground or juggling the ball in the air. Ensure players are not using their hands to pick the ball up.

Recommendations

Give players a challenge or task, for example a move to perform or the number of times they can juggle the ball. Let the players demonstrate their best skill or trick. Decrease the tempo as the session comes to an end.

