

SOVA - Return to Activities
Sport Training Considerations - Soccer



Components	Phase 0	Phase 1	Phase 2	Phase 3
Description of Phases	Stay at home order in place & public facilities are closed	Stay at home order is lifted, restriction on size of mass gatherings (<10 people)	Size restrictions on mass gatherings are increased (<50 people), public facilities are open	No restrictions on size of mass gatherings and public facilities are open.
Level of Engagement	<ul style="list-style-type: none"> • Virtual activities, no in person meetings or activities • Play only with family members or those living in your household. • Virtual coaching 	<ul style="list-style-type: none"> • Train & exercise at home alone or with household members with your own equipment • Individual skills training in small groups. • Each athlete or partner must have their own ball and equipment is not to be shared. • Coaches must wear a face mask and maintain 6 feet of space between themselves and athletes. • Virtual Coaching 	<ul style="list-style-type: none"> • Engage in activities in public spaces alone, with household members or small group (respecting requirements on size of gathering), and with sanitized balls. Limited sharing of equipment. • Coaches must wear a face mask and maintain 6 feet of space between themselves and athletes. • Virtual coaching & Coaches on site with small Groups 	<ul style="list-style-type: none"> • Engage in team or large group pickup play with non-household members and shared balls • Coaching on site
Recommended Activities, Skills & Drills		<ul style="list-style-type: none"> • Juggle • Cone Drills • Footwork • Passing 	<ul style="list-style-type: none"> • Small group work & Drills • Passing drills between a small group of teammates. 	<ul style="list-style-type: none"> •