

Phases of Resuming Soccer

The timeline for each Phase will be determined by the Saskatchewan Soccer Association, and the orders, restrictions and guidelines of the Saskatchewan provincial health authorities.



Phase 1 Return to Train (no contact)



Individual Training.

Social Distancing measures are in place.

Technical Based Activities
example-ball mastery, passing and receiving on the ground, relays and competitions or challenges that maintain social distancing with no opposition.

Phase 2 Return to Train (minimal contact)



Group Based Training.

Social Distancing measures are being relaxed.

Small Group Activities
(1v1 - 3v3)

Activities where contact is avoidable as much as possible.

Phase 3 Return to Play (increased contact)



Club Based Training.

Social Distancing measures are relaxed further.

Intro of Small Game Formats
(1v1 - 7v7)

Phase 4 Return to Play (full contact)



Open Play.

Social Distancing measures are removed.

All Game Formats
(1v1 - 11v11)

Social Distancing (Phase 1): Contact is considered anything less than the 2 metres between participants; no contact is allowed in this phase.

Technical Based Activity: Activities that do not require opposition within 2 metre proximity, therefore, allowing players and coaches to maintain social distancing.

Small Group Activities: Include activities with opposition. Numbers for the activities should be between 1v1 to 3v3. Try to keep players in groups together so that they work with similar players rather than constantly mixing players together.

Small Game Formats: Game formats of 1v1 to 7v7. Recommendation within RTSP Phase 3 would be to keep this in-house versus playing against different clubs.

All Game Formats: Introduction of all game formats.