

Return to Play

Technical Resources



TRAINING ENVIRONMENT



Killarney FC is part of the Killarney Youth Soccer Association



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INTRODUCTION

These are the Killarney FC 'Return to Play' Technical Resources/Sample Sessions designed to support Killarney FC Members that are looking to deliver soccer programming within the Killarney FC 'Return to Play' Recommendations and Guidance.

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.
- An environment whereby Players will experience controlling, juggling, and passing the ball either individually or with a partner, as well as 'games' aimed to encourage teamwork in defending and attacking situations.
- A number of slides detailing the session plans as well as providing coaches with basic tips on managing players, equipment, time and space within the directive guidelines.

The delivery of all activities adhere to the distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities that is required and meets the specified field dimensions.

Please note these guidelines apply to all programs and activities provided by the Killarney Youth Soccer Association, including but not limited to, Killarney FC, Spring Soccer, and Shamrock Academy

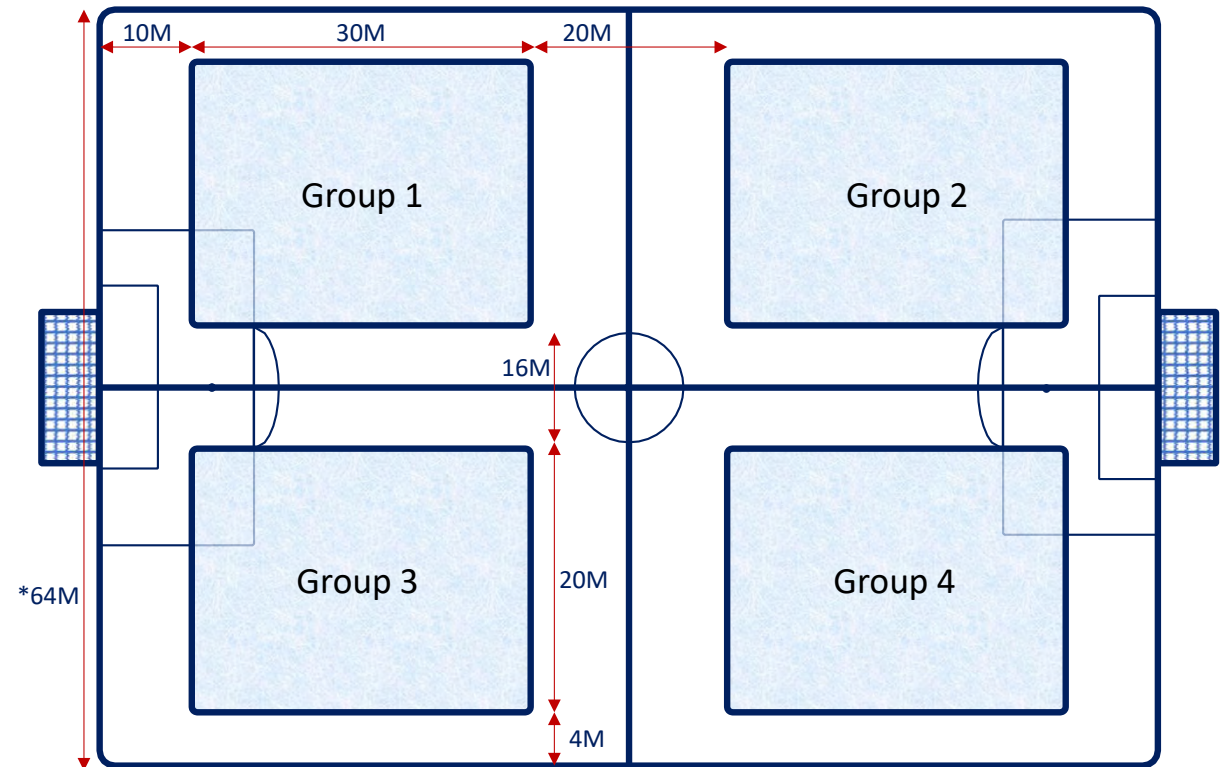


Field Dimensions

(Regular 11 v 11 Full-Size Soccer Field)



- Number of Groups = 4
- Number of Players = 40
- Number of Coaches = 8
- Total Number of People = 48 (Within the requirement of 50 people)
- Each Group has 20m x 30m for players to play within.
- Space provided in between each Group, for Coaches to move freely and for appropriate exit and entrance protocols within 2m physical distancing guideline.
- Can be modified to suit organizational and facility needs



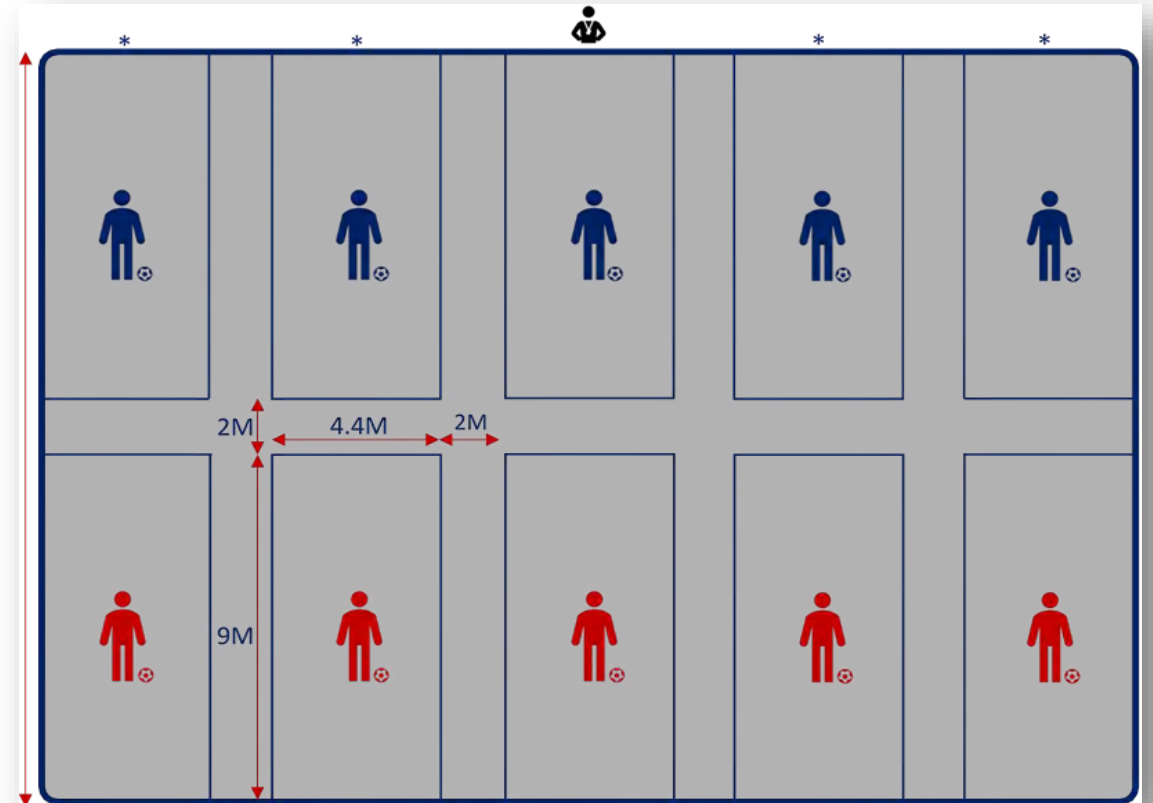
Group Dimensions (Quarter Field)



SET UP

- ❑ Number of Players = 10
- ❑ Number of Coaches = 2
- ❑ Player to Coach Ratio = 5:1 or 8:1 (*Depends on the level of the player and the level of the coach*)
- ❑ 2m distancing in place between each player.
- ❑ Within a coned zone, each Player has 4.4m x 9m to play.
- ❑ Free Zone around the field for Coaches to move

*Designated player equipment area next to their zone



Age & Stage Considerations – Phase 1



Active Start - U5 to U6

1 Player + 1 Parent/Guardian/Sibling

Children at this age may struggle to maintain social distancing and complete technical-based activities. We cannot expect young children to be responsible for maintaining social distancing.

Using a parent or sibling will aid the coaches to deliver different activities as the child will have a parent/guardian/sibling to help manage them and some of the logistics to ensure social distancing is maintained. Social distancing does not need to be maintained by people from the same household. This will help create opportunities to plan activities that include a partner or opposition.

Be overly conservative when spacing out areas to maintain social distancing.

FUNdamentals – U7 to U9

1 Player + 1 Parent/Guardian/Sibling

Children at this age often need interaction with someone to remain engaged and complete technical-based activities. We cannot expect young children to be responsible for maintaining social distancing.

Players may not have yet developed focus to find isolated practices with a ball enjoyable. Therefore, utilizing a parent/guardian/sibling to partake in the practice will provide a more fulfilling experience as it will increase the number of different activities the player can experience as social distancing does not need to be maintained by people from the same household. This will help create opportunities to plan activities that include a partner or opposition.

Be overly conservative when spacing out areas to maintain social distancing.

Learn to Train - U10 to U13

Players in the L2T stage should be engaged in the progression of activities within training session during Phase 1.

Players at this age need monitoring but may be ready to maintain social distancing as directed. Level of support is based on the maturity of the athletes.

Engaging players on their strengths and weaknesses within different activities is a strategy coaches can utilize to differentiate (individualize) tasks.

Individualized consideration will help keep the players engaged and focused. Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice environment.

Be conservative when spacing out areas to maintain social distancing.

Soccer 4 Life - U13+

Players in the S4L stage should be engaged in the progression of activities within training session during Phase 1.

Players should understand what social distancing is and be able to respect the social distancing requirements in place within their province while at soccer.

Engaging players on their strengths and weaknesses within different activities is a strategy coaches can utilize to differentiate (individualize) tasks.

Individualized consideration will help keep the players engaged and focused. Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice.

Be conservative when spacing out areas to maintain social distancing.

Session Structure



OVERVIEW

- ❑ Session Duration = 60 Minutes
- ❑ Session 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 ability and age.

Activities are basic examples that abide by the physical distancing and number of people guidelines.



Duration	Activity	Example
5 Minutes	Warm Up	1. Ball Control
15 Minutes	Pass	1. One & Two Touch
		2. Ball Swap
		3. Through the Gates
		4. Soccer Tennis
15 Minutes	Dribble	1. Small Touches
		2. Relay Race
		3. Turns
		4. Skills
15 Minutes	Game	1. Keep Ball
		2. Keep Ball to Targets
		3. Keep Ball to Goal (2 v 2)
		4. Keep Ball to Goal (4 v 4)
5 Minutes	Cool Down	1. Ball Control

Warm Up



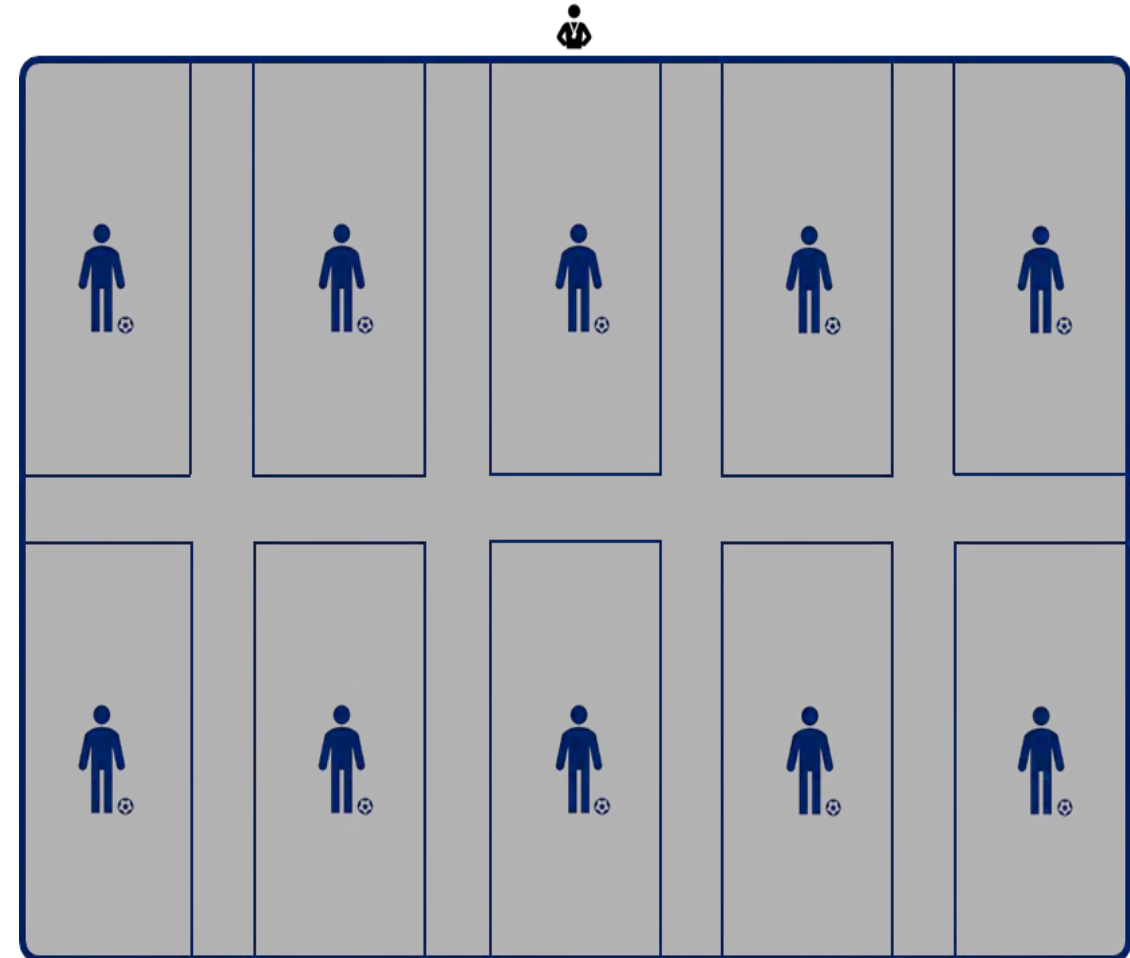
SET UP

- 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.

TIPS

- 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.

Ball Control



PASS ONE



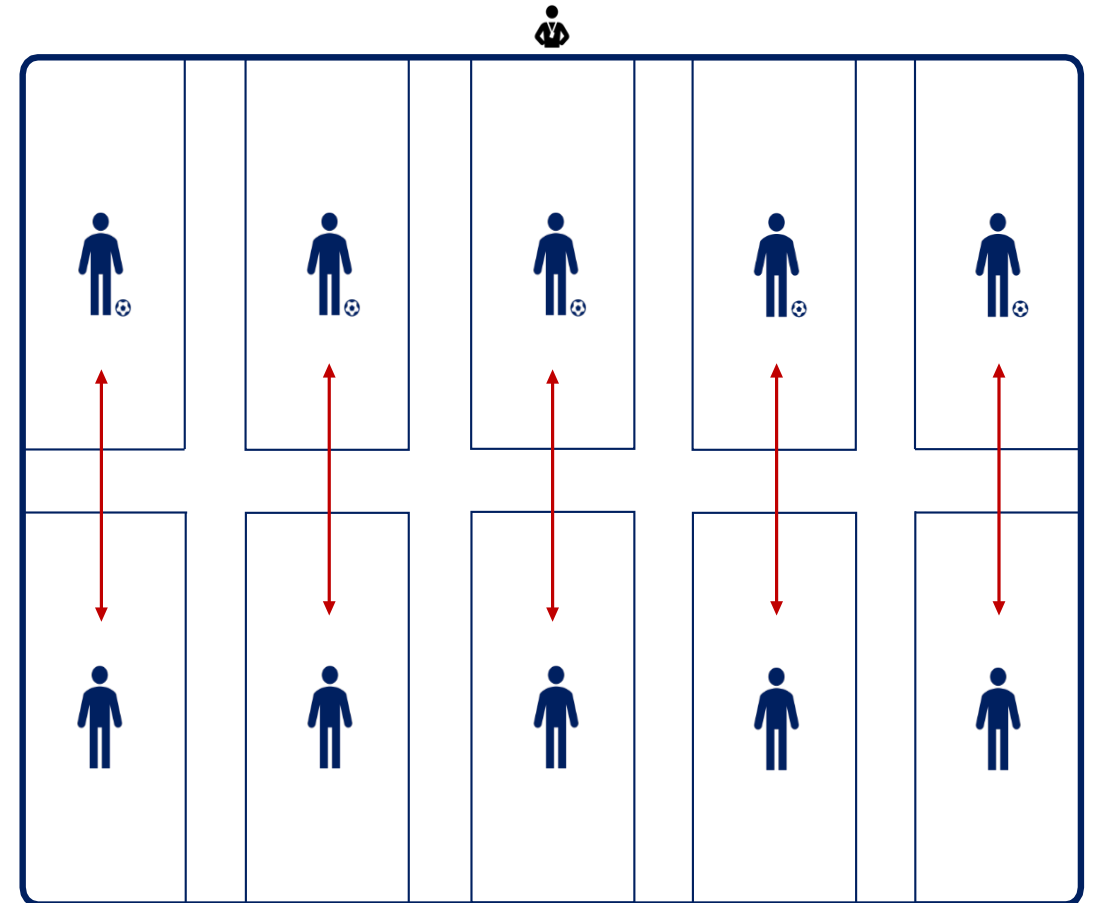
SET UP

- ❑ 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.

TIPS

- ❑ Give players a challenge or task in their team. For example, depending on their level, how many successful passes can they make together
- ❑ Add cones for players to control the ball around or move to within their own zone prior to passing.

ONE & TWO TOUCH



Pass Two

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.

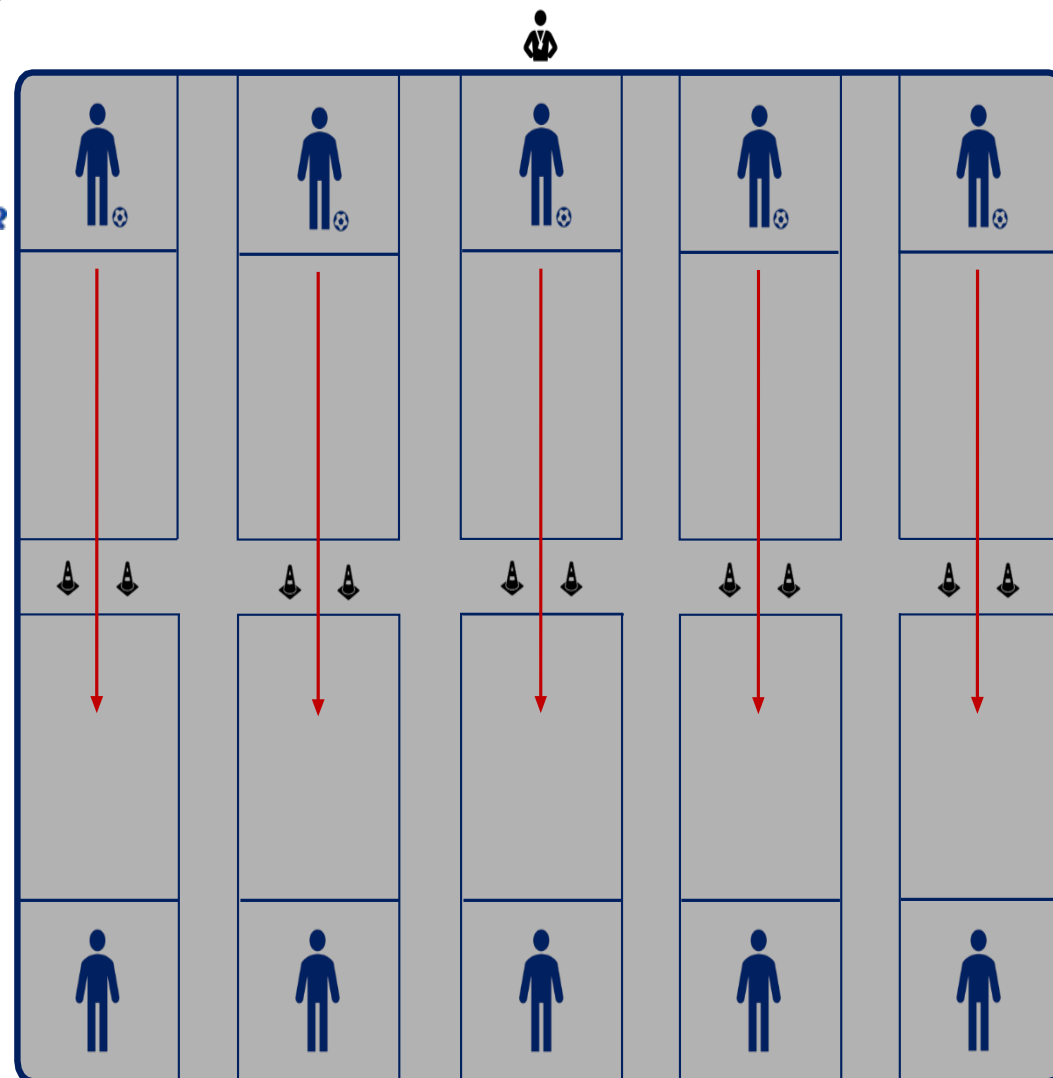
TIPS

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 their teammates zone.



Through the Gates



PASS THREE

SET-UP

In their designated zone, each player has one ball and need to connect with a teammate by passing to each other and 'swapping balls'.

Once they have completed one pass, players can find another teammate to swap balls with.

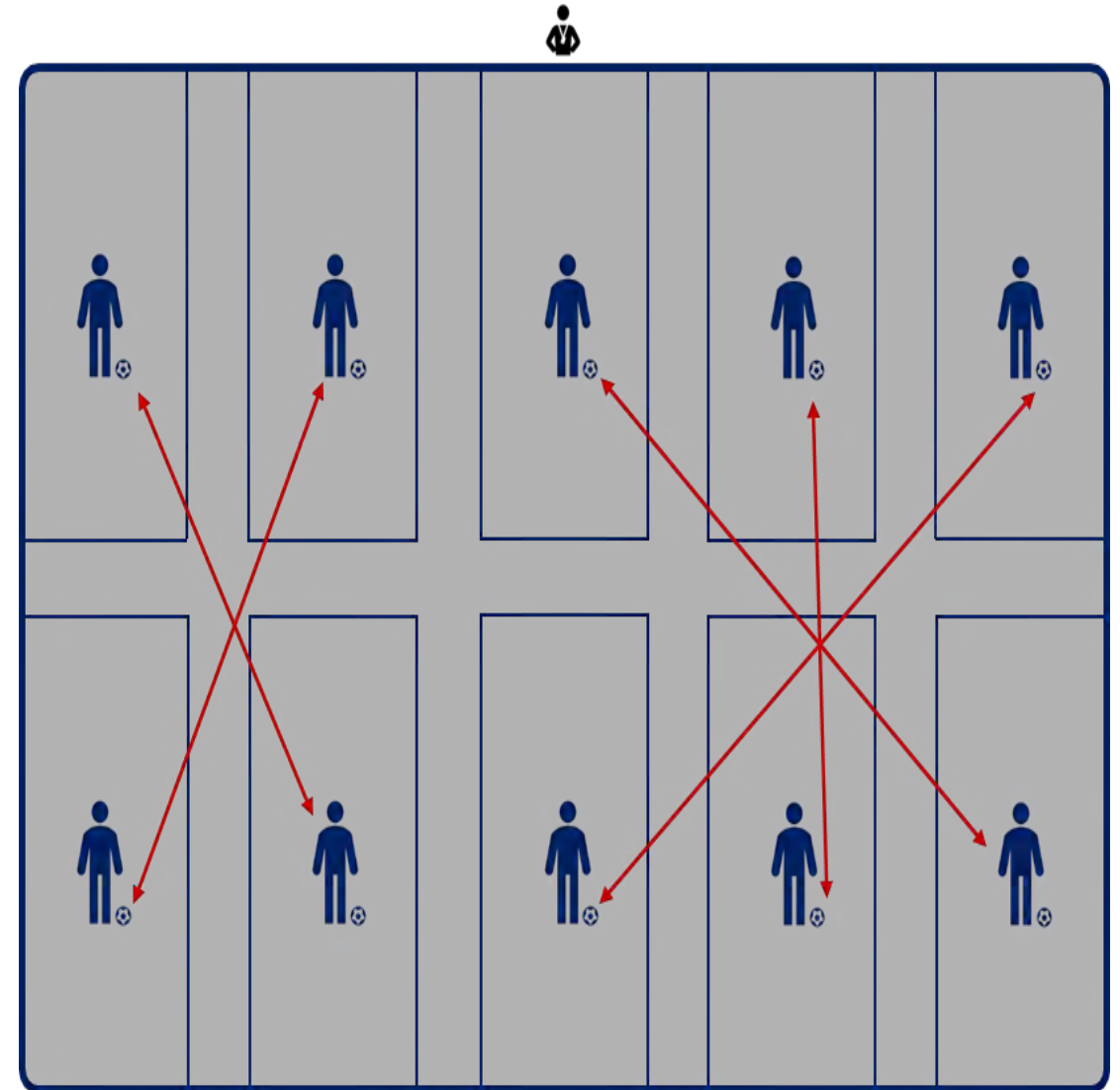
TIPS

Encourage players to try different types and distances of passes.

Encourage players to work together and communicate with each other.



BALL SWAP



PASS FOUR

SET UP

In their designated zone, the 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, thigh and chest.

Ensure players are not using their hands to pick the ball .

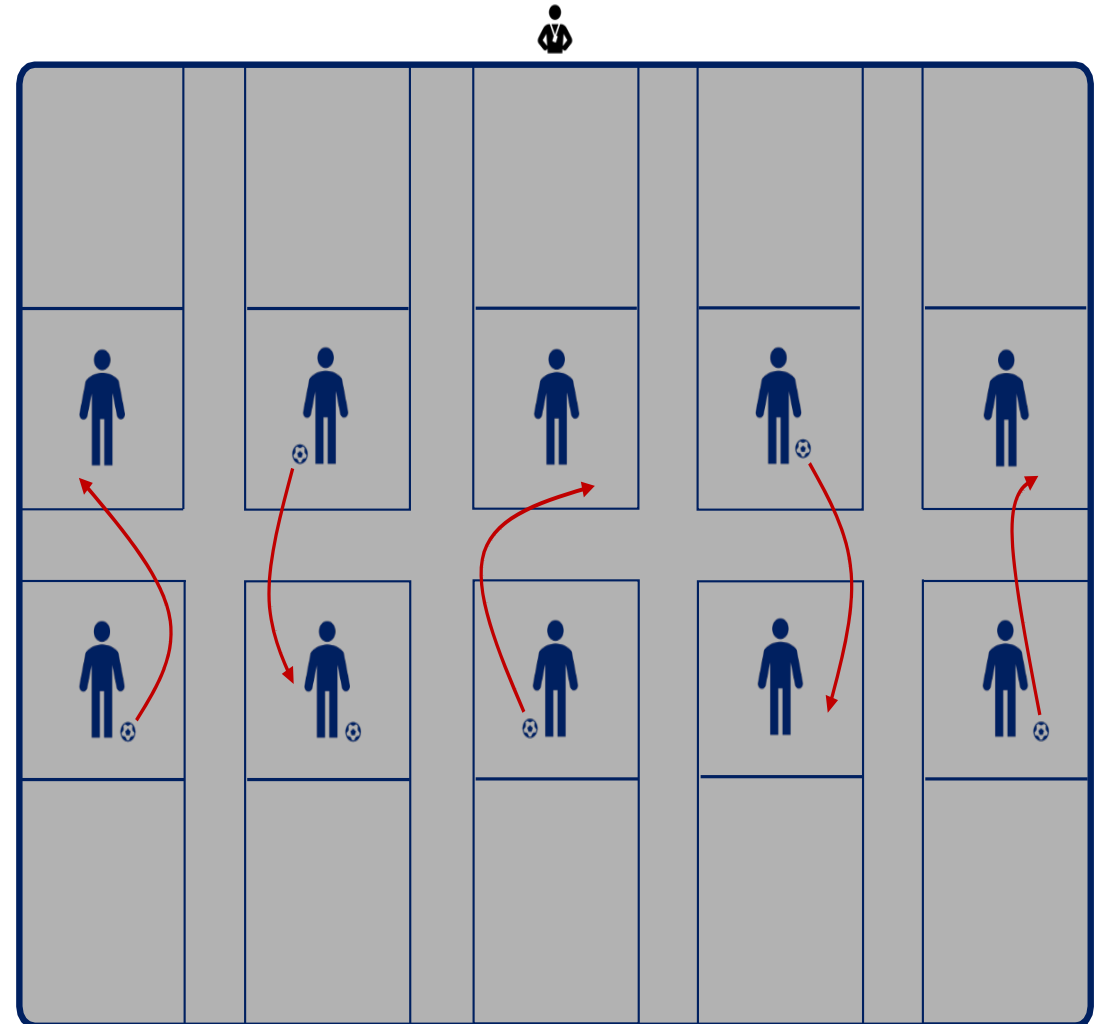
TIPS

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.



SOCCER TENNIS



Dribble One



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.

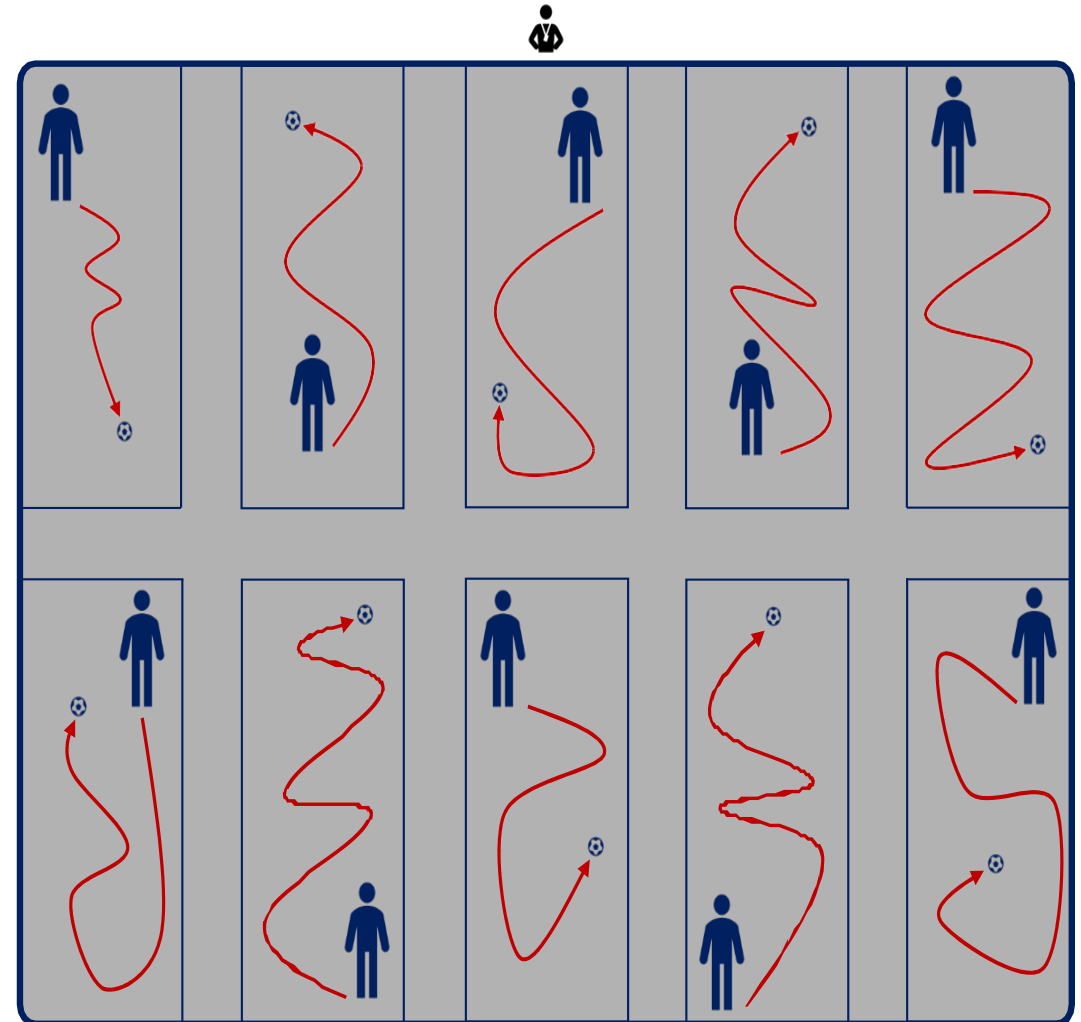
TIPS

Give players challenges by shouting commands including:

- "Turn"
- "Skill"
- "Stop"

Let the players demonstrate their best skill or trick.

Small Touches



Dribble Two



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 in and out of the cones.

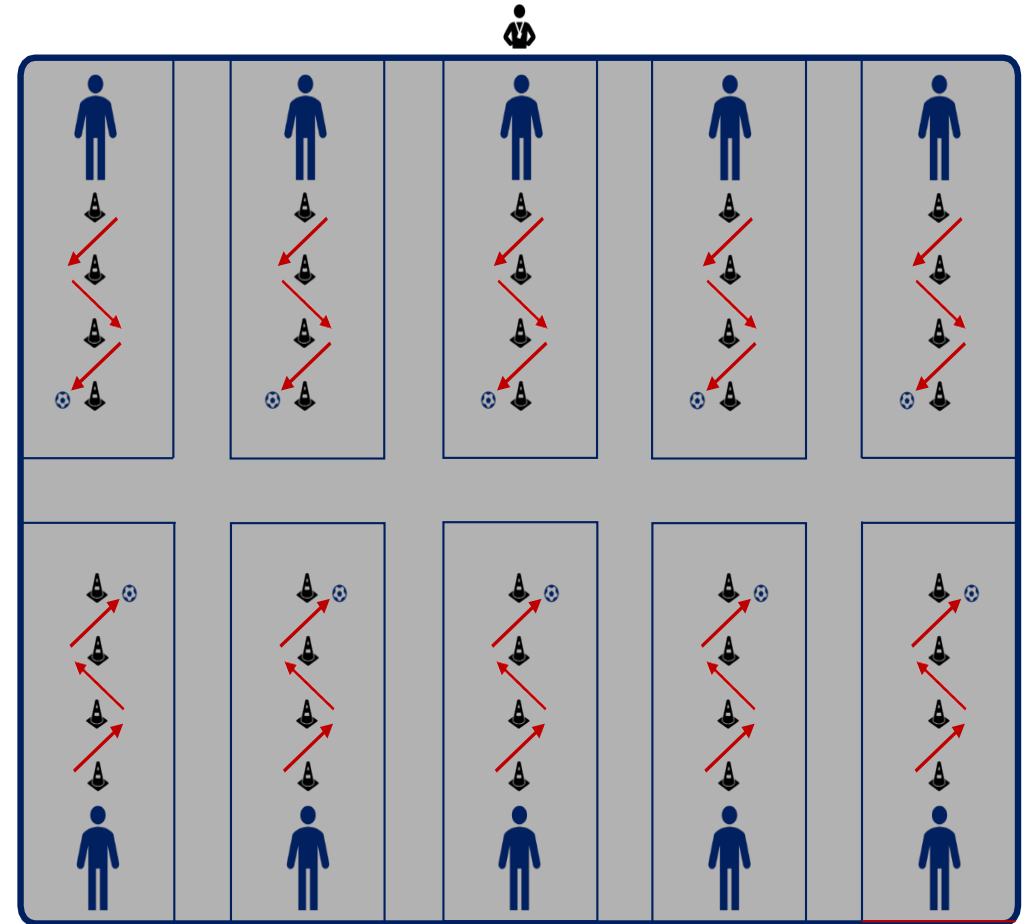
Have players race against each other to make the dribble competitive.

TIPS

- Give players a challenge or task, for example, rotate the players so they race with and against other teammates.
- Place players in teams and they have to co-ordinate their dribble to work together.
- Vary the cones to make a new race-course.



Relay Race



Dribble Three



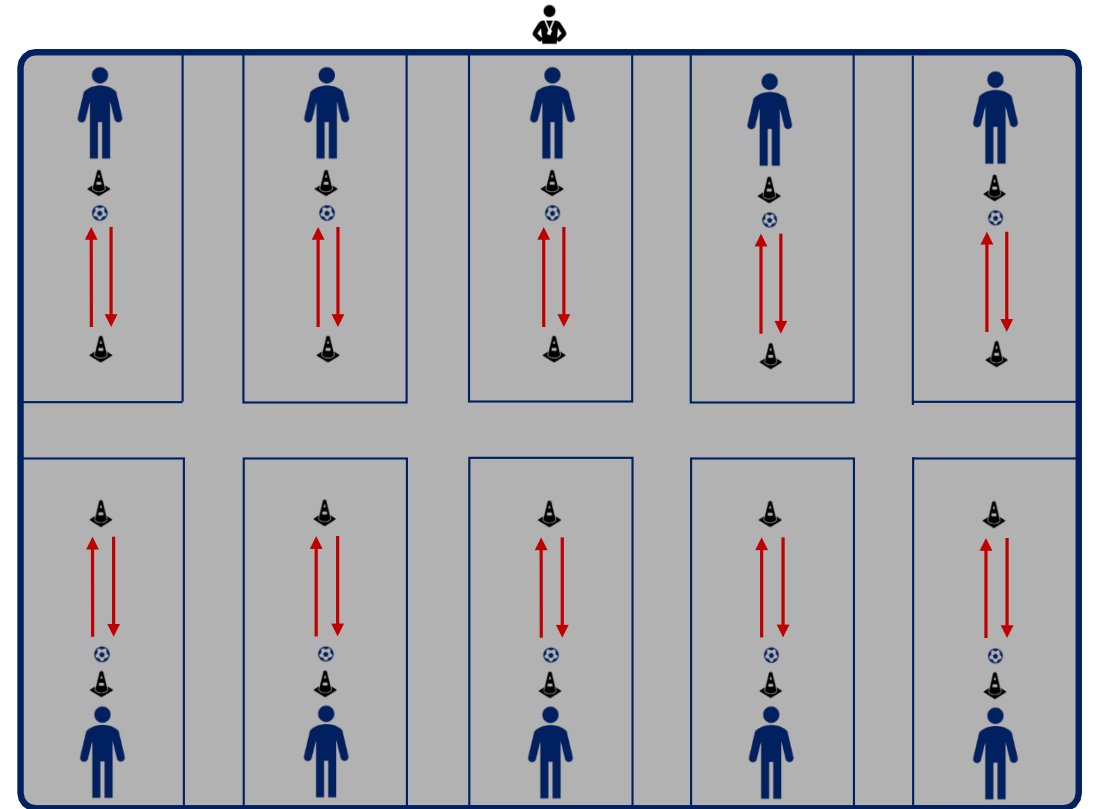
SET UP

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 turning away from the cone with speed.

TIPS

Let the players demonstrate their best turn as well as task the players to invent a new turn.
Increase the tempo by making the turns at pace.

Turns



Dribble Four



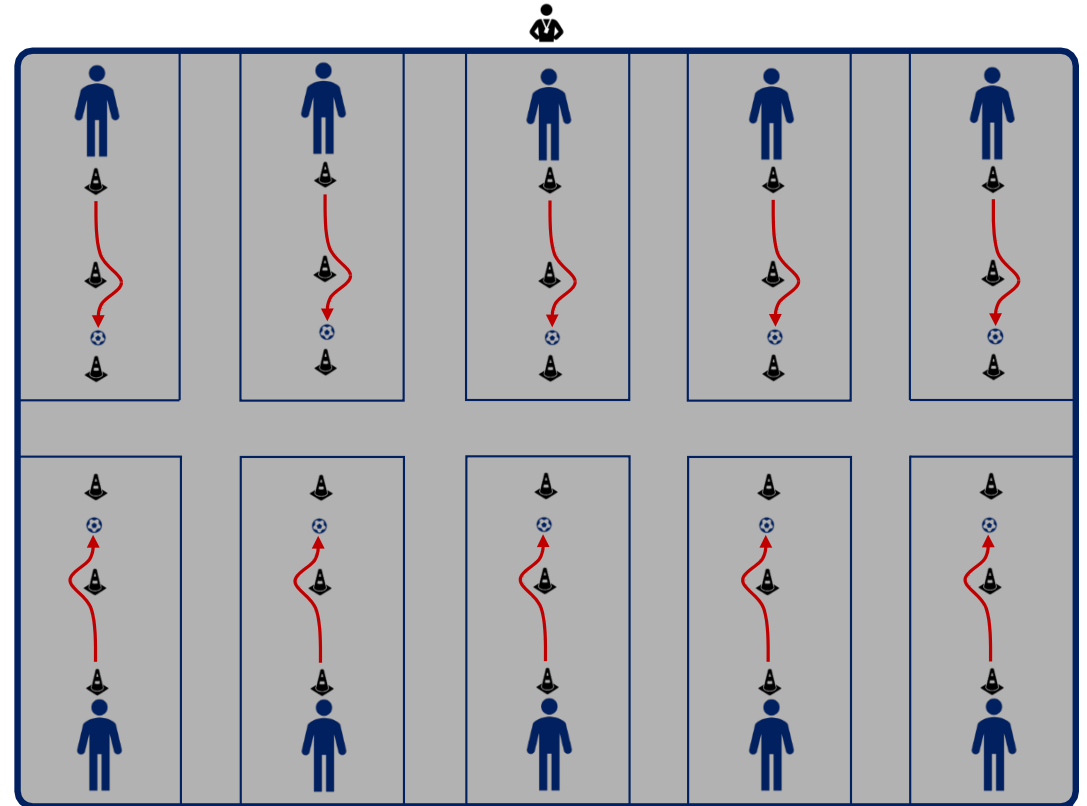
SET UP

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.

TIPS

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

Skills



Game One

SET UP

Split the group into 2 smaller groups creating a 3v2. Staying in their designated zones player must keep the ball by passing it through an opponent zone.

Staying in their designated zone, the opponent must try and intercept the pass.

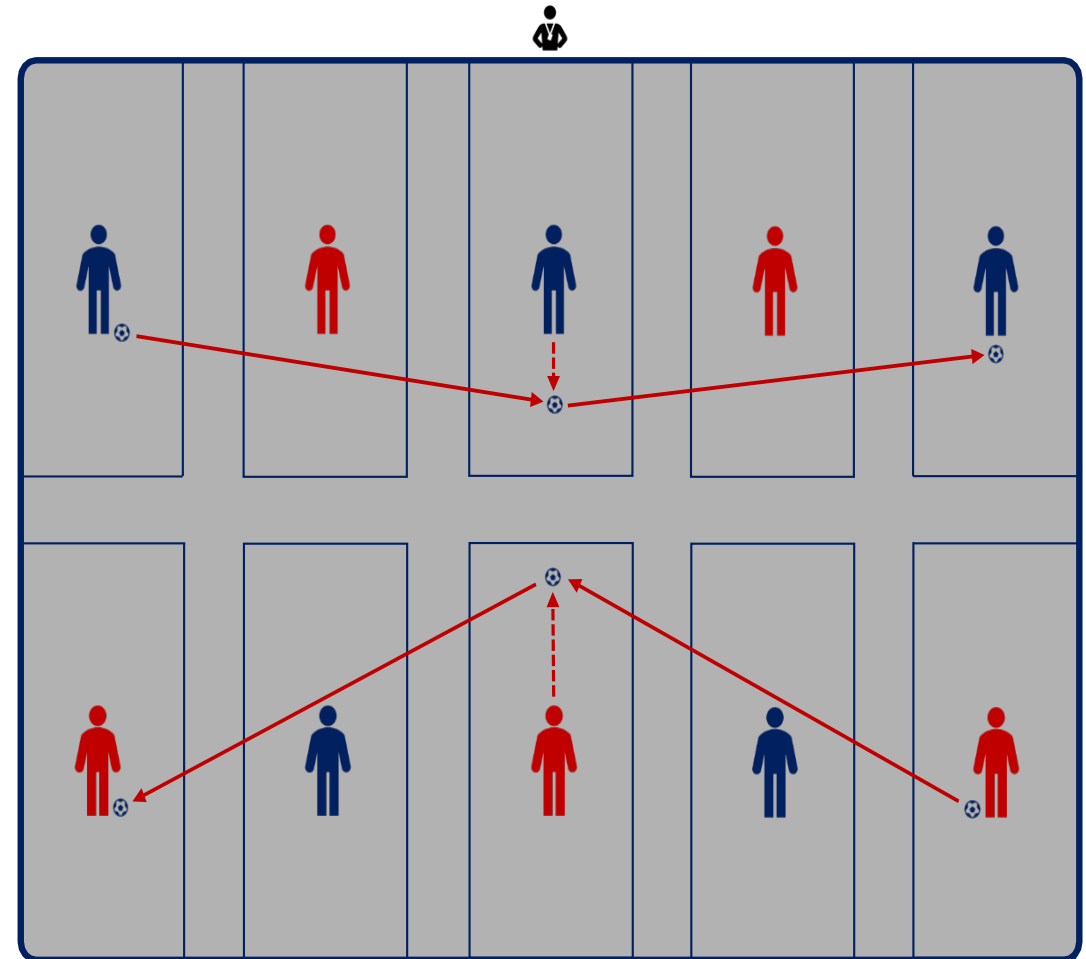
TIPS

Vary the size of the zone depending on the ability of player and challenge. Rotate the players so they experience being in the end zones as well as the middle zones.

When doing the above remember to maintain and prioritize the distancing requirements of 2m.



Keep Ball



Game Two



SET UP

Split the group into a 4v4 and 2 Goalkeepers. Staying in their designated zones player must keep the ball by passing it through an opponent's zone and finally into a target to score a goal.

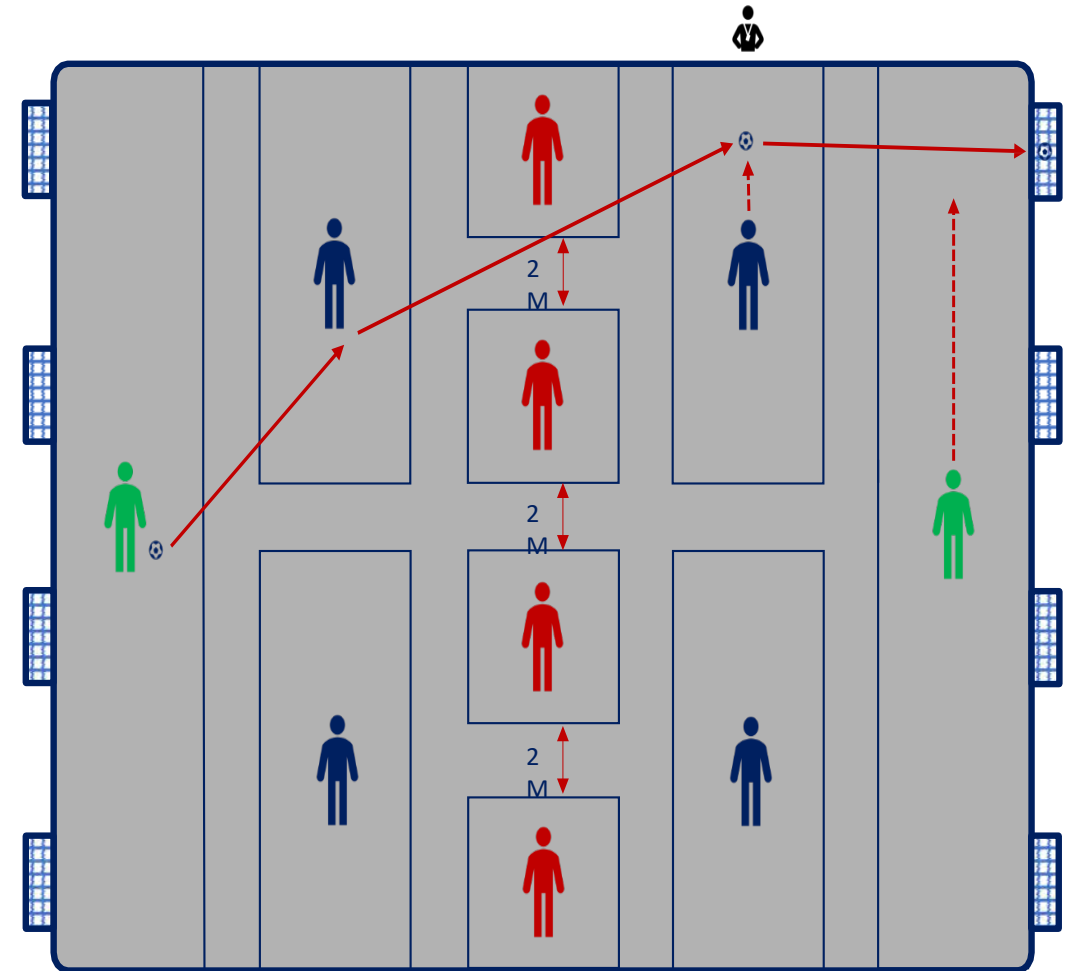
Staying in their designated zone, the opponent must try and intercept the pass to stop their opponent from finding targets.

TIPS

Vary the size of the zone depending on the ability of player and challenge. Rotate the players so they experience being in the end zones as well as the middle zones.

When doing the above remember to maintain and prioritize the distancing requirements of 2m.

Keep Ball To Targets



Game Three

SET UP

Split the group into 2 smaller groups creating a 2v2 + Goalkeepers. 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.

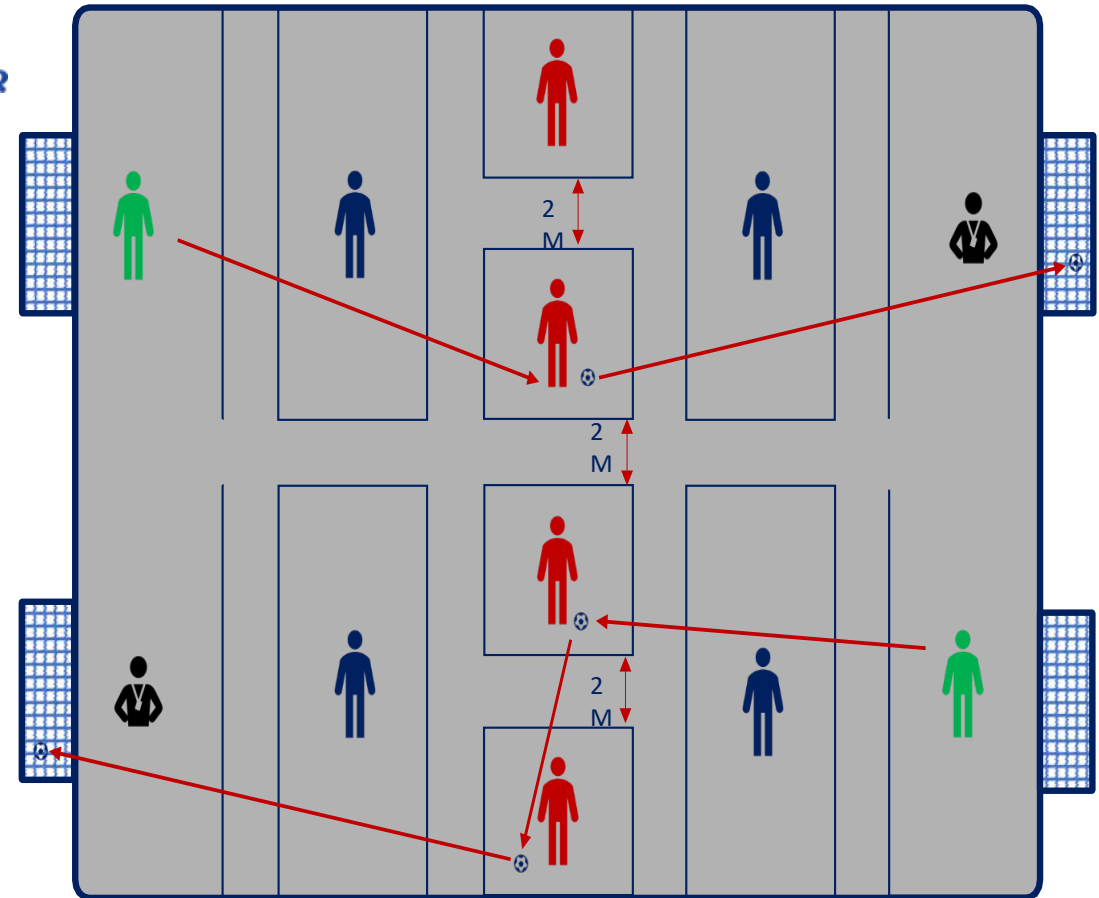
TIPS

Vary the size of the zone depending on the ability of player and challenge. Rotate the players so they experience being in the end zones as well as the middle zones.

When doing the above remember to maintain and prioritize the distancing requirements of 2m.



Keep Ball To Goal (2v2)



Game Four

SET UP

Split the group into a 4v4 and 2 Goalkeepers. 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.

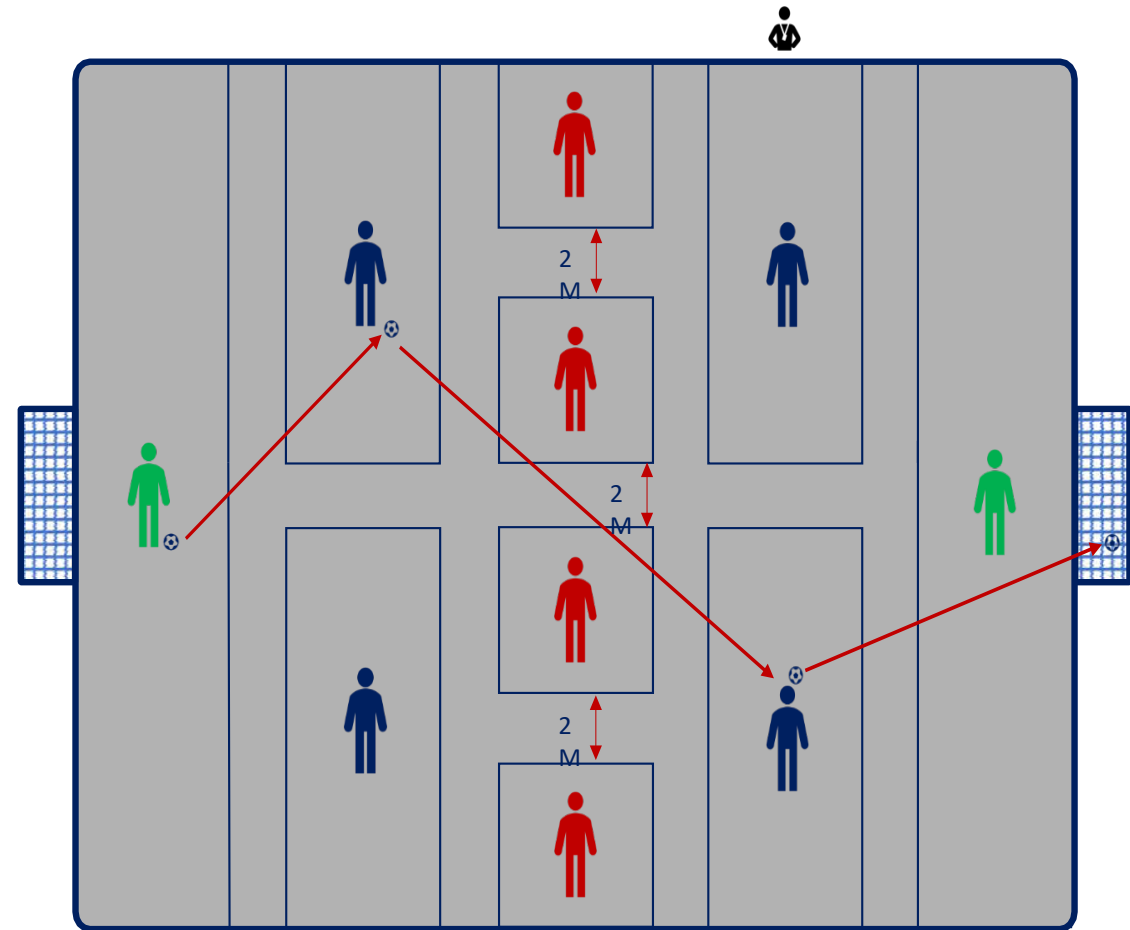
TIPS

Vary the size of the zone depending on the ability of player and challenge. Rotate the players so they experience being in the end zones as well as the middle zones.

When doing the above remember maintain and prioritize the distancing requirements of 2m.



Keep Ball To Goal (4v4)



Cool Down

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.

TIPS

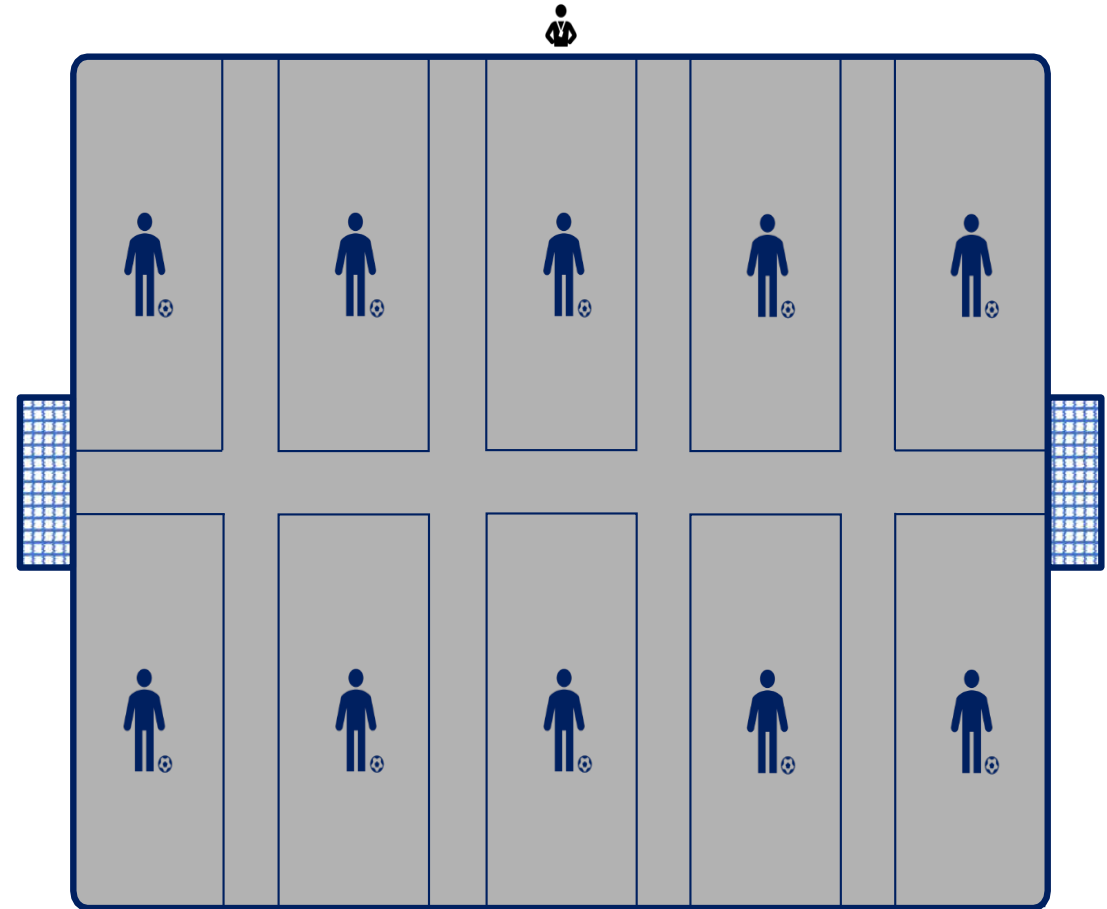
Give players a challenge or task, for example a move to perform or the number of times they can juggle the ball.

Let the players demonstrate their best skill or trick.

Decrease the tempo as the session comes to an end.



Ball Control





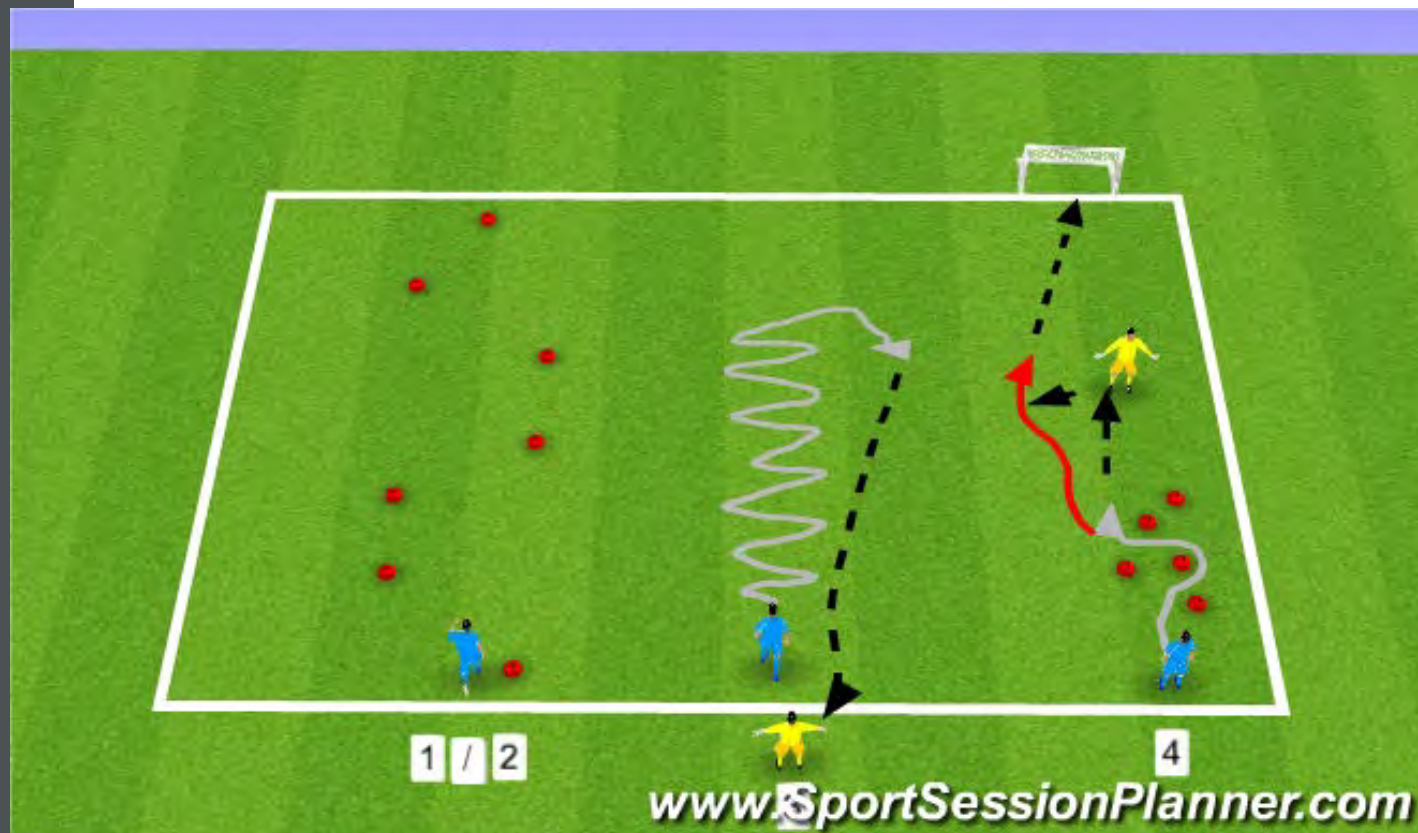
RELAY RACES

Same grid as before but set some cones up in a few different fashions.

Still, 1 player per grid, staying in your grid.
This shows all progressions in 1 square.

Example:

- 1 Hopscotch
- 2 Dribbling, running with ball in hands through the cones
- 3 Zig Zag Dribbling, Inside Outside etc.
- 4 Add a net to shoot on, play a give and go before shot

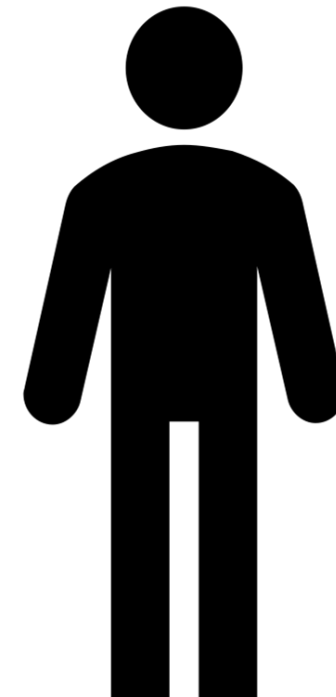


COACHING TIPS



Player Management

Before	During	After
Consider sending a session plan to the parents and players prior to the session.	Encourage the players to enjoy playing soccer in the current format.	Validate the effort your players demonstrated during the session.
Highlight which zone is allocated to which player.	Don't be overly concerned about players lacking technical ability at this time.	Ask the players if they have any suggestions for session activities next time.
Ensure parents are aware of the Return to play recommendations and guidelines.	Keep distancing measures in place between players and coaching staff.	Ensure that each player goes home with their designated household contact.



COACHING TIPS



Equipment Management

Before	During	After
Have enough cones and balls available for your session.	Reset cones that delineate the physical distancing parameters whenever they are moved out of place.	Ensure that all equipment is taken from the playing field in a safe manner.
Coach sets up all the equipment and follows club procedure for any equipment cleaning process.	Ask and remind players to avoid touching the equipment.	Consider cleaning and disinfecting all equipment after the practice is over.

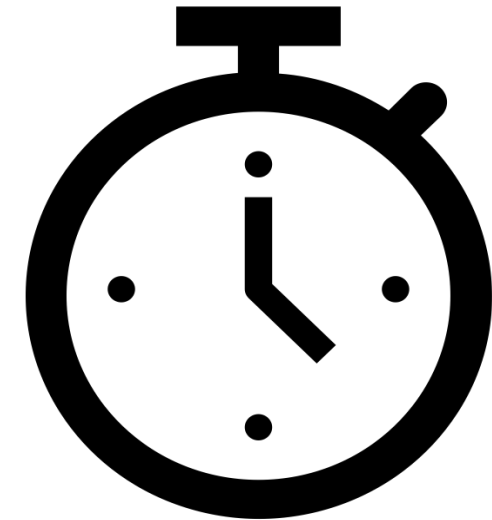


COACHING TIPS



Time Management

Before	During	After
Consider all factors when designing your session plan (i.e.. explanations, activity durations and transitions for water breaks).	Respect the timeline you anticipated in your session so parents can plan.	Make sure you pick up all equipment and belongings before leaving the field.
Prepare that transitions may take a little longer than normal when managing players and session set up.	Make use of your time by following your session plan guidelines.	Take a brief time to connect with your players after the practice and validate their efforts.
Delineate areas for players to arrive and to place their belongings while considering distancing requirements.	Don't stay too long on one activity to prevent boredom.	Consider following up with a positive email to the players and parents encouraging them about the next practice session.

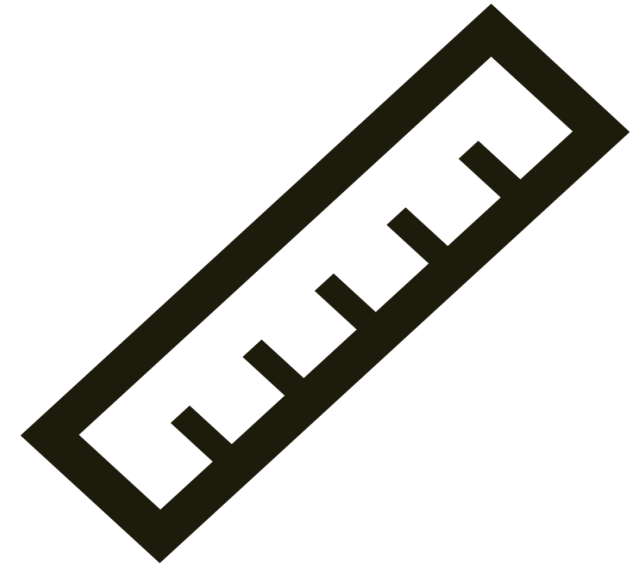


COACHING TIPS



Space Management

Before	During	After
Check with your club to confirm the amount of space available for your session.	Be aware at all times that you and the players are respecting distancing guidelines.	Make sure you pick up all equipment before leaving the field.
Prepare a session plan that includes the amount of players confirmed for your practice.	Consider designating the Assistant Coach to help you manage the spacing throughout the session.	Don't leave any personal belongings on the field of play or team bench.
Ensure that you have the right equipment (i.e.. amount of cones and pumped up balls).	Add more cones if required to clearly emphasize the zone boundaries.	Reflect on how the spacing worked out in the session and involve your players, the staff and ask the parents for their feedback.

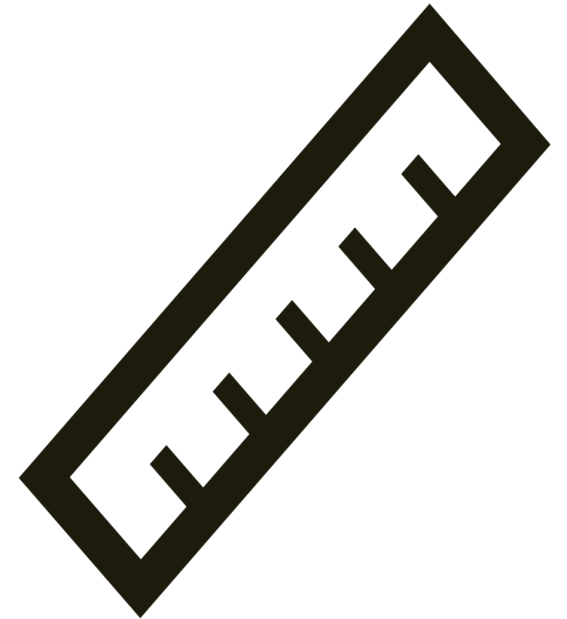
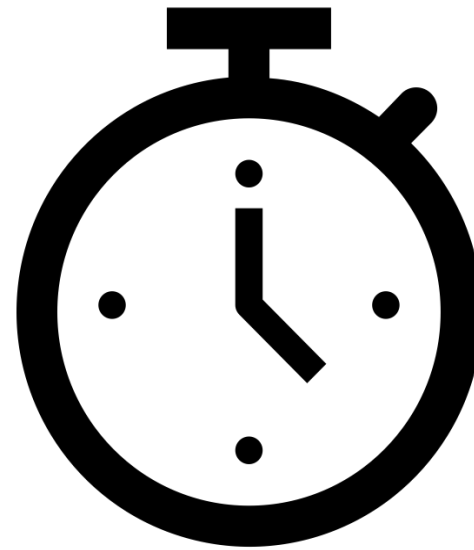
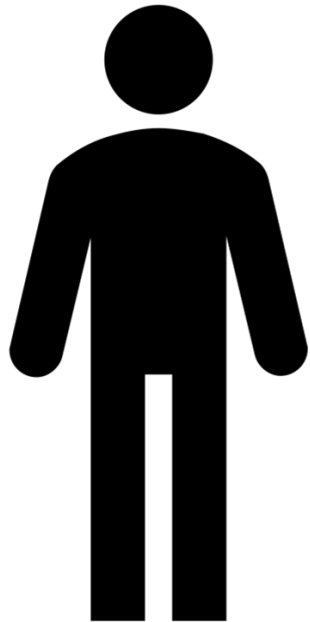


COACHING TIPS



Post Training Assess

- Field Managers / Coaches / Assistants Fill Out Quick Survey
- Need to create a question list
- Moving Plan which adapts to assessments



PARTICIPANT AGREEMENT

A participant agreement must be signed prior to training



PARTICIPANT AGREEMENT

All Participants of Killarney FC agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all of my Clubs COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Player Name: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

COVID-19 Screening Survey

When checking-in at each training session all staff, players and volunteers will complete a brief mandatory COVID-19 Screening Survey

ZERO tolerance policy for 'playing while sick'

Ensure that participants do not participate if they are symptomatic

Players, staff and volunteers may be asked to go home based on the screening survey responses

You Should NOT come to the field if:

- You do not feel well or are displaying symptoms of COVID-19
- Someone in your household has COVID-19 or is showing symptoms of COVID-19
- You have travelled outside of Canada within the last 14 days
- Someone in your household has travelled outside of Canada within the last 14 days



Mandatory COVID-19 Screening

1. **Do you have a fever?**

Yes No

2. **Do you have any of the following signs or symptoms?**

- | | |
|---|--|
| <input type="checkbox"/> New onset of cough | <input type="checkbox"/> New loss or decrease in sense of taste or smell |
| <input type="checkbox"/> Runny nose | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Sneezing (not allergy related) | <input type="checkbox"/> Shortness of breath/difficulty breathing |
| <input type="checkbox"/> Chills | <input type="checkbox"/> Nasal congestion |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Nausea/vomiting or diarrhea |

3. **Have you travelled or have had close contact with anyone who has travelled in the past 14 days?**

Yes No

If you have answered "yes" to questions 1,3, or have checked off signs or symptoms, you may be asked to go home.



Physical Distancing

EVERYONE MUST:

All players, coaches, staff and volunteers will practice proper physical distancing by staying a minimum of 2 meters apart at all times

All coaches, staff and volunteers will wear masks in all instances when physical distancing cannot be maintained

NOTICE



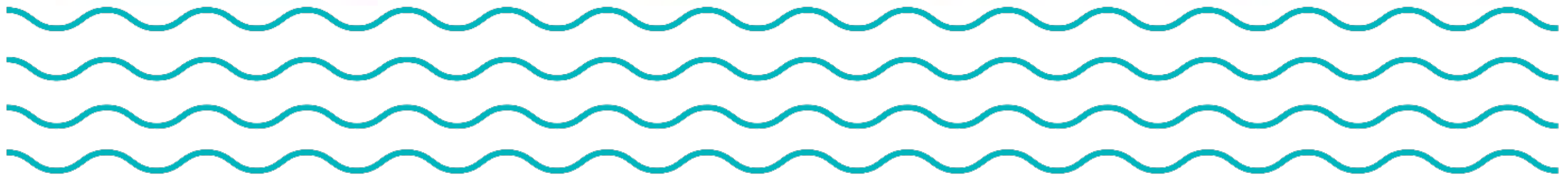
**PLEASE KEEP A
PHYSICAL DISTANCE OF
2 METRES BETWEEN
YOURSELF AND OTHERS**

Thank you for following public health orders and practicing social distancing.



Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none">• Frequent handwashing• Cough into your sleeve• Wear a non-medical mask• No handshaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travellers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high touch areas• Touch-less technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and people• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces



OUTBREAK PLAN



1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the field, implement enhanced cleaning measures to reduce risk of transmission.
3. Implement the illness policy and advise individuals to:
 - Self-isolate
 - Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of any signs or symptoms of COVID-19.
 - Use the COVID-19 self-assessment tool at [BC COVID-19 Self-Assessment Tool](#) to help determine if further assessment or testing for COVID-19 is needed.
4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer to the local health authority. Implement Illness Policy and enhanced measures.
5. If the organization is contacted by a medical health officer in the course of contact tracing, we will cooperate with local health authorities.

COACHING TIPS



Field Arrival Plans

- All players/coaches/field managers will be notified ahead of time as to field entrance points (as indicated on field access maps by a blue line)
- Players will be asked to bring their own full water bottle, so as to not use water fountains
- Players will be asked to change into soccer apparel at home, so as to not use field changerooms
- Coaches & Field Managers will be presented with gloves & facemasks if they do not have their own
- Field manager will be stationed at check in area, to sign all players in as they enter the field
- Hand sanitizer will be available for all staff/field managers/players prior to entering the field
- Once checked in, players will be directed to their allocated square on the field
- Cones set up to indicate 2m distancing
- Designated Parent Zones Outside of Field Perimeter

COACHING TIPS



Field Exiting Plans

- Field managers will check players out one at a time following training session
- Hand sanitizer will be available for all staff/field managers/players prior to leaving the field
- Families will be notified ahead of time of field exit points/pick up areas (as indicated on field access maps by a red line)
- Players will be asked to leave the field as quickly as possible following training session
- PPE equipment will be properly disposed of, following training session
- All equipment will be cleaned using sanitizing wipes

KILLARNEY OVAL

6260 Killarney St. Vancouver, BC



Covid 19 Field Access Key

-  Hand Sanatizer & Check In Area
-  Drop Off Area & Access To Field & Social Distancing Zone For Taping
-  First Aid Zone For Social Distancing
-  Exit The Field Area & Access to Pick Up Zones
-  PPE Disposal Bin at Exit Gate



CHAMPLAIN HEIGHTS PARK 3351 Maquinna Dr. Vancouver, BC



Covid 19 Field Access Key

-  Hand Sanitizer & Check In Area
-  Drop Off Area & Access To Field & Social Distancing Zone For Taping
-  First Aid Zone For Social Distancing
-  Exit The Field Area & Access to Pick Up Zones
-  PPE Disposal Bin at Exit Gate



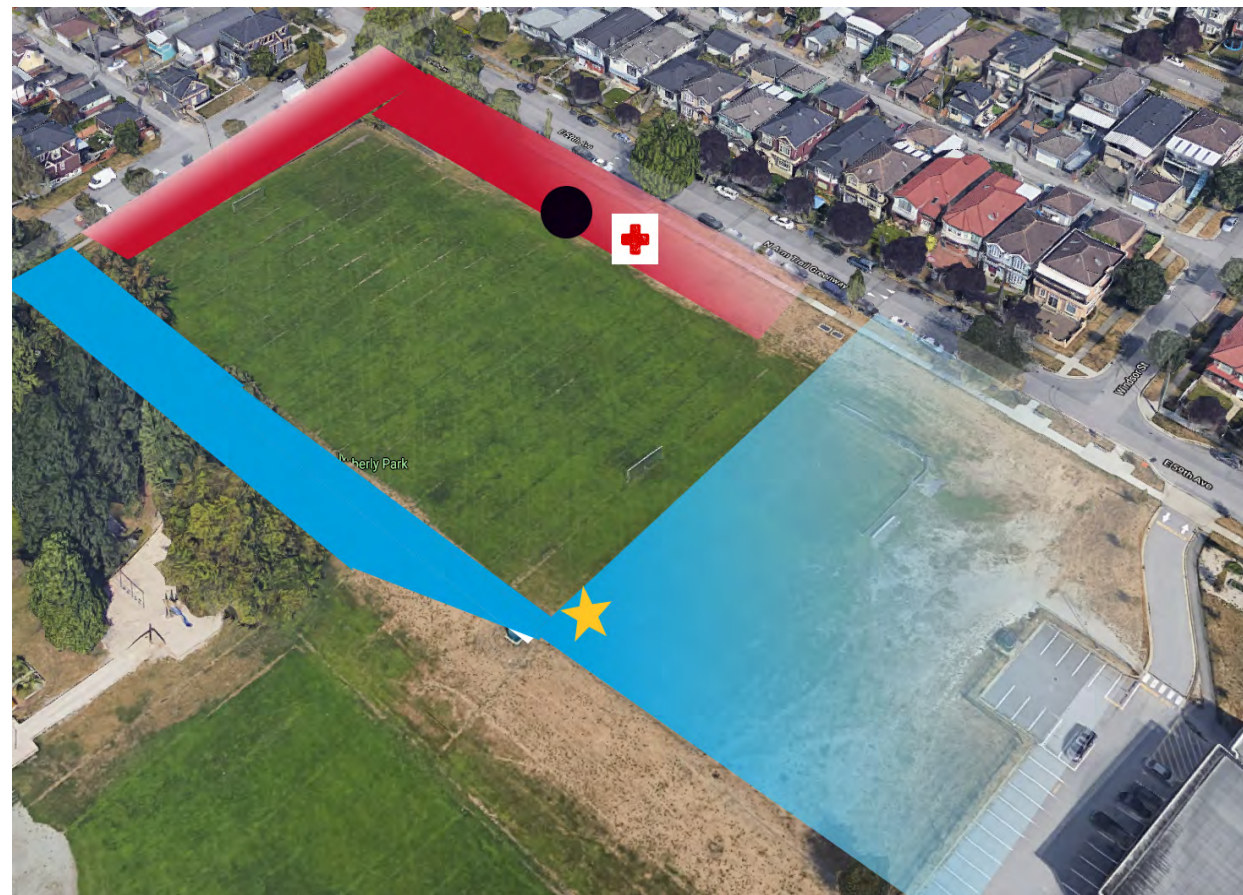
MOBERLY PARK

7646 Prince Albert St. Vancouver, BC



Covid 19 Field Access Key

-  Hand Sanitizer & Check In Area
-  Drop Off Area & Access To Field & Social Distancing Zone For Taping
-  First Aid Zone For Social Distancing
-  Exit The Field Area & Access to Pick Up Zones
-  PPE Disposal Bin at Exit Gate



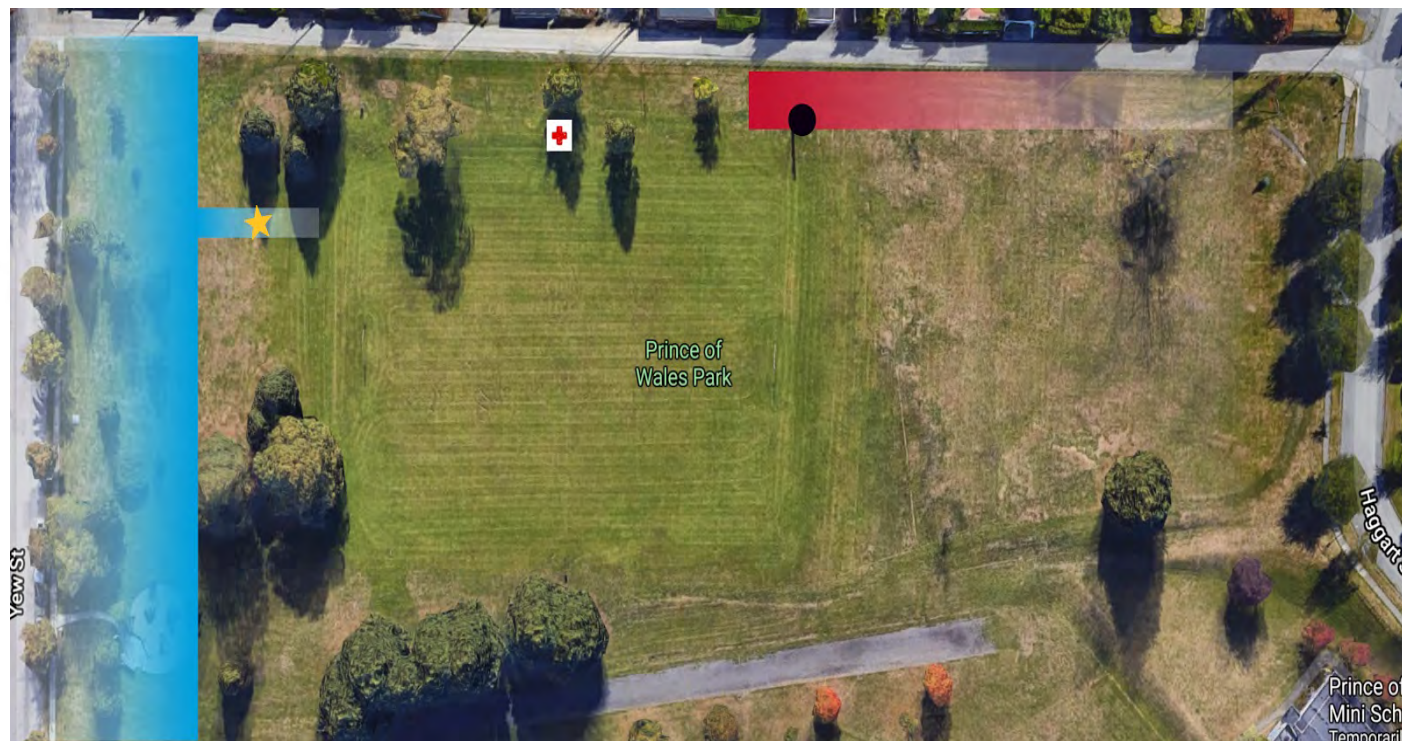
PRINCE OF WALES

4780 Haggart St. Vancouver, BC



Covid 19 Field Access Key

-  Hand Sanatizer & Check In Area
-  Drop Off Area & Access To Field & Social Distancing Zone For Taping
-  First Aid Zone For Social Distancing
-  Exit The Field Area & Access to Pick Up Zones
-  PPE Disposal Bin at Exit Gate



Prince of
Mini Scho
Temporarily

HILLCREST PARK

4501 Clancy Loranger Way. Vancouver, BC



Covid 19 Field Access Key

-  Hand Sanatizer & Check In Area
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-  First Aid Zone For Social Distancing
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-  PPE Disposal Bin at Exit Gate



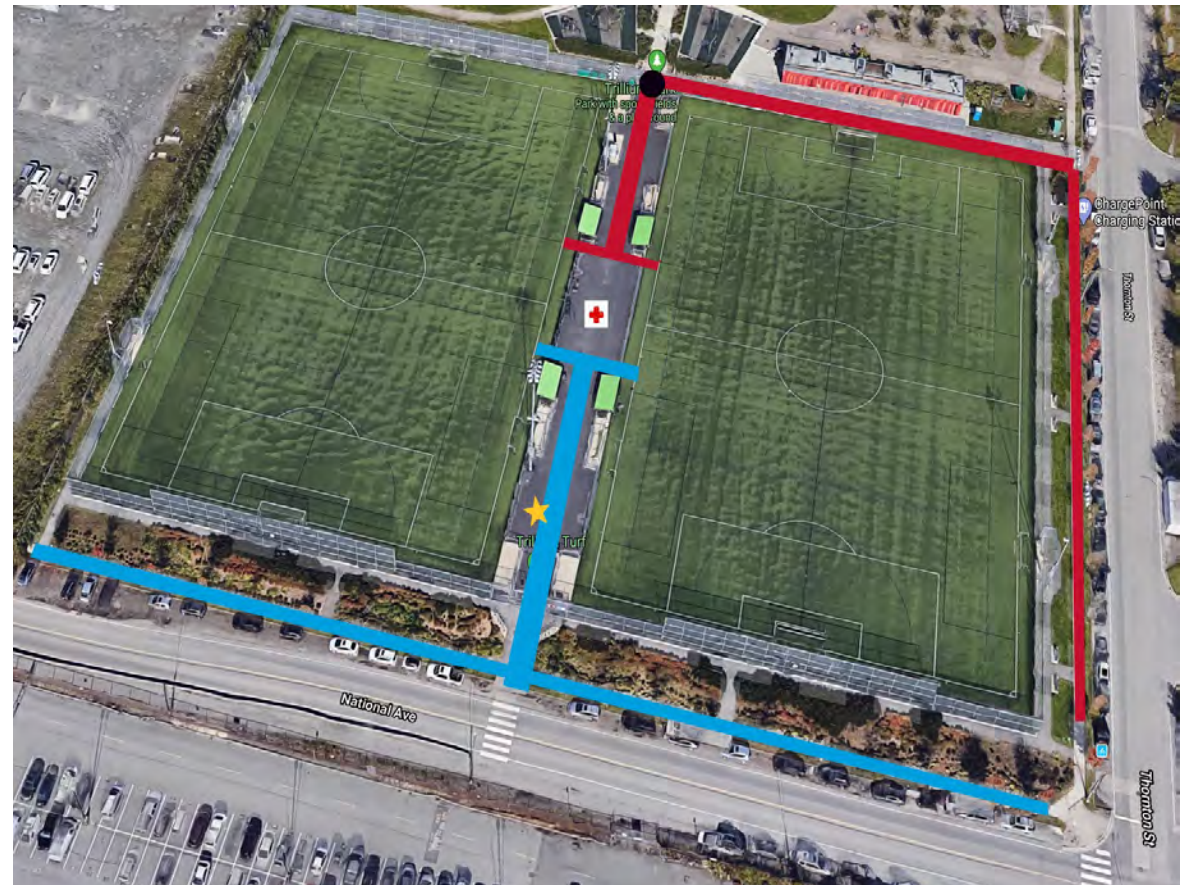
TRILLIUM PARK

600 National Ave. Vancouver, BC



Covid 19 Field Access Key




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-  PPE Disposal Bin at Exit Gate

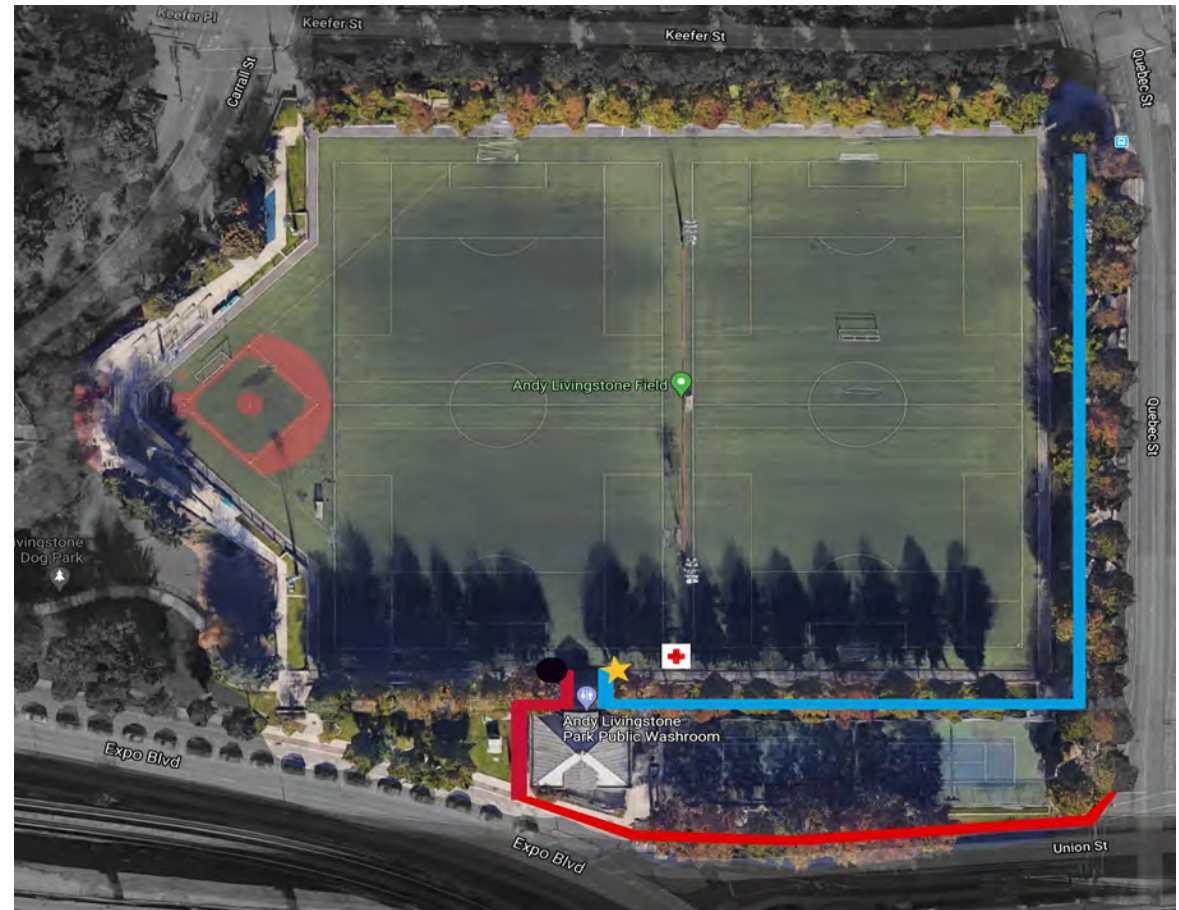


ANDY LIVINGSTON PARK 89 Expo Blvd. Vancouver, BC



Covid 19 Field Access Key




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UNIVERSITY HILL Ross Drive. Vancouver, BC



Covid 19 Field Access Key

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-  PPE Disposal Bin at Exit Gate



EMPIRE PARK

2901 E Hastings St. Vancouver, BC



Covid 19 Field Access Key

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BC SOCCER

Welcome Back!

Stay Safe

Play Safe