



Supporting a Safe Return to Play

May 28, 2020

A more detailed recording of the live webinar can be found on the South Texas Youth Soccer website.





VIDEO LINKS AVAILABLE ON STX SOCCER'S YOUTUBE CHANNEL

- To view this short coaching video presentation [CLICK HERE](#)

- To view the Webinar in its entirety from 5/28/20, please visit our YouTube recording version found [HERE](#)



THINGS TO CONSIDER

PREPARATION

- Have a plan
- Communicate the plan consistently
- Create cohorts and avoid mixing players and coaches between cohorts
- Time gaps between training sessions
- Utilize Volunteers

HYGIENE

- Hand sanitizer stations
- Avoid high fives
- Avoid sharing equipment between players
- Coaches handle training equipment
- Disinfect equipment

TRAINING

- Age / level of players
- Cohort Size
- Organization of space
- Work to Rest Ratios
- Physical Distancing
- Specific location for each player's equipment

SPECTATORS

- Remain in cars when possible
- 6' Social Distancing
- Face masks where appropriate

HUMAN

- Physical
- Mental
- Social
- People should feel comfortable not attending if they don't feel safe or don't feel well.



IMPLEMENTING A PROGRESSIVE RETURN TO PLAY

Phase 1

Individual skill training and individual physical conditioning with a ball

- One player per ball
- Distances between players

Small Group training

- Passing patterns
- No contact
- Avoid lines (use markers)
- No catching or use of hands

Phase 2

Slow introduction to defensive pressure and contact

- 3v1/4v2/5v2
- Rondos
- 3v3 to small goals
- 3v3+3
- Games to targets
- Games to endzones

Building up to shorter small-sided games (ex. 5v5) with mini goals. Intrasquad scrimmages.

Phase 3

No restrictions on training activities

- Full return to play

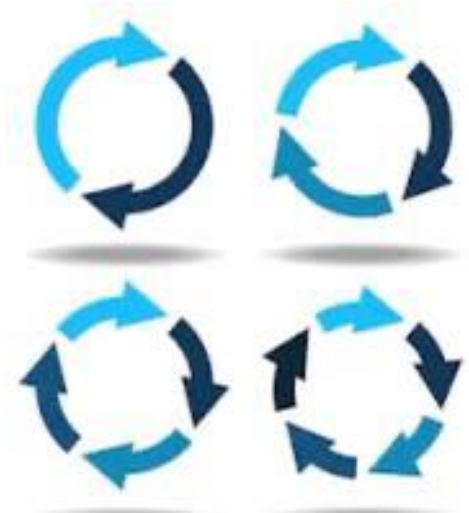
Travel and scrimmages or games with outside teams considered safe during this phase



KEY CONSIDERATION FOR A PROGRESSIVE RTP

A standard progressive or “phased” return to play model may not apply to all players, teams, or clubs across the State. It is contingent on the health status of participants, positive cases, outbreaks, and local/state restrictions.

It is very likely that many sports programs will need to remain in or return to the first or second phase for prolonged periods of time. However, following a progressive model will help your players, coaches and community RTP as safely as possible.





RESOURCES

- SOUTH TEXAS YOUTH SOCCER UPDATES
 - <http://www.stxsoccer.org>
- CDC CONSIDERATIONS FOR YOUTH SPORTS ORGANIZATIONS
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- STATE OF TEXAS GUIDELINES
 - <https://gov.texas.gov/uploads/files/organization/opentexas/OpenTexas-Checklist-Youth-Sports-Operators.pdf>
- U.S. SOCCER PLAY ON RECOMMENDATIONS & GUIDE
 - <https://www.ussoccer.com/playon>
- U.S. SOCCER RECOGNIZE TO RECOVER
 - <http://www.recognizetorecover.org/mental-health>
- NATIONAL FEDERATION OF HIGH SCHOOL COACHES GUIDELINES
 - https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf
- USYS RETURN TO ACTIVITY RESOURCES
 - <https://www.usyouthsoccer.org/resources/return-to-activity-resources/>
- ASPEN INSTITUTE'S PROJECT PLAY- CORONAVIRUS AND YOUTH SPORTS
 - <https://www.aspenprojectplay.org/coronavirus-and-youth-sports>
- FIFA COVID-19 RESOURCES
 - <https://www.fifa.com/what-we-do/covid-19/>



Jené Baclawski
Technical Director
jeneb@stxsoccer.org



Gareth Glick
Assistant Technical Director
garethg@stxsoccer.org



Jennifer Davis
Executive Director
jenniferd@stxsoccer.org



Noah Taylor
Director of Member Services
noaht@stxsoccer.org

South Texas Youth
Soccer Office
(512) 272-4553