



USE CONES TO **CLEARLY MARK**
EACH PLAYER'S WATER STATION!



TRY TO PLAN SESSIONS WHERE
YOU CAN PEEL BACK THE CONES
AS THE SESSION PROGRESSES.



THIS **ALLOWS ONLY THE**
COACH TO HANDLE THE CONES!



PRACTICE 1

PRACTICE 2

PRACTICE 3

TRY TO PLAN SESSIONS THAT ALLOW PLAYERS TO ONLY WEAR ONE BIB DURING THE WHOLE SESSION

CONSIDER THE COVID RISK LOAD

$\text{Pitch Length} \times \text{Width} \div \text{Number of Players} = \text{Area Per Player M}^2$

10 x 10 Yards + 10 Players

40 x 30 Yards + 10 Players

Spend less time in practices with low player area

THROUGHOUT SESSIONS KEEP CLEAN EQUIPMENT SEPARATE FROM USED EQUIPMENT. SANITISE USED EQUIPMENT DURING AND AFTER SESSIONS & MATCHES

CONNECT, INTERACT AND SUPPORT YOUR PLAYERS DURING THIS TIME

**HOW ARE YOU TODAY?
WHAT HAVE YOU BEEN UP TO?
HOW WAS SCHOOL?
WHAT WAS YOUR FAVOURITE THING ABOUT SCHOOL TODAY?**

