



RETURN TO PLAY

TIPS FOR MODIFYING ACTIVITIES

TECHNIQUE IN ISOLATION

TASK OF AN ACTIVITY MAY BE AMENDED FROM AN OPPOSED FOCUS TO CONCENTRATING ON THE EXECUTION OF SOCCER ACTION , TO AVOID CONTACT

STAGGERED ARRIVAL TIMES

STAGGER START TIMES FOR YOUR TEAM BY DIVIDING THEM INTO TWO GROUPS TO TRAIN AT DIFFERENT TIMES.

EQUIPMENT

ENCOURAGE PLAYERS TO UTILIZE THEIR OWN SOCCER BALLS AND DUE TO PRACTICES BEING UNOPPOSED. BIBS MAY NOT BE REQUIRED.

INCREASE AREA SIZE

INCREASE YOUR COACHING AREA/PLAYING ENVIRONMENT TO PROVIDE MORE DISTANCE BETWEEN PLAYERS.