

Manitoba Soccer Association

Return to Play
Stage 2 Coaching Guide

Grassroots Development





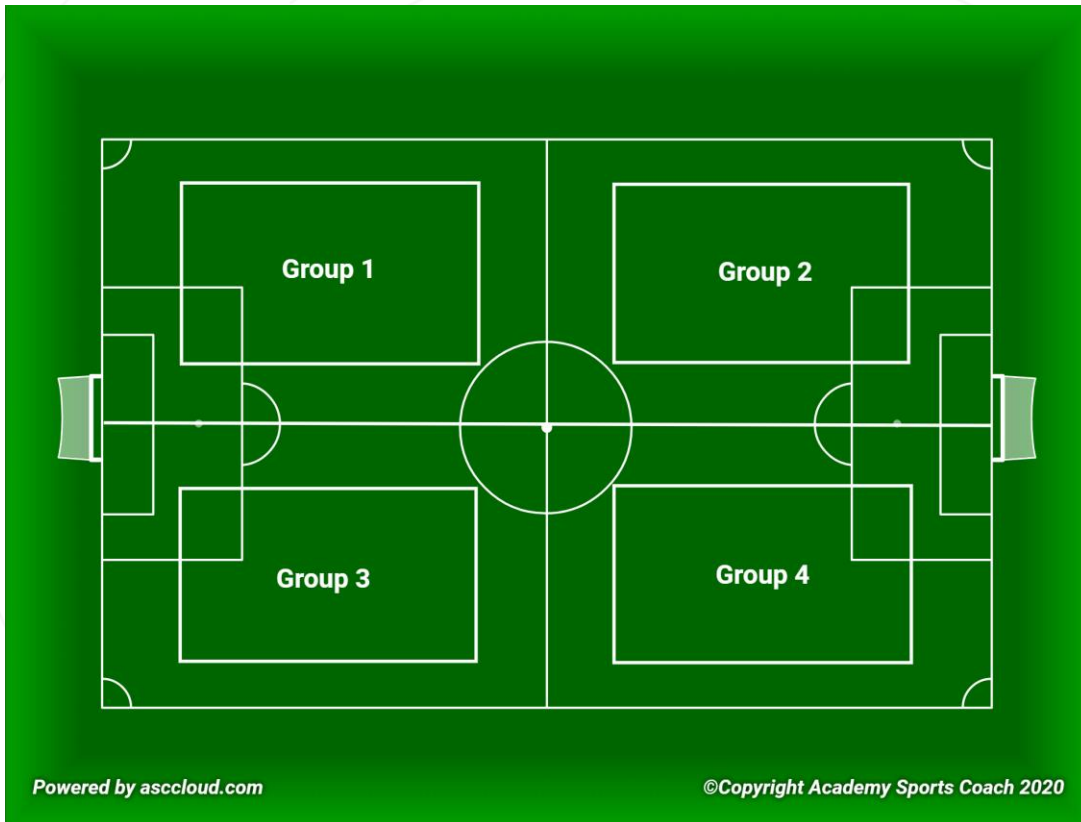
OVERVIEW

- Activities can be modified and adjusted according to the ability and age of the players
- All participants should self-monitor their health before attending the session
- Number of cones, balls, and any other equipment should be taken into consideration when designing your sessions
- All those involved must follow the guidelines set by the Provincial Health Authorities and the Provincial Sport Organization
- Ensure parents and players are aware of the Return to Play recommendations
- Ensure that the coach(es) handles and sanitizes all training equipment before, during (if needed), and after the session. Avoid the exchange of bibs between players and wash the bibs after each session
- Parents, players, and coaches should be aware of facility procedures (entrance/exit, changerooms, etc.) before the start of the session and/or game
- Pick-up and drop-off of players should be scheduled to not have large groups in the main entrance of the facility



FIELD LAYOUT EXAMPLE

Field Size (Full-Size Field)



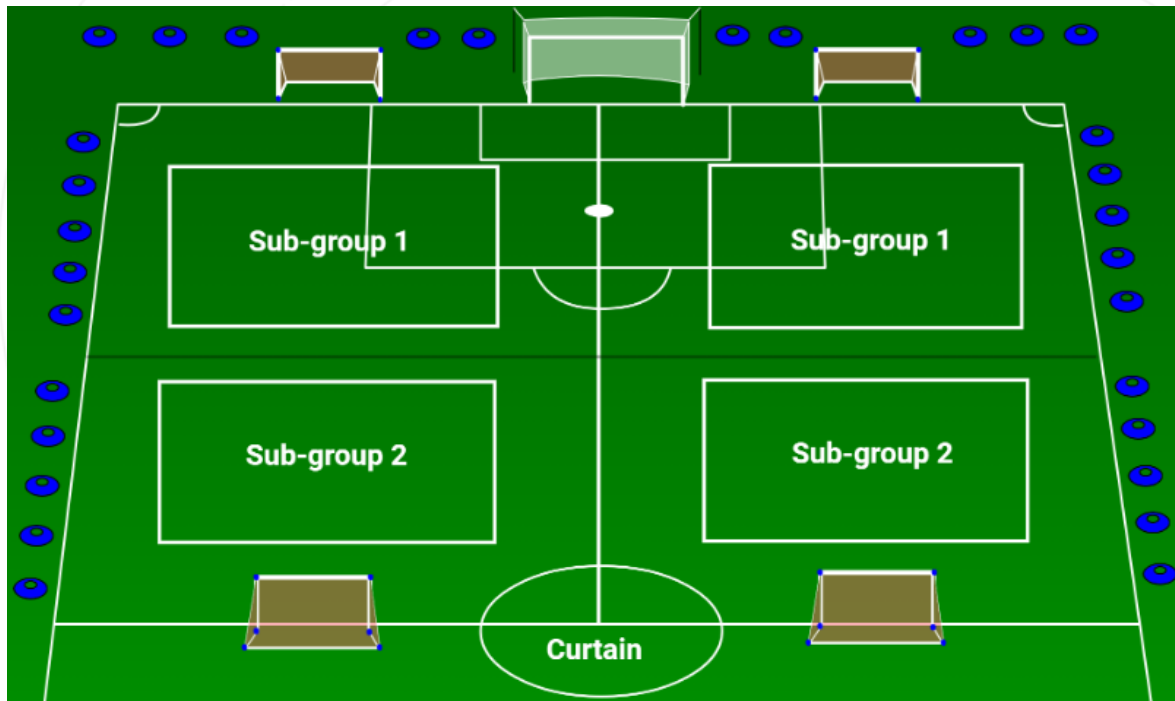
Description

- Number of groups = 4
- Number of players per group = Up to 20
- Number of Coaches per group = 2-4
- A maximum of 25% facility capacity are allowed on the full field at one time
- Each group represents a quarter field in an indoor facility
- Each group may have sub-groups up to a maximum # of players according to provincial health authority's restrictions (refer to next slide)
- These sub-groups may not interact with each other



GROUP LAYOUT EXAMPLE

Field Dimensions (Quarter Field)



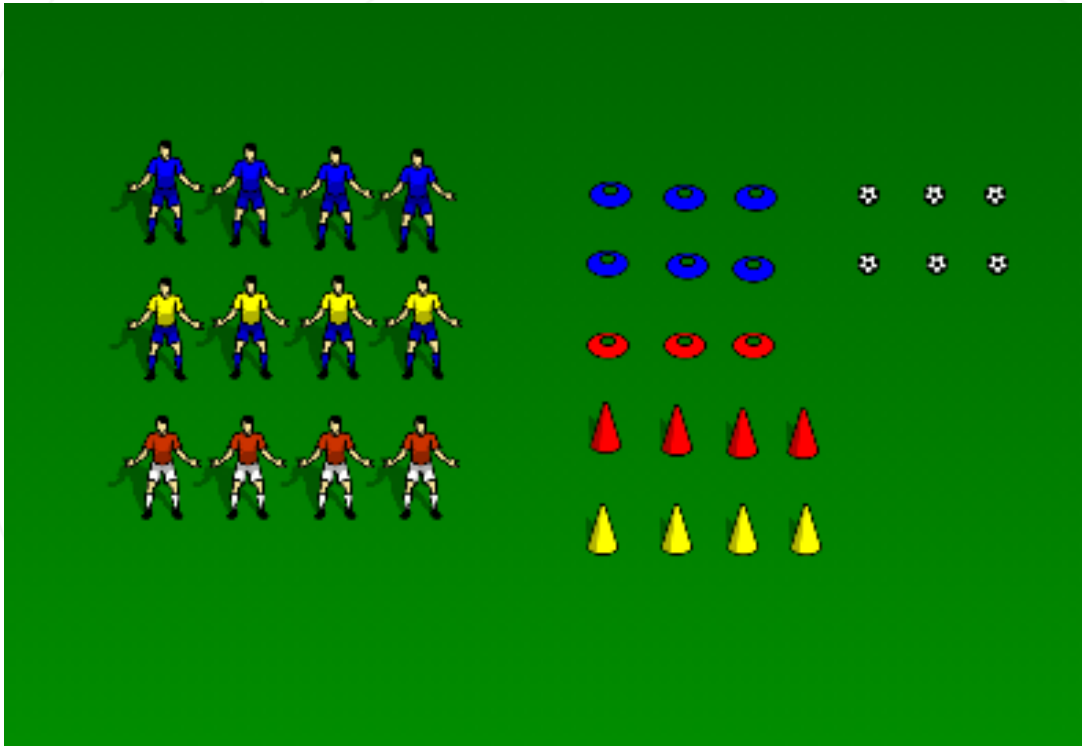
Description

- Number of players per sub-group = According to provincial health authority's restrictions (*As of March 5th, 2021 – 10 people*)
- Number of coaches per sub-group = 1-2
- These sub-groups may not interact with each other (i.e., sub-group 1 may not interact with sub-group 2)
- Blue cones represent the area for players to place their soccer bags and water bottles as they enter the playing area



BEFORE THE SESSION

Player/Equipment Layout



Description

- Players can take off their masks once they enter the playing area and place them with their soccer bag
- Make 3 teams of 4 players (these players stay on the same team all practice)
- Training bibs may be used (not shared between players) or coaches may ask players to wear a specific colour training shirt before practice starts
- Equipment may only be handled by the coaches, and if handled by players, please ensure to sanitize immediately



STAGE 2 SESSION

Activity 1



Description

Area: 25m x 30m

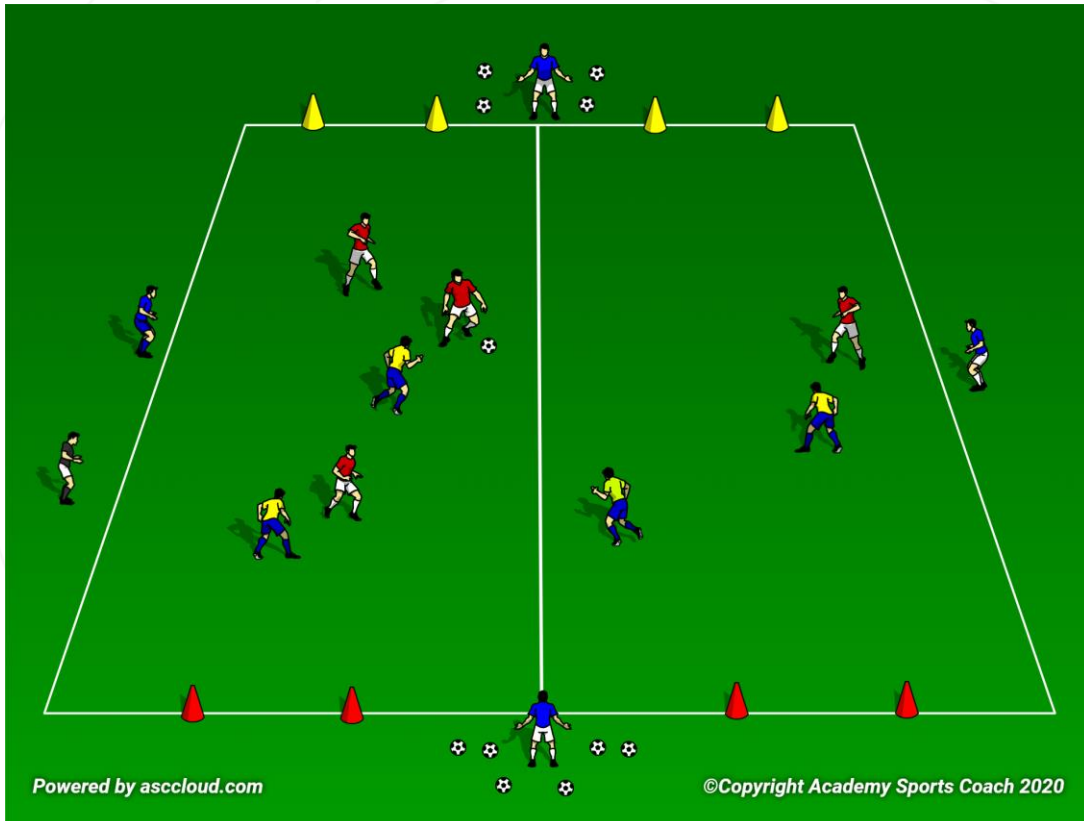
Organization: Players dribble in an area using all parts of their feet. Include different skills move. Split the players in 3 teams using half the number of balls as there are players. Team that has possession of the most balls wins. Take away balls to increase the difficulty. Play 1-minute games

Coaching Points: Players should be preparing for the session



STAGE 2 SESSION

Activity 2



Description

Area: 25m x 30m with 4 gates and midline marked. Adjust size if smaller numbers.

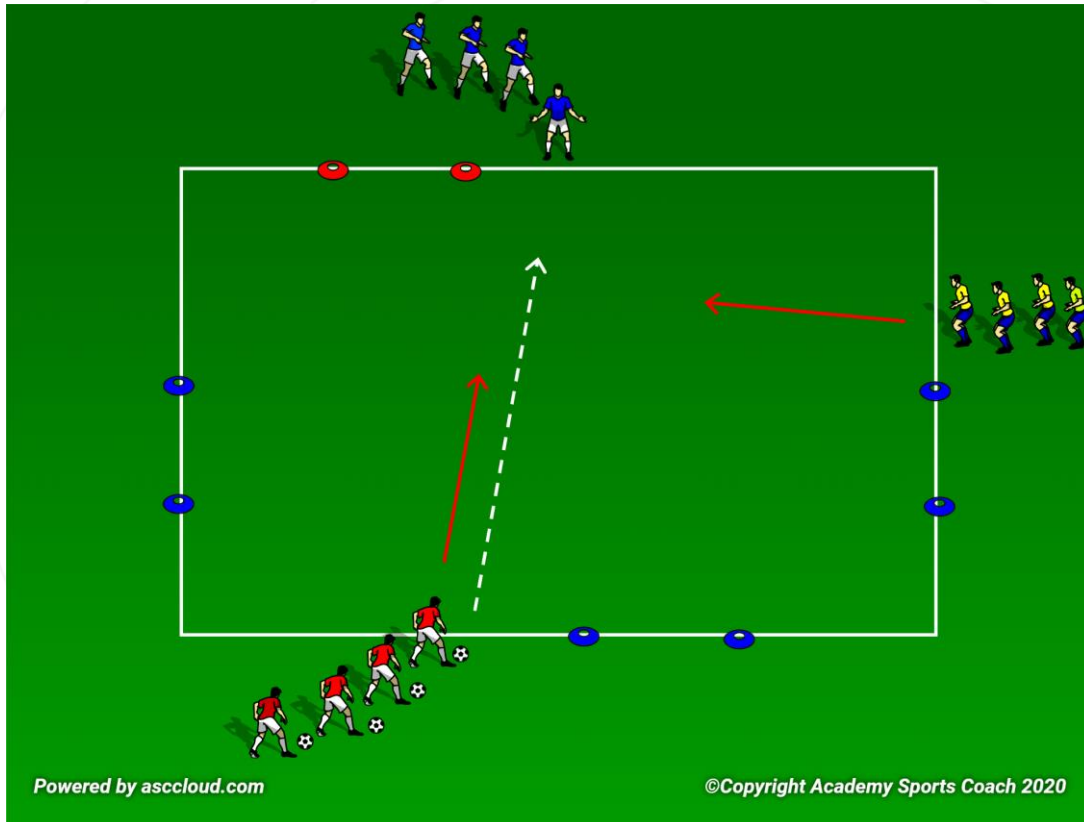
Organization: Make 3 equal teams – 4v4 in the middle with 3rd team as neutral players around the outside. Players must dribble across the midline before they can score. Score by dribbling through a gate (directional - yellows to yellow gates, reds to red gates). Play 2-minute games.

Progressions: Must take 3 touches on the ball before passing. Encourage good spacing and support all around the ball.



STAGE 2 SESSION

Activity 3



Description

Area: Set up an 18mx12m square. 3 blue gates, 1 red gate

Organization: 1 attacker vs 2 defenders. Red player passes to the blue player. Play 1vs2 as shown. Blue tries to dribble through a blue gate. If red wins the ball, they work together to dribble in the red gate.

Progression: 1. Must turn at least once before can score. 2. Opposite blue gate is worth 2 points

Coaching Points: Try to be clever and draw the defenders one way to turn and go the opposite way or split between them. Create 1v1 situations



STAGE 2 SESSION

Small sided game



Description

Area: 25m x 30m

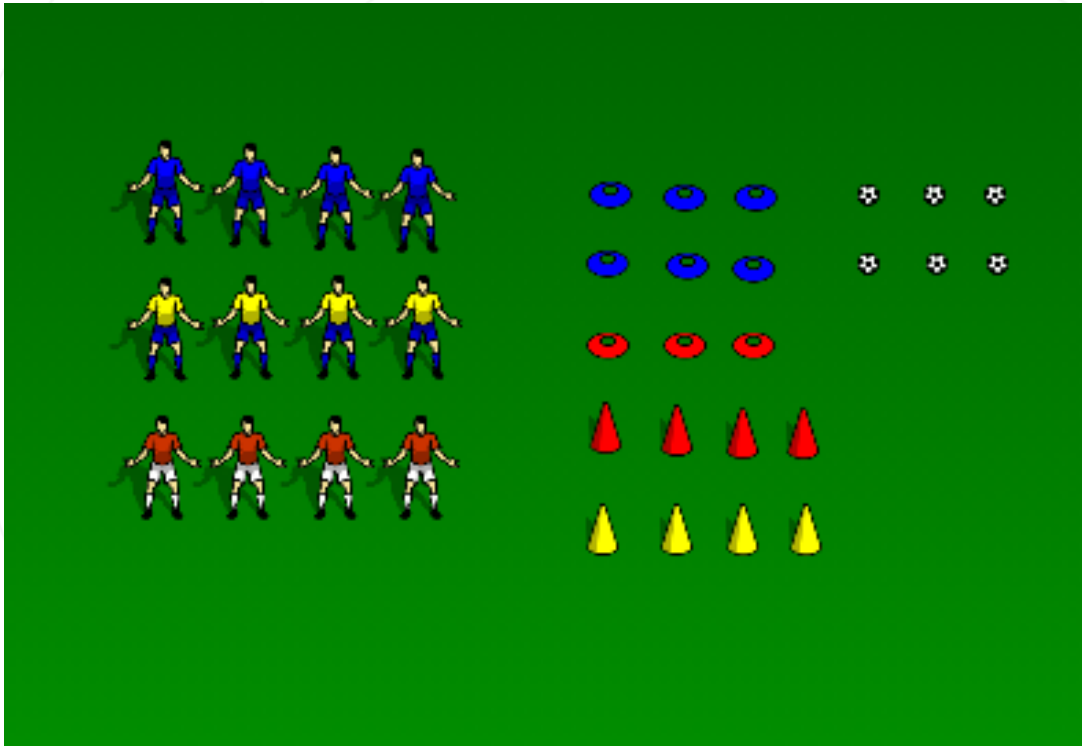
Organization: 4v4. Play 3-minute games or first to 2 goals.

Coaching Points: Move with the ball at your feet - think dribble first if there is pressure!
Free-play time for the players. Recognize when players dribble at right times



AFTER THE SESSION

Player/Equipment Layout



Description

- Collect the training bibs from all the players in a clean bag to be washed
- If players have their own training shirts, they must wash them before next use
- Equipment must be sanitized using a disinfecting solution and a clean towel
- Ensure players put their mask on when leaving the playing area while using the facility's exit strategies



QUESTIONS TO THINK ABOUT

- What type of planning must I do before the season/session to ensure less confusion for the players/parents?
 - i.e., entrance/exit strategy, form of communication between parent and coach, knowing indoor facility procedures, etc.
- How can my session run smoothly without players constantly switching teams or using multiple equipment
- What happens if a player or coach gets sick, gets COVID or encounters someone who has COVID?
 - Action plan for this player or coach
 - Action plan for the rest of team
- What is my form of contact tracing?
 - Tracking attendance of all training sessions, external app (ex. TeamSnap), etc.