



The very first thing every coach must do before moving forward with in-person training plans, is to review the [Resources for Future SONC Events & Activities checklist](#) in its entirety (scroll about halfway down the page to find). In-person training is **not** “business as usual” and there are many videos to watch, documents to read and preparations to make to ensure the safety of our athletes and volunteers.

Coach’s Meeting

- View the January 14, 2021 Coach’s Meetings found in the [Basketball](#) section of the [SONC Coach and Sport Resources web page](#).

Sport Equipment

Equipment is plentiful and arrangements have been made for each athlete to have their own for the duration of practice.

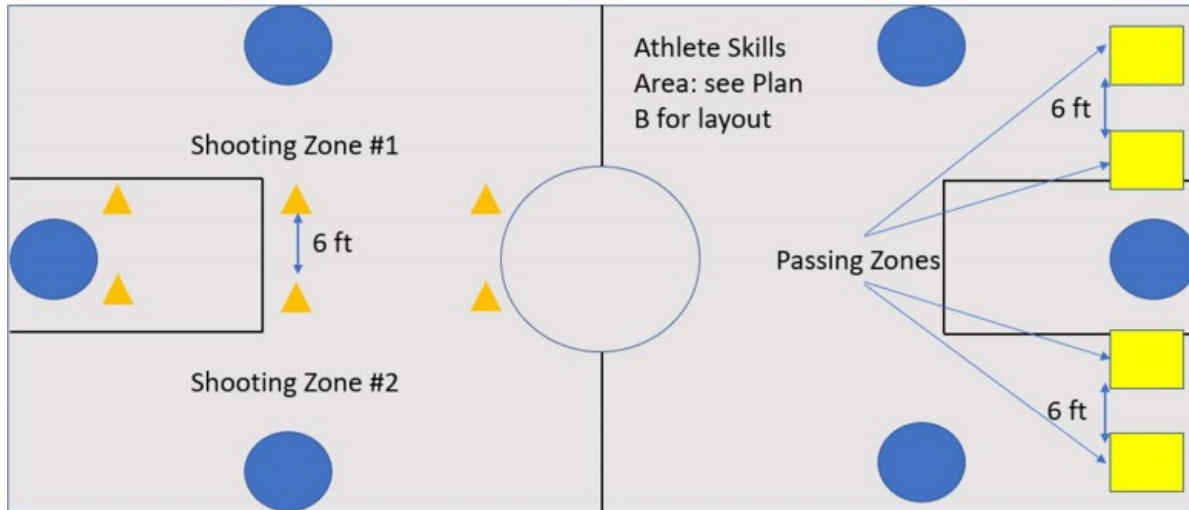
- Athlete’s Equipment
 - Water bottle – make sure it is labeled
 - Appropriate practice attire
- Coach’s Equipment
 - Water bottle
 - Baskets for athletes’ personal items
 - Sharpies and blue painters’ tape to label baskets and water bottles
 - Cones or spots
 - Disinfectant wipes or spray & paper towels
 - Basketballs – enough for 1 per athlete
 - Must be sanitized before and after each use. Limit sharing where possible.

Indoor gym

- All participants should wear masks at all times, even when practicing.
- Athletes and coaches must remain assigned to the same group during the practice. No switching of athletes/coaches is allowed.
- Assign athlete skill areas where athletes can work on basketball skills. Must be 6 feet of distance in between assigned areas.
- If practicing shooting, only one athlete should be on each basket
 - If an athlete cannot retrieve the ball, the coach may retrieve the ball. After returning the ball to the athlete the coach must sanitize their hands.
- If practicing passing, athletes should NOT be passing the ball back and forth to each other
 - Passing drills can be practiced using a wall and painters tape (on the ground to indicate position and on the wall to indicate a target)



- Gym entry/exit – Use one door for entry and one for exiting to ensure proper physical distance.
- Whistles – If using a whistle during practice, it is recommended that electronic whistles are used.
- If you do not have a ball for every athlete, the ball must be sanitized before it transfers from one individual to another.



Teams may also utilize outdoor basketball courts with similar set up. Be sure basketballs are stamped for outdoor use, or indoor/outdoor.

General Fitness and Conditioning Practice For use in solo drills (ball-handling, stretching, body weight workouts, etc.). Can be utilized on a gym floor or outdoors in a field, outdoor basketball court, or in a parking lot. All participants should wear masks at all times, even when practicing.

