



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 [Bocce section](#) of the [SONC Coach and Sport Resources](#) web page.

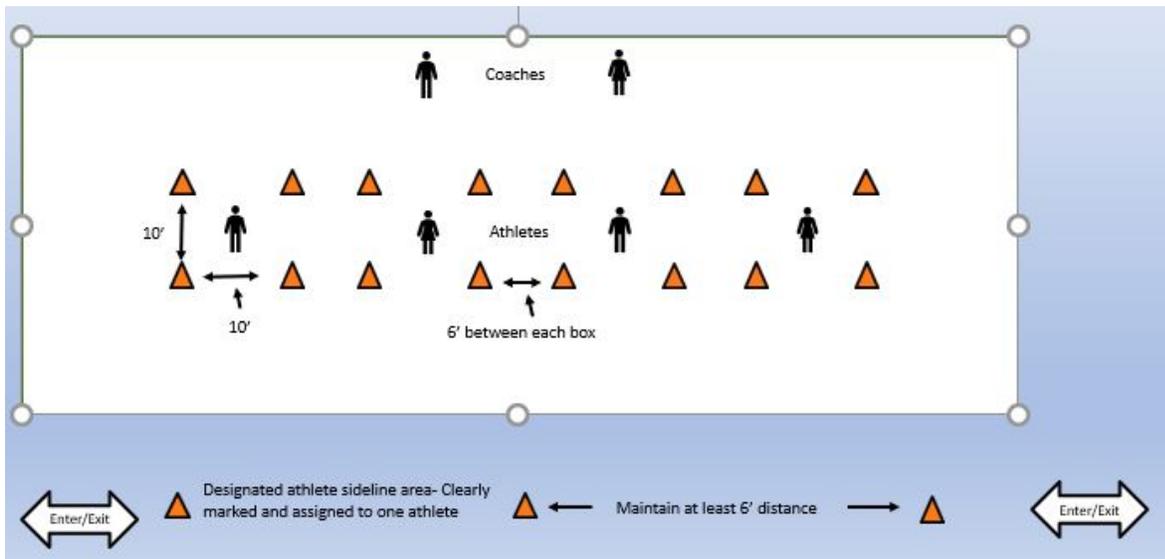
Sport Equipment

Sport equipment (if needed) is plentiful and arrangements have been made for each athlete to have their own for the duration of practice

- Athletes Equipment
 - Water bottles
 - Athletic shoes
- Coaches
 - Signage
 - PPE “practice kit”
 - Baskets for athletes’ personal items
 - Sharpie and painter’s tape to mark athlete’s baskets or stations
 - Cones
 - Measuring tape
 - Bocce Balls (ideally a set for each athlete)

Stationary Training Areas

- Using cones, set up 10' x 10' boxes for each athlete, with at least 6' between each box.
- In these stationary training areas, your athletes can perform stretches, body weight exercises, and practice techniques in place.



With Access to a Bocce Court

- Coaches should set up stations for athletes next to the court, 6 feet back from the playing area and 6 feet apart from each other. These stations can be a cone, tape on the ground, or even a chair (if they aren't being shared).
- When bocce balls are being retrieved from the playing surface, players should do this one after another, waiting for the previous player to finish and get to their assigned cone before entering the playing surface. Only coaches should handle the pallina, and it should be sanitized after every retrieval.
- Do not switch ends. Choose one side and stick with it.

