



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

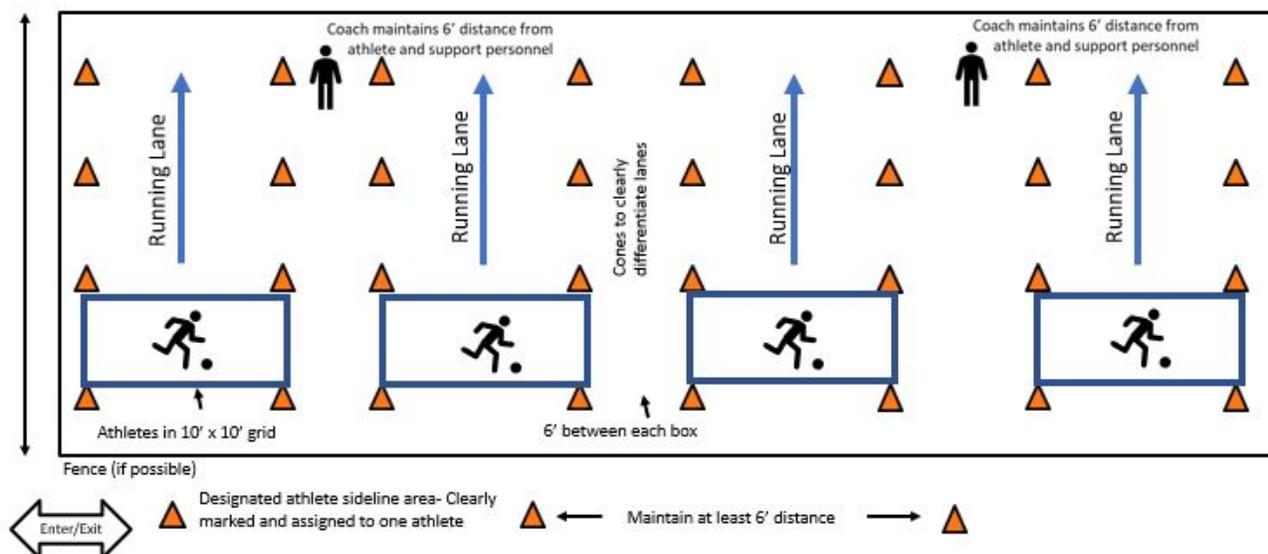
Sport Equipment

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; soccer shoes, shinguards
 - Soccer Ball
- Coaches
 - PPE “practice kit”
 - Baskets for athletes’ personal items
 - Sharpie and painter’s tape to mark athlete’s baskets or stations
 - Cones
 - Measuring tape

Stationary Training Areas (plus running lanes)

- 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 dribbling techniques in place. If positioned near a fence, athletes can practice passing and shooting form without having to sprint after the ball each time.
- In the diagram, you'll see that each box extends into a running lane. If you would like to implement active stretching or some sprints, you'll need to use cones to clearly mark each athlete's lane. Length of the running lane is variable, depending on how much space and how many cones you have.

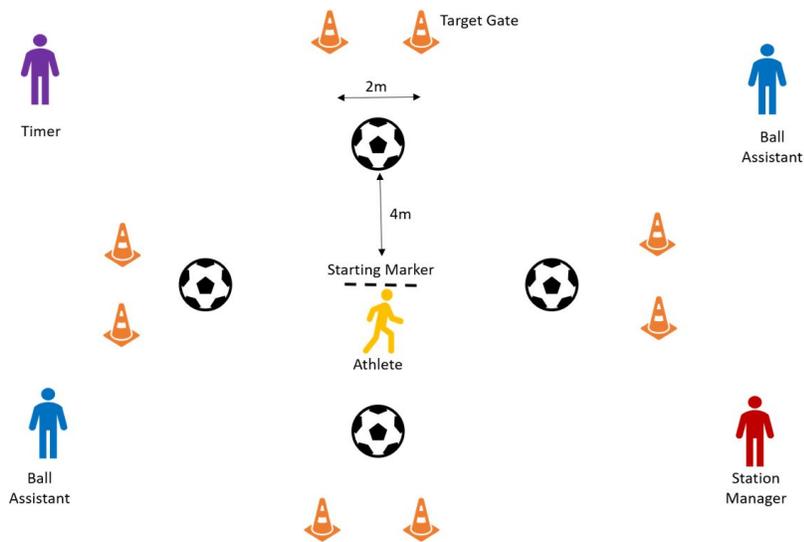
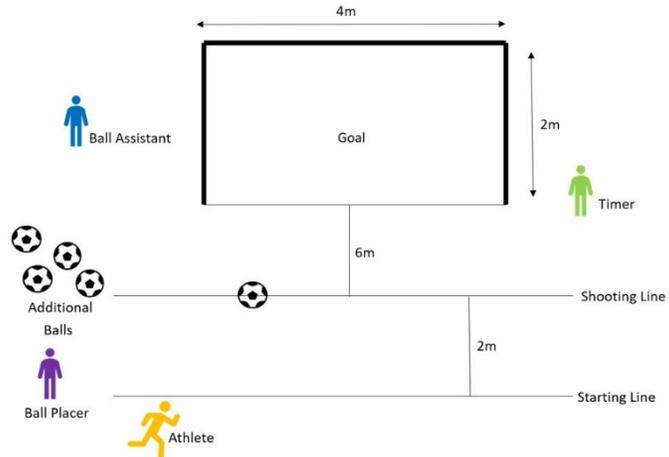


Outdoor with access to a soccer field



Stations (see Coach & Sport Resources page for more information)

Drill 1: Shooting



Drill 2: Run and Kick

Drill 3: Dribbling

