



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

Sport Equipment

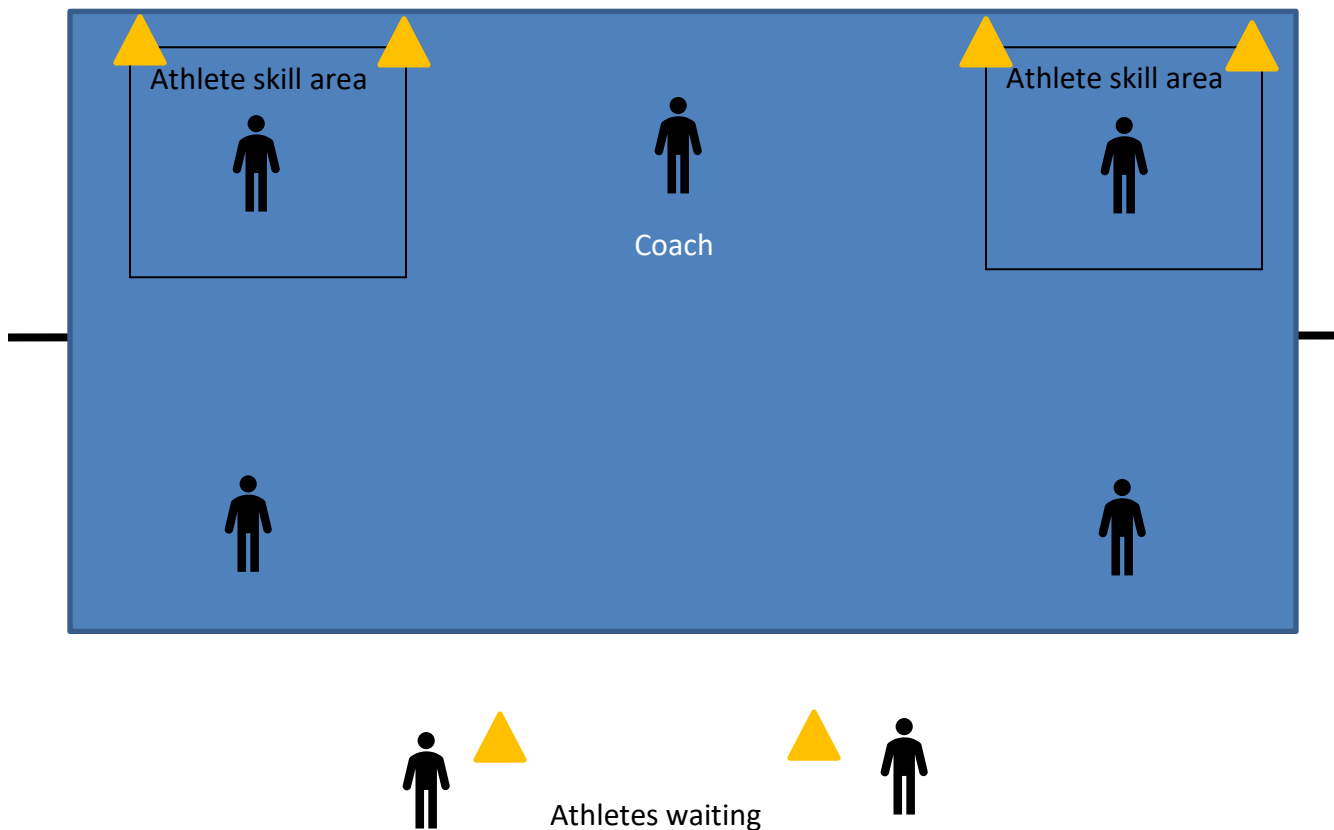
Volleyball sport equipment is plentiful and arrangements have been made for each athlete to have their own for the duration of practice

- 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 – approximately 12-16
 - Volleyballs – enough for 1 per athlete
 - Must be sanitized before and after each use. Limit sharing where possible.



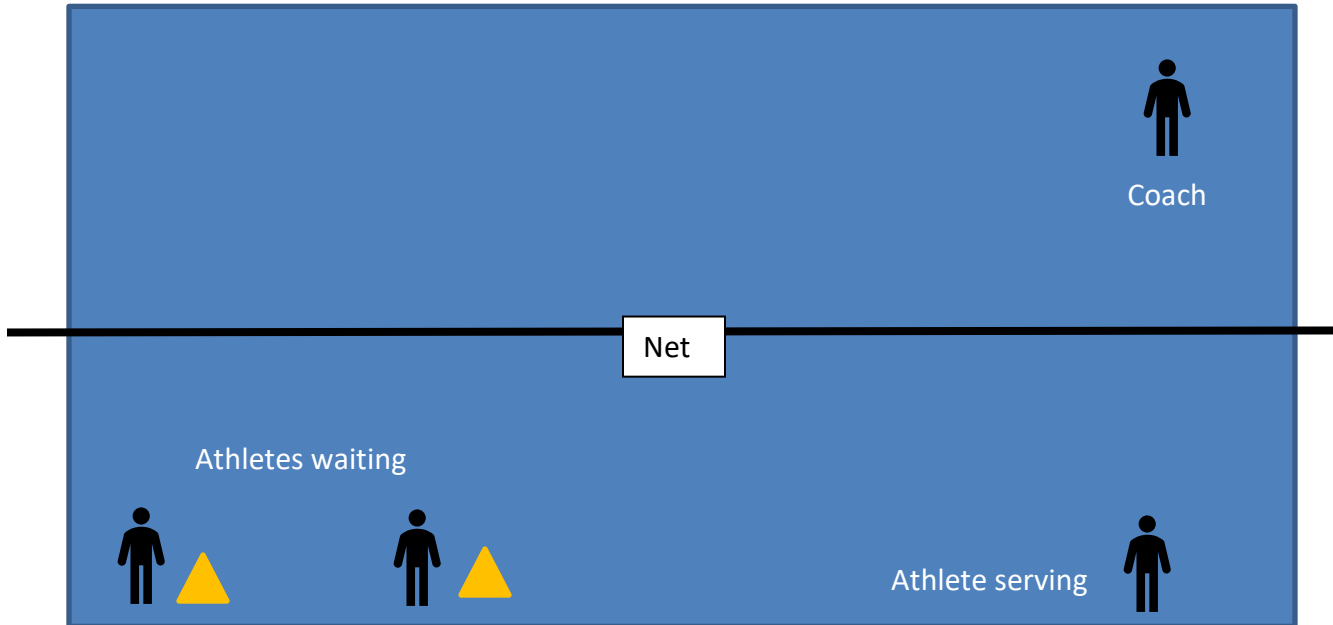
Indoor Gym

- All participants should wear masks at all times. Masks must be secured with not loose ties or gaps. Masks may be secured with tape if needed.
- Athletes and coaches must remain assigned to the same training group during the practice. No switching of athletes/coaches is allowed.
- Assign athlete skill areas where athletes can work on volleyball skills. Must be minimum of 6' of distance in between assigned areas.
- It is recommended that no more than 4 athletes per court are actively participating in drills. Remaining athletes can wait off court in their athlete assigned area, or on a neighboring court, provided that physical distance of 6 feet is able to be maintained.
- Gym entry/exit – Use one door for entry and one for exiting to ensure proper physical distance where possible. Make sure to follow facility guidelines regarding entry/exiting.
- Whistles – if using a whistle during practice, it is recommended that electronic whistles are used. You can also use alternative methods such as clapping or ringing a bell.
- Athletes that are not actively on the court may wait in the stands (if available) or outside of the court while maintain physical distance of 6 feet.



Serving/Over the net Drills

- If practicing serving or hitting over net, all athletes should be on one side of the net, physically distanced. Athletes may hit the ball to the other side and then should immediately retrieve their ball to avoid unnecessary sharing of equipment.
 - If an athlete cannot retrieve the ball, the coach may retrieve the ball. Coaches must sanitize hands before retrieving the ball and after handing the ball off.



General Fitness and Conditioning Practice

For use in a large outdoor area such as a field or parking lot

