



# RETURN TO PLAY

## UPDATES



## SKILLS TRAINING PROGRAM

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## PARENT ORIENTATION

October 24, 2020

EVERYONE PLAYS® BALANCED TEAMS OPEN REGISTRATION POSITIVE COACHING GOOD SPORTSMANSHIP PLAYER DEVELOPMENT



## AGENDA

- Program overview
- Eligibility and enrollment
- “Pod” formation and phased starts
- Safety Protocols
- Player drop off and pick up (10U+)
- Skills training activities
- Next steps and timeline
- Question and Answers



## **SKILLS TRAINING PROGRAM**

AYSO Region 60 is returning to play with a Skills Training Program, based on:

- ✓ AYSO Return to Play Protocols
- ✓ County of Los Angeles Department of Public Health Protocols for Youth Sports Leagues
- ✓ Field Permits from the City of Alhambra and the City of Monterey Park



## ELIGIBILITY

- ✓ Must be registered in AYSO Region 60
- ✓ Parent/guardian completed the AYSO COVID 19 Waiver during the on-line enrollment
- ✓ Parent/guardian attended a program orientation



## ENROLLMENT PROCESS

- ✓ If you already enrolled in our 2020 Core Program, also enroll in 2020 Fall Skills Program at no extra cost
- ✓ If you are not yet enrolled in our region, enroll in the 2020 Fall Skills Program ([www.ayso60.org](http://www.ayso60.org)) and pay the \$20.00 fee.
- ✓ Player will be placed in a waitlist while we identify a coaches
- ✓ Once they are placed with a group, you will be contacted by the Coach with additional information



## PROGRAM

- ✓ Skills building training
- ✓ All drills will be done individually or in a pair (e.g. dribbling, passing, agility, balance, coordination, etc.)
- ✓ Contact and group drills are NOT allowed (e.g. 1v1, 2v2, rondos, scrimmages, etc.)
- ✓ 1-hour training sessions
- ✓ 1 training session per week for approx. 5-6 weeks (final practice will be during the week before Thanksgiving)





## REQUIRED EQUIPMENT

Players are required to bring only the following equipment to every practice:

- ✓ Properly inflated soccer ball
- ✓ Water or sports drink
- ✓ Soccer shoes
- ✓ Face covering

\*Players are not allowed to borrow a soccer ball or pump.

\*\*Shin guards are not required since there are no contact drills



## **“PODS”**

Players will be placed into pods, with a maximum of 9 players in each pod. Each pod will require the following volunteer positions:

- ✓ Head Coach
- ✓ Assistant Coach (preferred)
- ✓ Team Manager – to assist with team communications via video conferencing, and additional duties

Since these positions must be filled to form pods, volunteer’s player(s) will have first priority for enrollment.





## POD FORMATION

- ✓ Pods will be formed by age/gender divisions
- ✓ The coach and players of each pod will remain together for the duration of the Skills Training Program
- ✓ Rosters for each pod shall have no bearing on Core program team rosters
- ✓ Members of the same household may be placed in the same pod, upon request and approval



## **SAFETY PROTOCOLS**

- ✓ No gatherings at the field (only players and coach)
- ✓ Pods rosters shall be set for the duration of the program
- ✓ Minimum of 6' physical distance between everyone at the practices at all times
- ✓ Face coverings required at all times at the field (e.g. coach, players, other volunteers and family members)



## SAFETY PROTOCOLS

- ✓ Equipment disinfected between use
- ✓ No sharing of equipment, water bottles, snacks, etc.
- ✓ [Digital health screening](#) prior to entering the field
- ✓ Volunteers, family and players to remain at home if experiencing symptoms
- ✓ Contact Tracing



## **DROP OFF for 10U+ (@Almanson Park)**

- ✓ Players 10U+ are to be dropped off at the check-in booth at Los Higos St, as early as 10-minutes prior to their practice time
- ✓ They will be directed to their pod by our check-in team
- ✓ They must arrive dressed to play, and may only bring the required equipment to their practice
- ✓ Parents may not congregate at the practice fields

\*In the event we do not have a check-in/check-out booth, parents may drop-off and pick up players directly with the coach.



## **PICK UP (@ Almansor Park)**

- ✓ Players are to be picked up at the check-out area (marked by flags) near the west gate on Adams Avenue
- ✓ Coaches will bring their players to the check-out area
- ✓ Parents must arrive 10-minutes prior to the scheduled end of practice
- ✓ Households must maintain 6' physical distance from each other while waiting to pick up their player



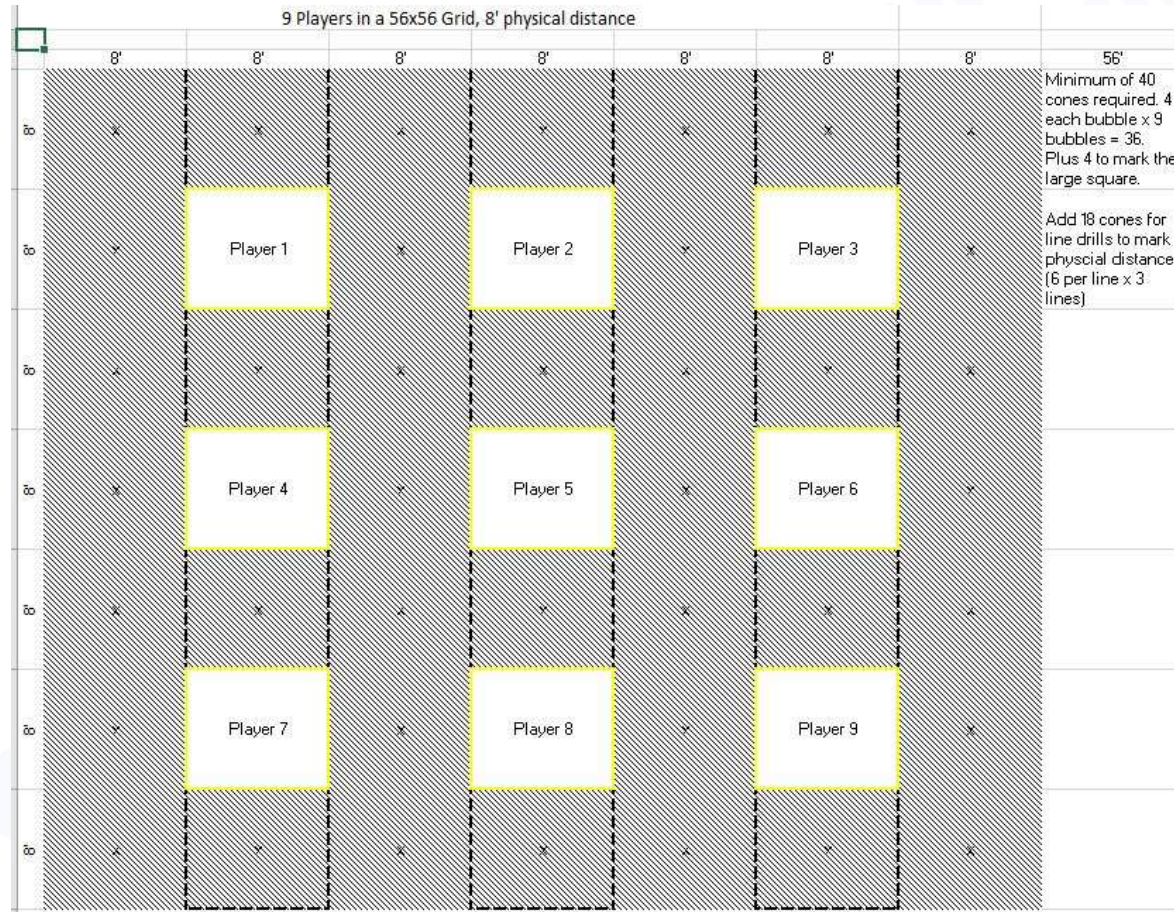
## PROGRAM ACTIVITIES

- ✓ Program activities will primarily consist of:
  - Gridwork
  - Line Drills
  - Receiving and passing, in pairs
- ✓ These activities were selected:
  - to have a consistent approach
  - structure meets all Safety Protocols
  - simplicity allows for ease of implementation
- ✓ Other activities that adhere to all Safety Protocols are allowed



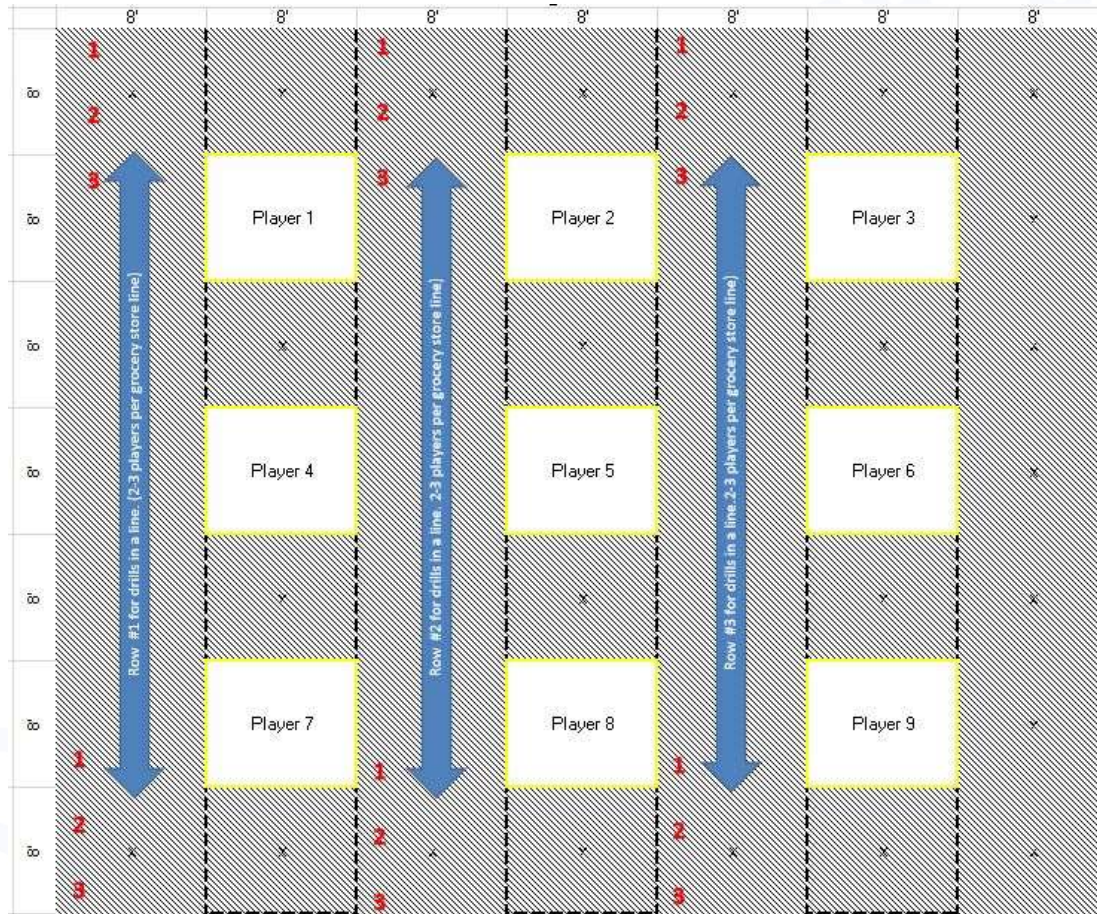


# GRIDWORK





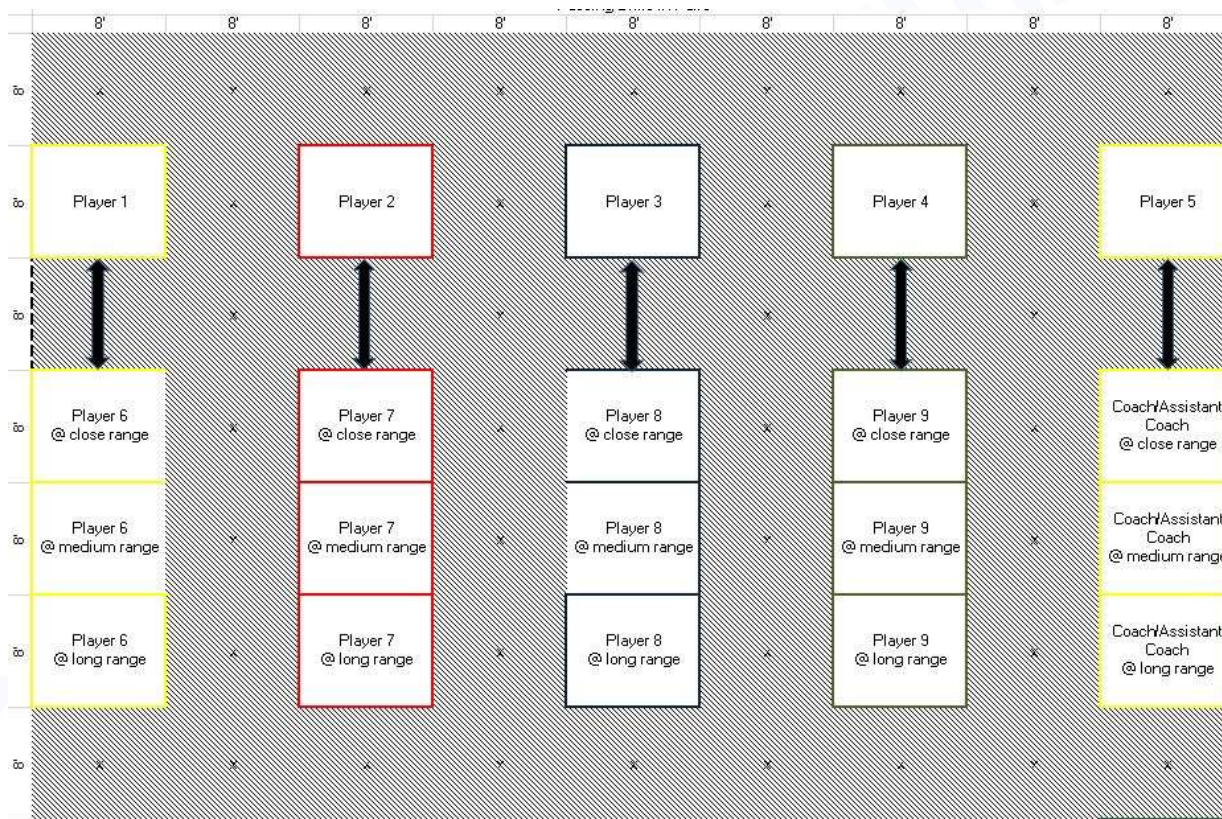
# LINE DRILLS







# RECEIVING AND PASSING





## ADDITIONAL RESOURCES

- ✓ Region 60 Website ([www.ayso60.org](http://www.ayso60.org))
- ✓ Division Coordinator
- ✓ Regional Coach Administrator – David Soto
- ✓ Director of Coach Instruction – David Martel



# QUESTION & ANSWERS

EVERYONE PLAYS® BALANCED TEAMS OPEN REGISTRATION POSITIVE COACHING GOOD SPORTSMANSHIP PLAYER DEVELOPMENT