

The logo for Spokane Youth Sports Association (SYSA) features the letters 'SYSA' in a large, bold, sans-serif font. Each letter is split horizontally: the top half is a vibrant lime green, and the bottom half is a dark navy blue. The letters are closely spaced and have a modern, clean design.

**SPOKANE YOUTH SPORTS**

*ESTABLISHED 1966*

# Thank you for volunteering to Coach!

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- Due to Covid 19, soccer training will be different Fall 2020.
- Become familiar with the Washington Youth Soccer Return to Play Guidelines. There are very specific social distancing requirements.
- Focus on individual skill development at training practices.
- No scrimmage/games. No 1v1, 2v2, etc.

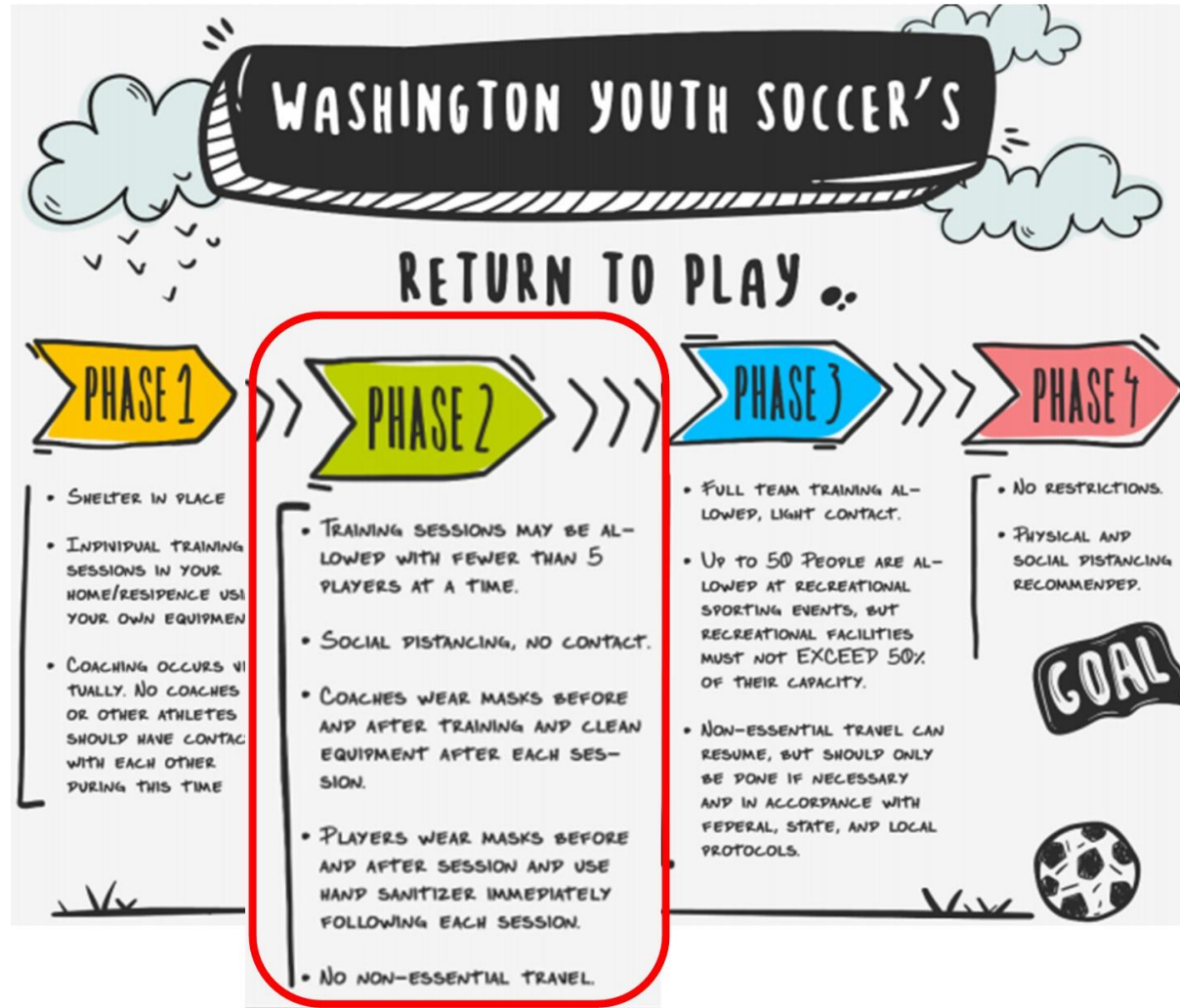
# Training Practices

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- Training may begin September 14
  - 2015s, 2014s, 2013s (4v4 and 5v5) practice once a week  
(2014/2015s 45 minutes is plenty for the youngest players.)
  - 2012s, 2011s, 2010-2009s, 2008-2007s , HS Coed (7v7 and 9v9) practice twice a week

# WYS Return to Play Guidelines

## Spokane County is currently in Phase 2



# Phase 2 Requirements

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SYSA is following the Washington Youth Soccer Protocols.

- [www.washingtonyouthsoccer.org/Washington-youth-soccer-return-to-play-guidelines/](http://www.washingtonyouthsoccer.org/Washington-youth-soccer-return-to-play-guidelines/)

In Phase 2, team practice can resume if

- players are limited to groups of five in separate parts of the field, separated by a buffer zone and
- practice can follow social distancing of a minimum of five feet between players with no contact.

“Covid” or Gear Cones. Place individual gear 6 feet apart to avoid cross contamination. Encourage all gear (water bottle, hand sanitizer, and mask) to be kept in a bag.

Each group of 5 players and 1 coach should be spaced out in a space 25 yards by 40 yards. Players should be separated by 5 feet AT ALL TIMES. No 1v1 or scrimmages.

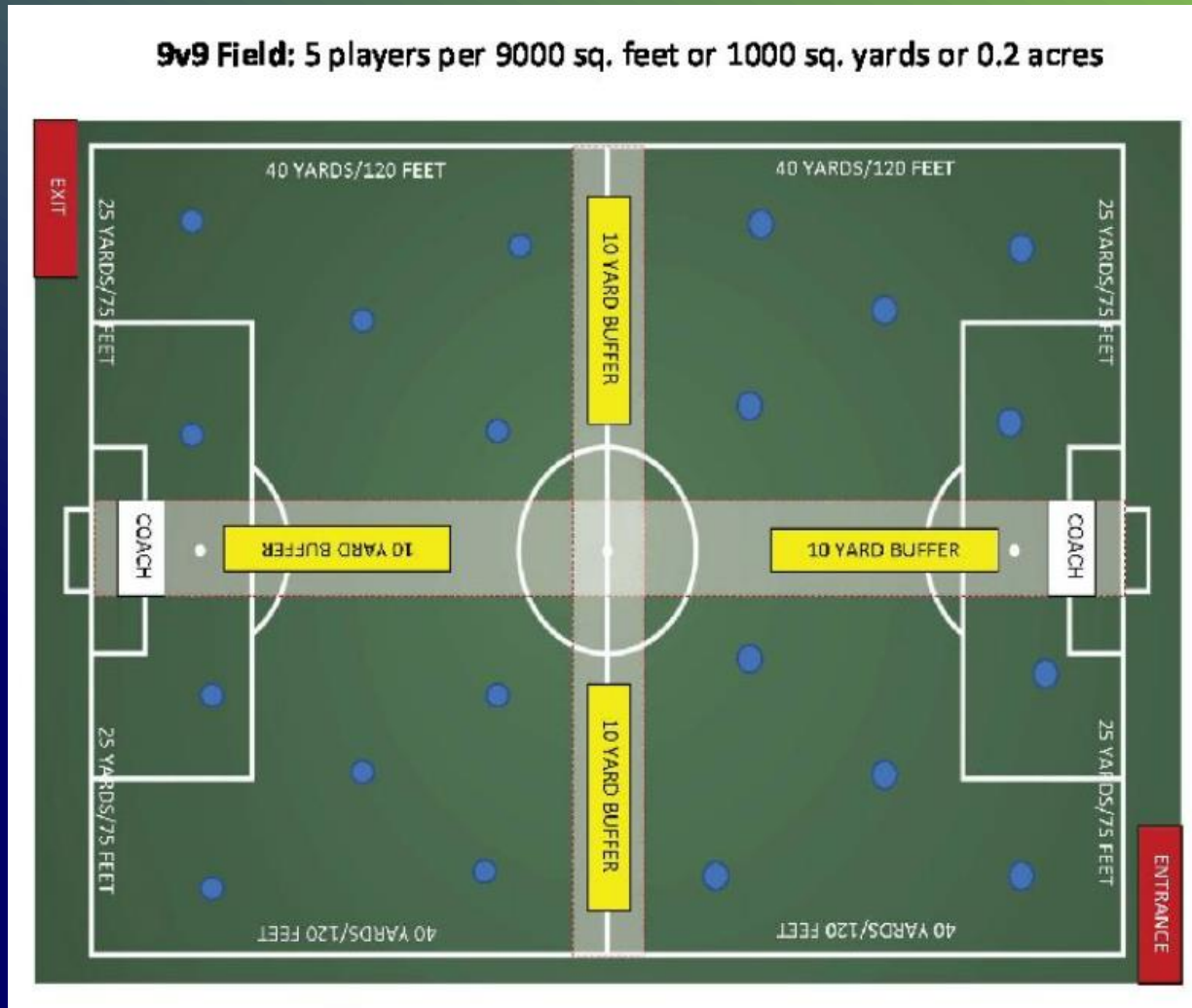
# Coach Considerations

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- Ensure the health and safety of your players. Inquire how the athletes are feeling, send them home if they act or discuss feeling ill.
- Follow all established federal, state, and local protocols.
- Ensure all athletes have their individual equipment (ball, water bottles, bag, etc.) and prohibit them from sharing anything. Equipment placement should be spaced at least 6 feet apart.
- The coach is the only person to handle cones, disks, etc.
- All training must be outdoors and coaches must strictly enforce social distancing per the current phase guidelines.
- Coaches must always wear a face mask per current phase protocol and social distance from players when required.
- Wash and sanitize your own equipment after every session.
- The use of scrimmage vests/pinnies is not recommended.
- Increase your communication with parents, they need to know what you are doing as a coach and club to maintain their safety.
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive, and caring during this time.



Sample: Social Distancing at practice  
Ratio 5 players:1 coach per 25x40 Pod (area)



# Practice locations

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- City & School districts allocate fields.
  - Mead School district not allowing practices on their fields.
  - West Valley School district not allowing practices on their fields.
  - Spokane Public schools are allowing practices on their fields.
- List of practice fields on the SYSA Coaching Resources page
- Email [Renee@sysa.com](mailto:Renee@sysa.com) if you need to schedule or change your practice day/time.
- Releasing fields back to the City that SYSA is not using.



# Goal Safety

## Never allow players to climb on goals

Goals will not be available at the Dwight Merkel North Complex and Southeast Sports Complex due to staff shortage at Spokane Parks and Recreation.

Most schools and parks will also not have goals.



# Coaching Resources on [www.SYSA.com](http://www.SYSA.com)

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- Please “no laps, lectures or lines”
- Space the players into their own area/grid.
- Covid-19/Phase 2 Curriculum Available
  - Training sessions by age available SYSA website under Coaching Resources
  - Google for ideas
  - YouTube
  - US Youth Soccer





Coaches wear a mask before, during and after training.



# Start your training with FUN

- Greet every player as they arrive. “Engagement”
- Start practices with an enjoyable activity (game)
  - Some kids may not be mentally ready to practice
- Icebreaker
  - If you could have super power?
- Training/Skills based activity or game
- You Tube has great games by age.





# Announcements to begin your training

- “Glad to see you!”
- “Everyone feeling great? If you do not feel good, please let me know right away.”
- “Put your water bottle, hand sanitizer and mask into your bag at a gear cone. “
- “Sneeze/cough into you elbow.”
- “Please do not touch equipment including the cones and other player’s sports ball.”
- “No hugs, high 5s or fist bumps!”



# Ideas to Engage Players

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- Kids want to play. If a player is not acting appropriately, ask to sit out for that one activity. Ask “ready to come back and play?”
- New topic/training? – run a fun but very active game first! (too tired to talk)
- Talk less Coach!
- Show simply and let them learn as they play.
- Players should not be punished with physical activities (running, push ups, etc.) they may end up quitting sports.



# Fifa 11+ Soccer Warm-up

- Google it!
- Dynamic warmup for injury prevention consisting of 15 exercises of running, strength, plyometrics and balance.



# Individual Training Ideas



- Dribbling
- Turning
- Passing
  - okay between distanced players
- Long Passing
- Receiving
- Shooting/Finishing

# Player Considerations

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- Take temperature daily.
- Wash hands thoroughly before and after training and any contact outside your home.
- Bring and use hand sanitizer with you at every training session. Especially at the beginning and end of sessions.
- Limited or no carpooling.
- Wear mask before and after all training sessions. This protects others in the event that you are unknowingly carrying the virus.
- Do not touch or share anyone else's equipment.
- Bring your own ball to training, label it as your own.
- Practice social distancing and place bags and other equipment at least 6 feet apart from your teammates' equipment during sessions.
- Wash and sanitize all equipment before and after every training session.
- No group celebrations with players closer than six feet, no high fives, hugs, cheers, etc.



# Player Masks



- Players wear masks to and from practice but are NOT recommended during the training.
- Parents should wear masks and remain socially distant during the training.

After practice, players should wear a mask back to their car.

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# Thank you again for coaching.

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This...this is the WHY we need to get youth players back on the field with their friends.

Have fun!