

Bangor Slaters Boys Soccer 2020
NFHS Practice - Covid 19 Guidelines

PHASE 1 2 Days Per Week

When: Starting June 8th Monday's and Wednesday's Training and Conditioning

Time: 9:00-10:45am

Location: Middle School Soccer Field

9:00 – 9:15 Pre-Workout Screening
Guidelines TBD determined by BASD / LVHN
Meet along fence at BAMS field

9:15 - 10:45 Limited Group Practice
8 - 10 Players per Group
Groups determined by coach
Groups will remain the same throughout the daily session
Coaches/Group Leader aka, Team Captain, assigned to a group and will rotate with that group
Groups will change from day to day based on training focus

9:00 - 9:40	Group 1	Individual and partner touch drills
9:00 – 9:40	Group 2	Individual and partner touch drills
9:00 – 9:40	Group 3	Individual and partner touch drills (no heading drills)
9:45- 10:15	Group 1	Small sided games
9:45- 10:15	Group 2	Small sided games
9:45- 10:15	Group 3	Small sided games

We will be able to accommodate 30 players using the above procedures.
This is more than the number of players that attended workouts consistently last summer.

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PHASE 2 3 Days Week

When: **Starting June 29th Continuing until August 5th**
Monday, Tuesday, and Wednesday

Time: **9:00-10:45**

Location: **Middle School Soccer Field**

9:00-9:15 Pre-Workout Screening
 Guidelines TBD determined by BASD / LVHN
 Social distancing guidelines and meeting areas TBD

9:15 - 10:45 Monday / Tuesday/Wednesday Training and Conditioning

9:15 - 9:45	Group 1	Field Conditioning Workouts
9:15 – 9:45	Group 2	Individual and Partner Technical Training
9:15 – 9:45	Group 3	Small sided games and Tactical Training
9:45 – 10:15		All Groups Rotate
10:15 – 10:45		All Groups Rotate