

RICK FLORES STATE TECHNICAL DIRECTOR

NMYSA Return to Play Updates

Social Distancing Activities



Welcome and Thanks for Joining Webinar

- Everyone is Currently Muted
 - Direct all Questions/Comments Chat Area
 - Presentation will be Available via PDF
 - 45-60 Minutes is Target Time with Questions
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Return to Activity Protocols

Before returning to activity, all leagues and clubs must first meet and be able to document that they have met all NM COVID Safe Practices (CSP), and Local Government Requirements

Parents and Players may be reluctant to return to play and we must respect their decision

Small Sided Training 5/1 Ratio Player/Coach

All Leaders/Coaches must be tested Covid 19 with negative results, 72 Hours prior to participating and follow NM Covid safe practices

Players should wear masks – Governors recommendation

Maintain the 6 feet distance among participants and between youth which would prove to be challenging



Return to Activity Protocols

Players must use their own soccer ball and minimize picking up the balls

Passing activities are allowed keeping the social distancing guidelines

Players should sanitize hands before, during, and after soccer activity

Keep a good line of communication with parents with preparation and concerns

Ensure players gear and equipment is washed/sanitized before/after activity

Limit carpooling to soccer and activities



Return to Activity Protocols Coaches

Coaches should minimize contact between players and coaches

Coaches will wear masks during soccer activities

Sanitize hands and all shared equipment (balls, pennies, cones etc.)

Ensure no repercussion for players/parents that are not comfortable participating

Think outside the box on activities to challenge players and work on technique as well as fitness



Practice Activities using Social Distancing

Using the 5/1 Ratio to keep players active

There will be no 1v1 or 2v2 etc.

Can modify as things change with bigger numbers

Will provide a few tools to modify for your comfort and players



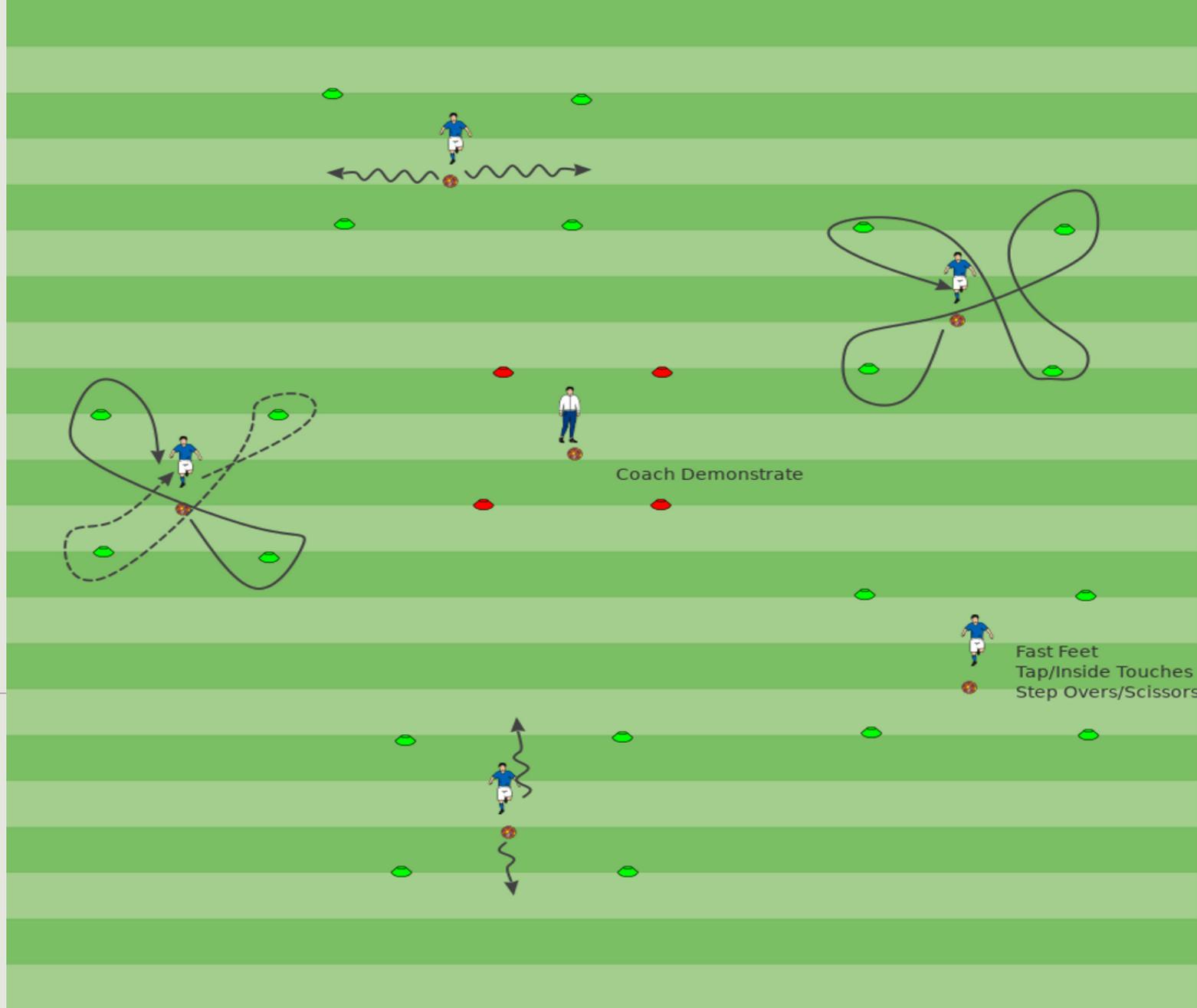
Dribbling Activity

- Coach can demo
- Dribble Freely in the Grid
- Pull Back
- Outside Right
- Outside Left
- Inside Right
- Inside Left
- Burst Laces for Speed around cones to compete with other
- Moves Step over, Scissors, etc.

Coaching Points

- Head Up
- Control the Ball
- Keep the Ball Close
- Small touches

Time: 15-20 Minutes



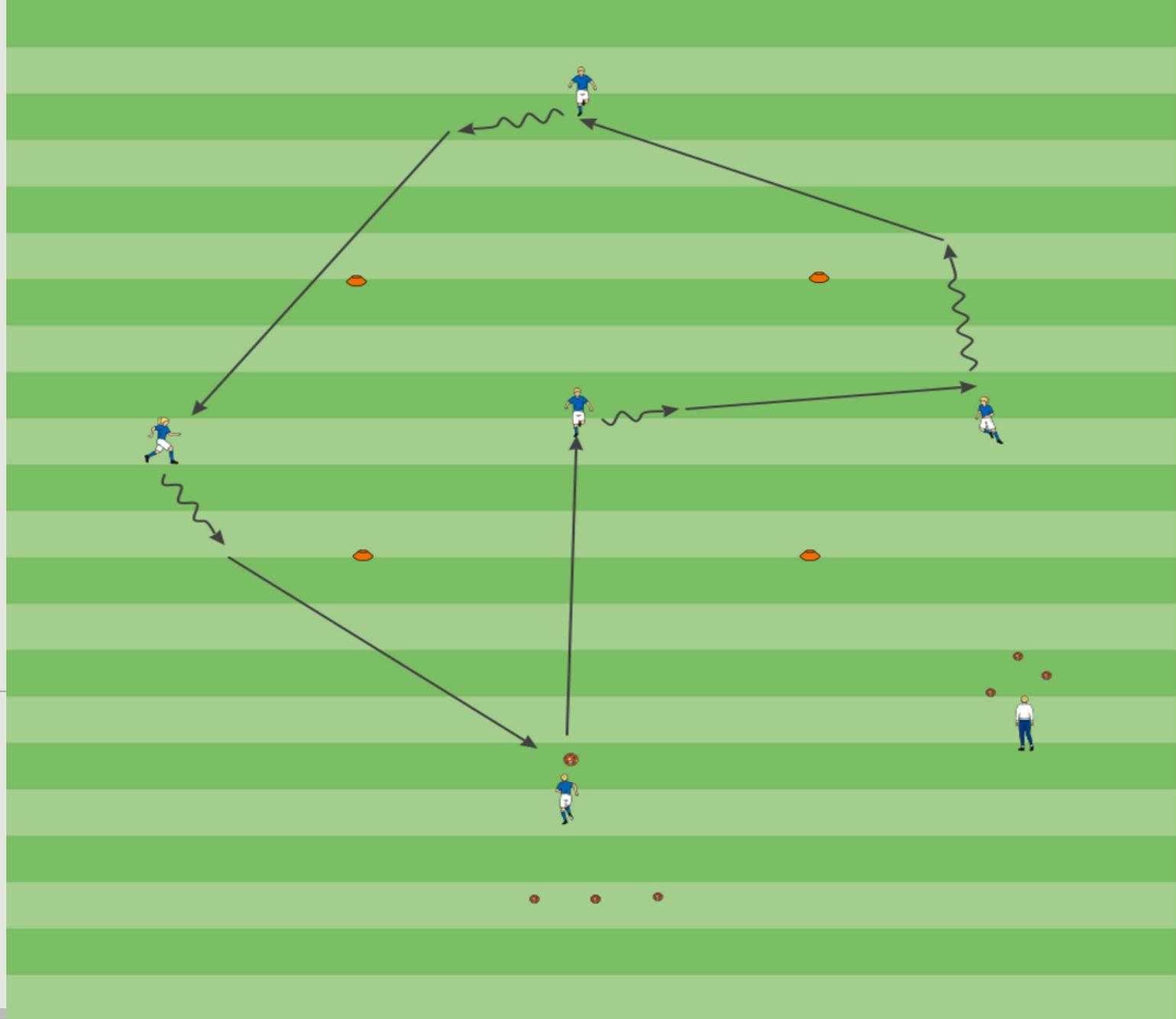
Passing Activity

- Players continue to move in their area
- They check in and check away
- Follow the pattern of passes
- Change players as there are different versions of receiving the ball
- Switch direction to all work on left foot

Coaching Points

- Ankle Locked
- Head Up
- Weight of Pass
- First Touch
- Control and Surface of Foot
- Balance and ready to receive
- Communication

Time: 15-20 Minutes



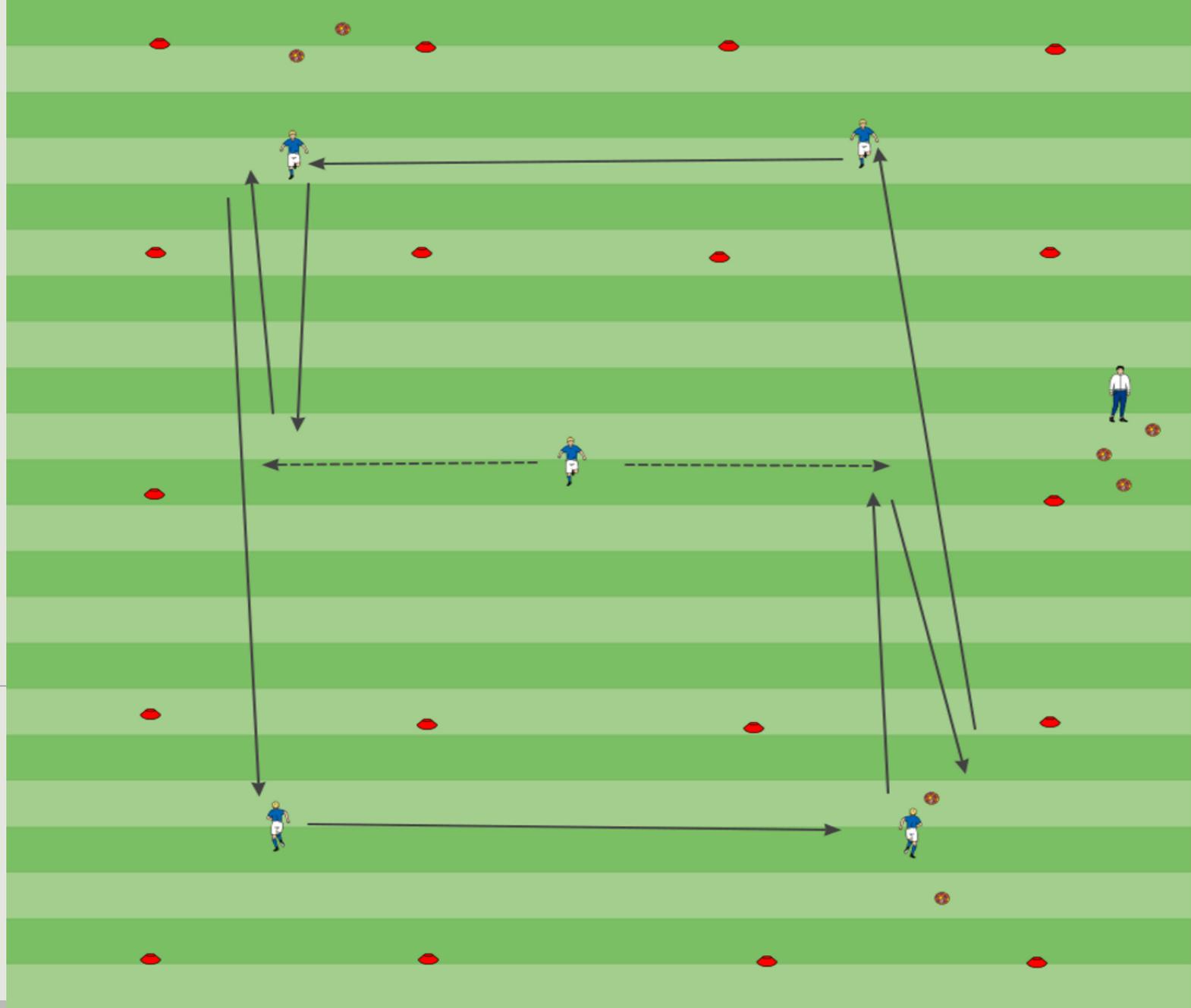
Passing Activity (Short Short Long)

- Player in center provides a one touch back for player to make long pass to teammate
- Player in center moves left and right to provide support to both groups
- They check in and check away
- Change players as there are different versions of receiving the ball
- When player controls ball they will quickly pass to teammate who is closest to them and then follow the same going the other way

Coaching Points

- Ankle Locked
- Head Up
- Weight of Pass
- First Touch
- Control and Surface of Foot
- Balance and ready to receive
- Communication

Time: 15-20 Minutes



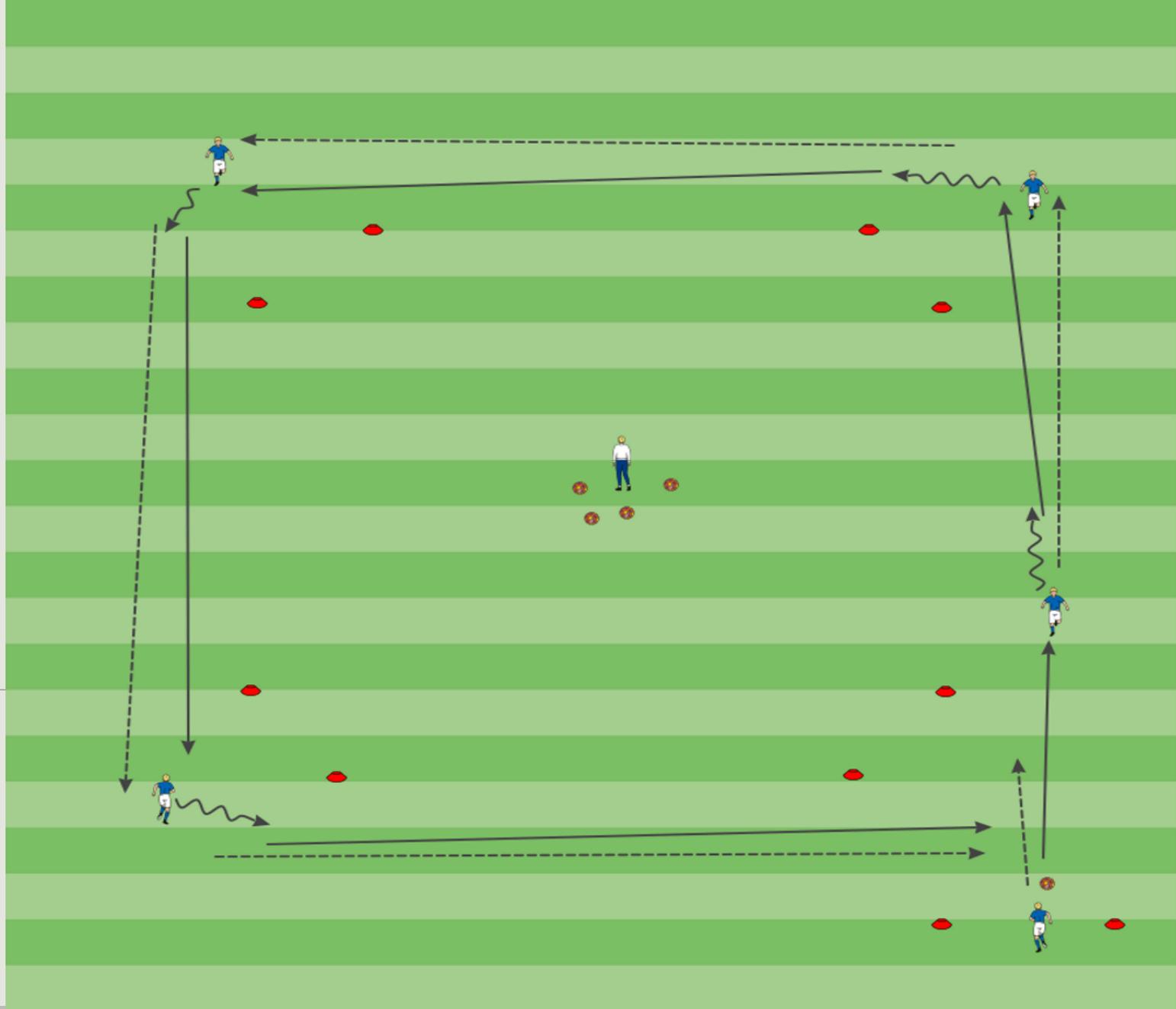
Passing Activity

- Players pass and follow their ball to next area
- They check in and check away
- Follow the pattern of passes
- Start with 1 ball and then add another ball to be more dynamic and more touches
- Switch direction to all work on left foot

Coaching Points

- Ankle Locked
- Head Up
- Weight of Pass
- First Touch
- Control and Surface of Foot
- Balance and ready to receive
- Communication

Time: 15-20 Minutes



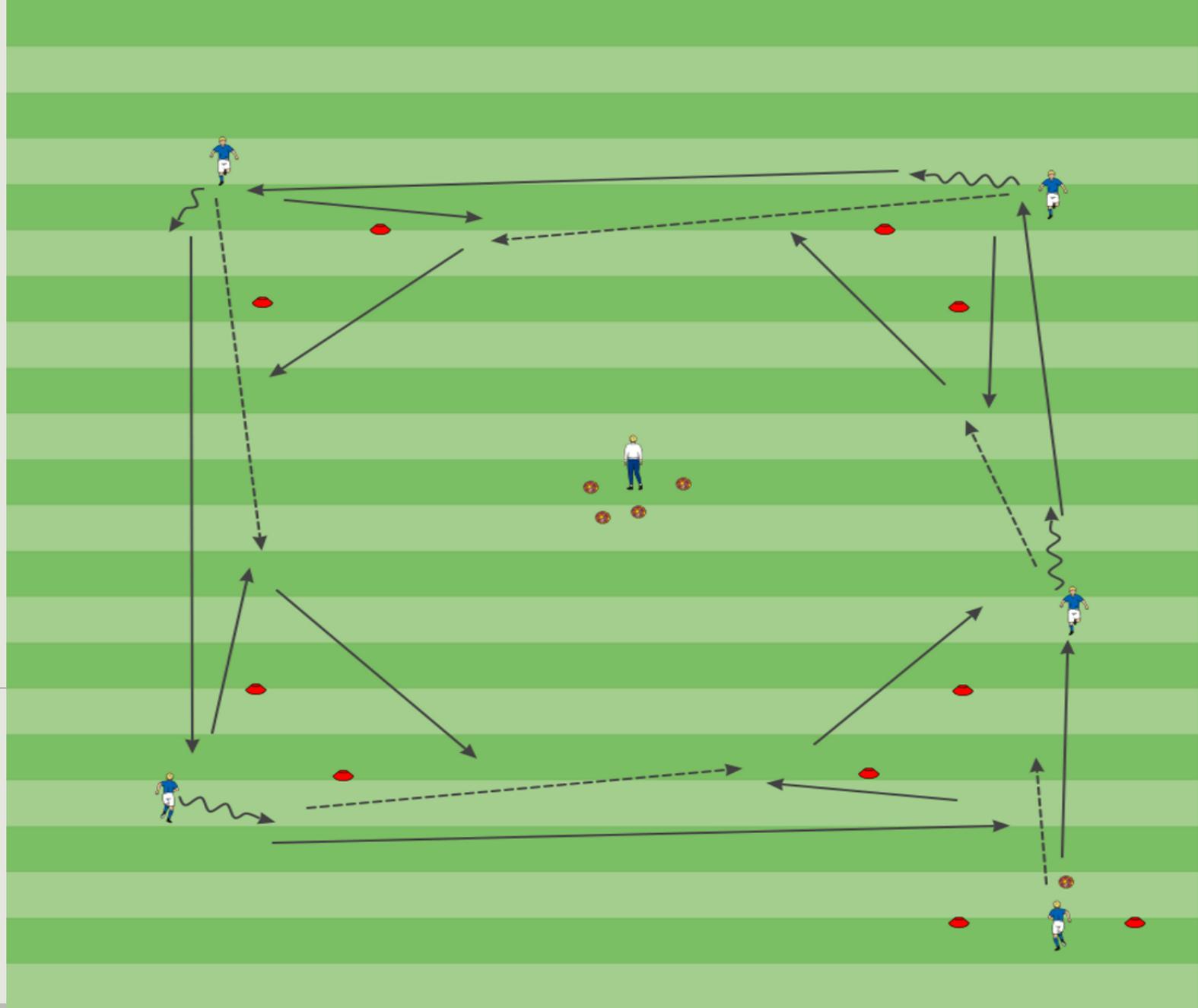
Passing Activity

- Players pass and follow their ball to next area
- They check in and check away
- Follow the pattern of passes
- Wall pass is added to make more complex
- Start with 1 ball and then add another ball to be more dynamic and more touches
- Switch direction to all work on left foot

Coaching Points

- Ankle Locked
- Head Up
- Weight of Pass
- First Touch
- Control and Surface of Foot
- Balance and ready to receive
- Communication

Time: 15-20 Minutes



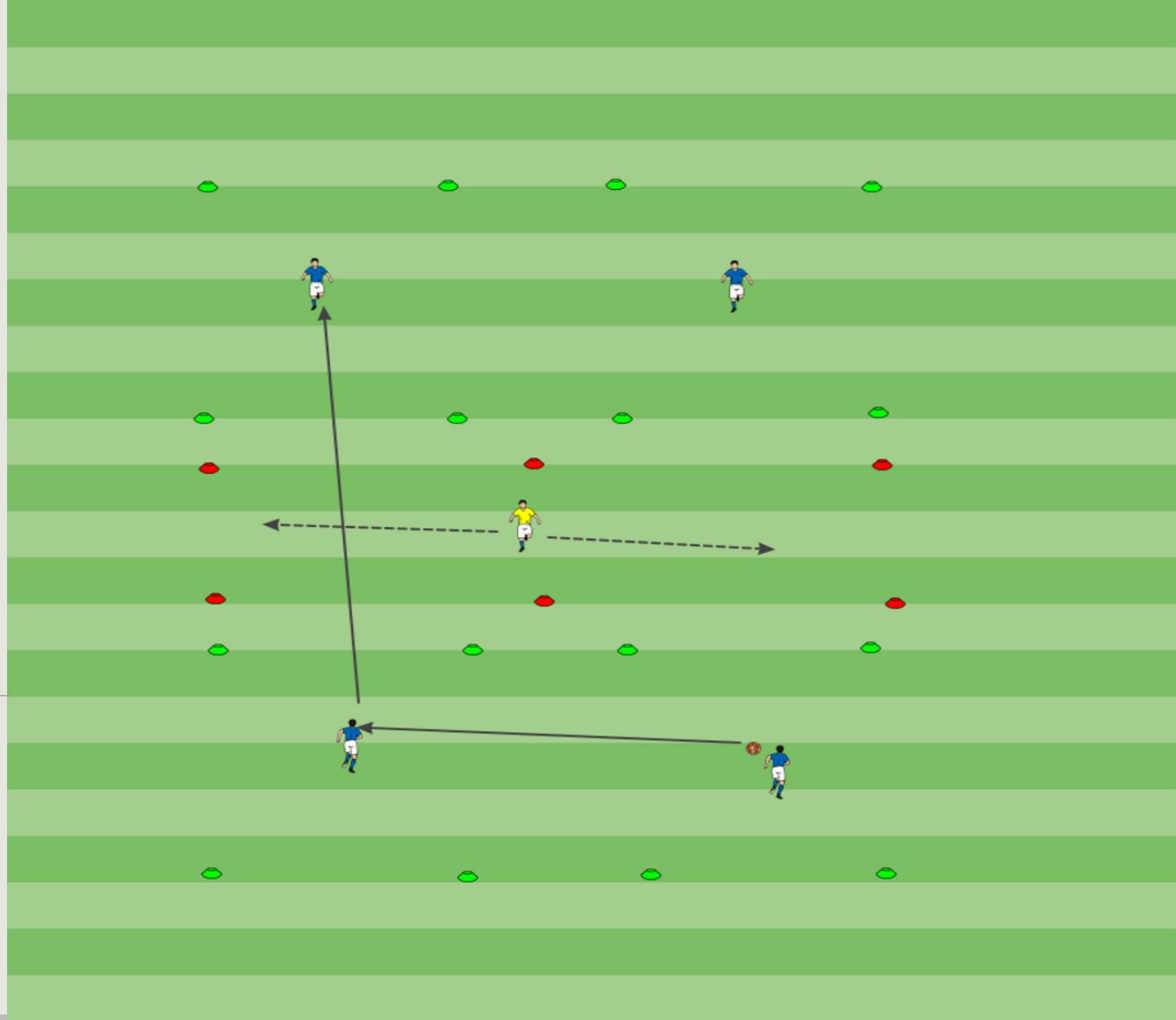
Pairs Pass to Other Grid

- Ball starts on one side and the two players have max of 3 touches and then need to pass to other side on the ground
- Player in center gets in the path to disrupt the pass and then the two other players have a max of 3 touches
- Switch player in the center if outside players have continuous success
- If player in center wins ball the player who pass goes in the center

Coaching Points

- Decision making
- First touch forward for pass
- Weight of pass and control the ball

Time: 15-20 Minutes



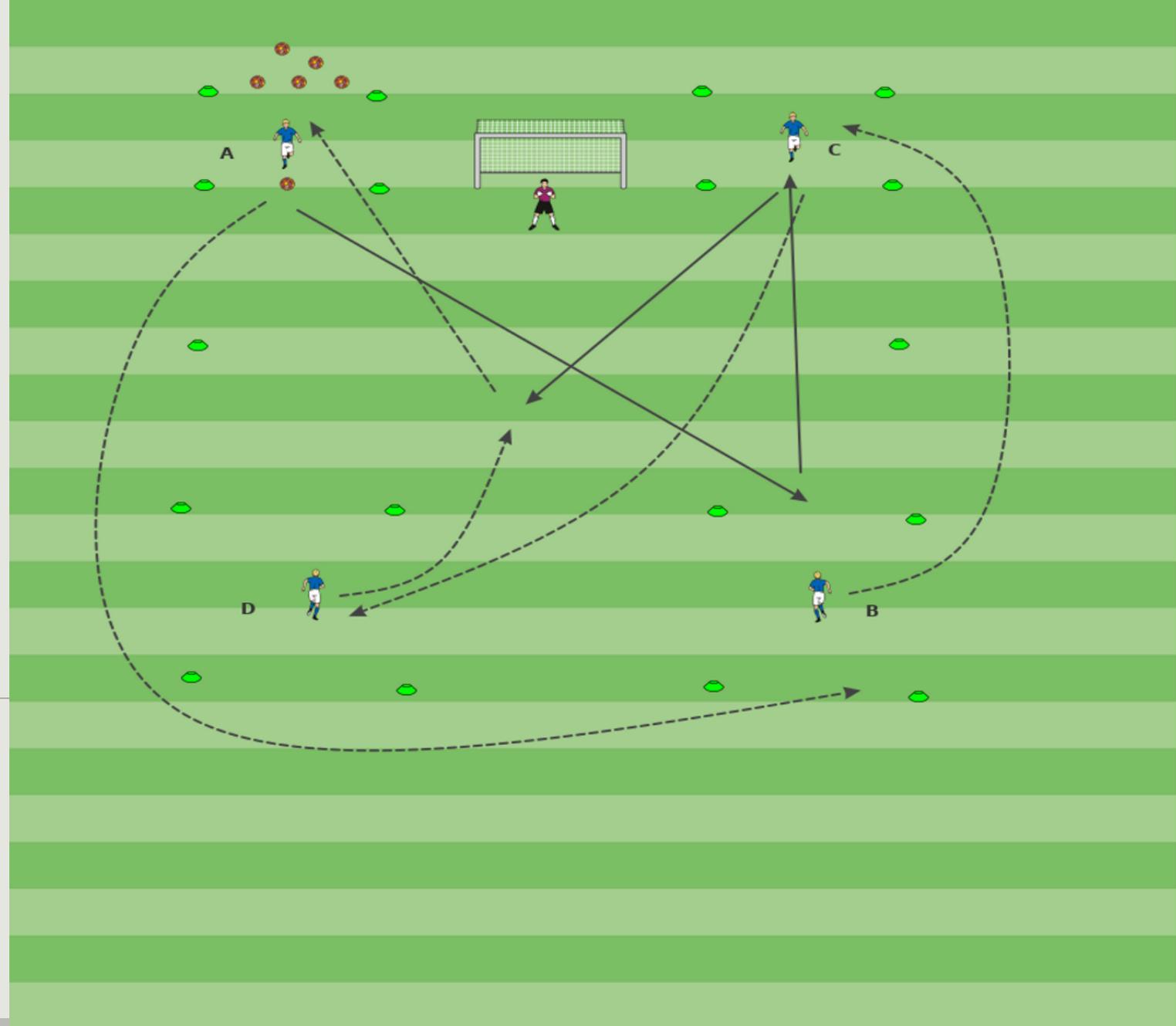
Shooting Activity

- Follow the pattern of A to D
- Follow the pass and be sure only one player runs across the middle
- Can switch and start the ball with C so that players can work on shooting with their left
- Can allow 1 touch or a prep touch
- If no GK available can still shoot on goal and work on placement

Coaching Points

- Head Up/Down
- Surface of foot (laces)
- Follow through and knee over the ball
- Balance and plant foot and follow through
- Placement verses Power

Time: 15-20 Minutes



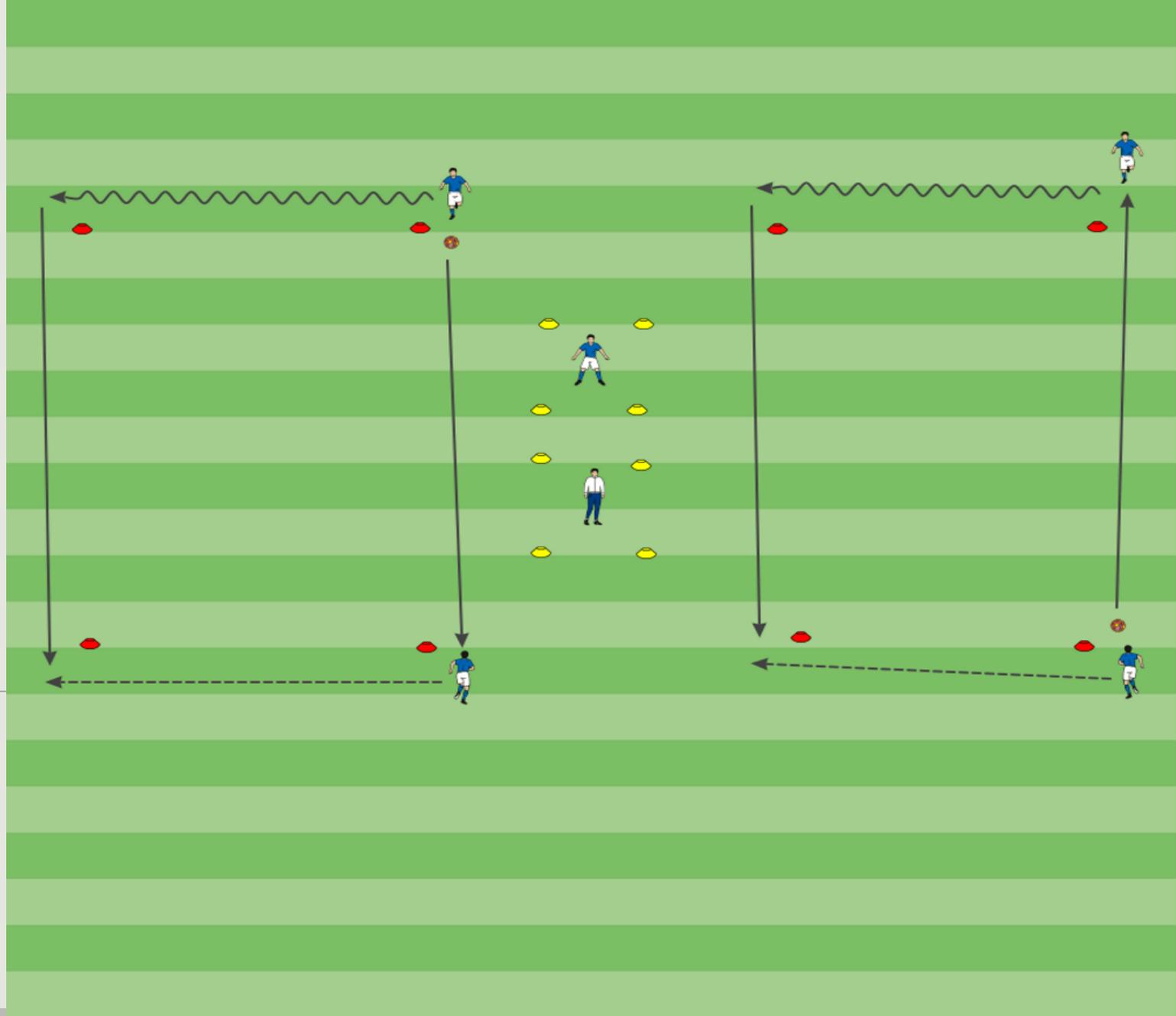
Pairs Competitive Activity

- Two players across from each other and on the coaches command they start
- Pass the ball across and dribble to other side and follow the same sequence
- First team with 10 passes under control win
- Awaiting player joins the winning team and takes a player out and switch

Coaching Points

- Head Up
- Lock the ankle and plant foot
- First touch and weight of pass
- Dribbling for speed using the laces
- Small touches and accuracy

Time: 15-20 Minutes



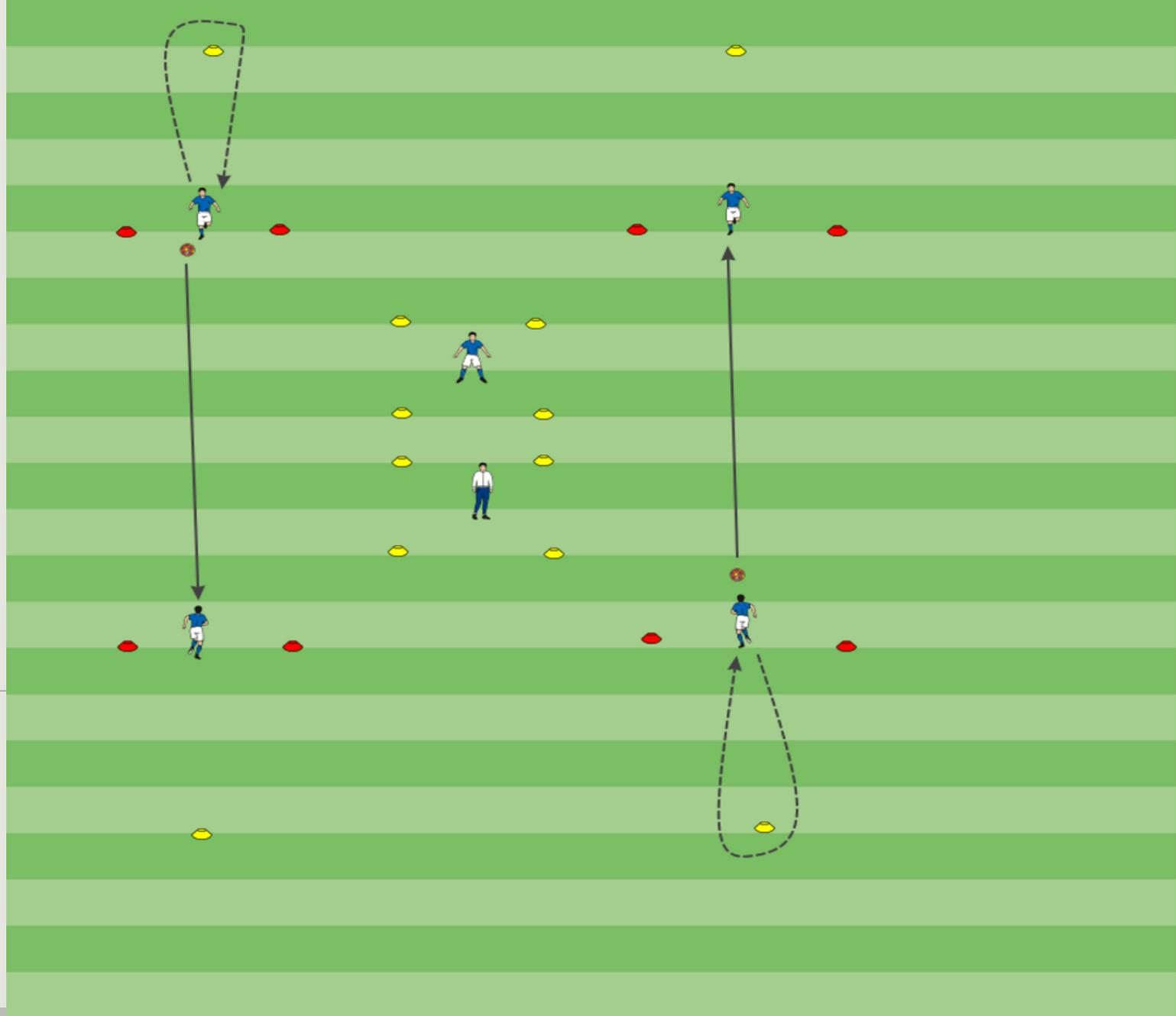
Pairs Competitive Activity

- Two players across from each other and on the coaches command they start
- Pass the ball across and run around the cone and await the pass back while the other player follows the same sequence
- First team with 10 passes under control win
- Awaiting player joins the winning team and takes a player out and switch

Coaching Points

- Head Up
- First touch and weight of pass
- Lock the ankle and plant foot
- Accuracy of pass

Time: 15-20 Minutes



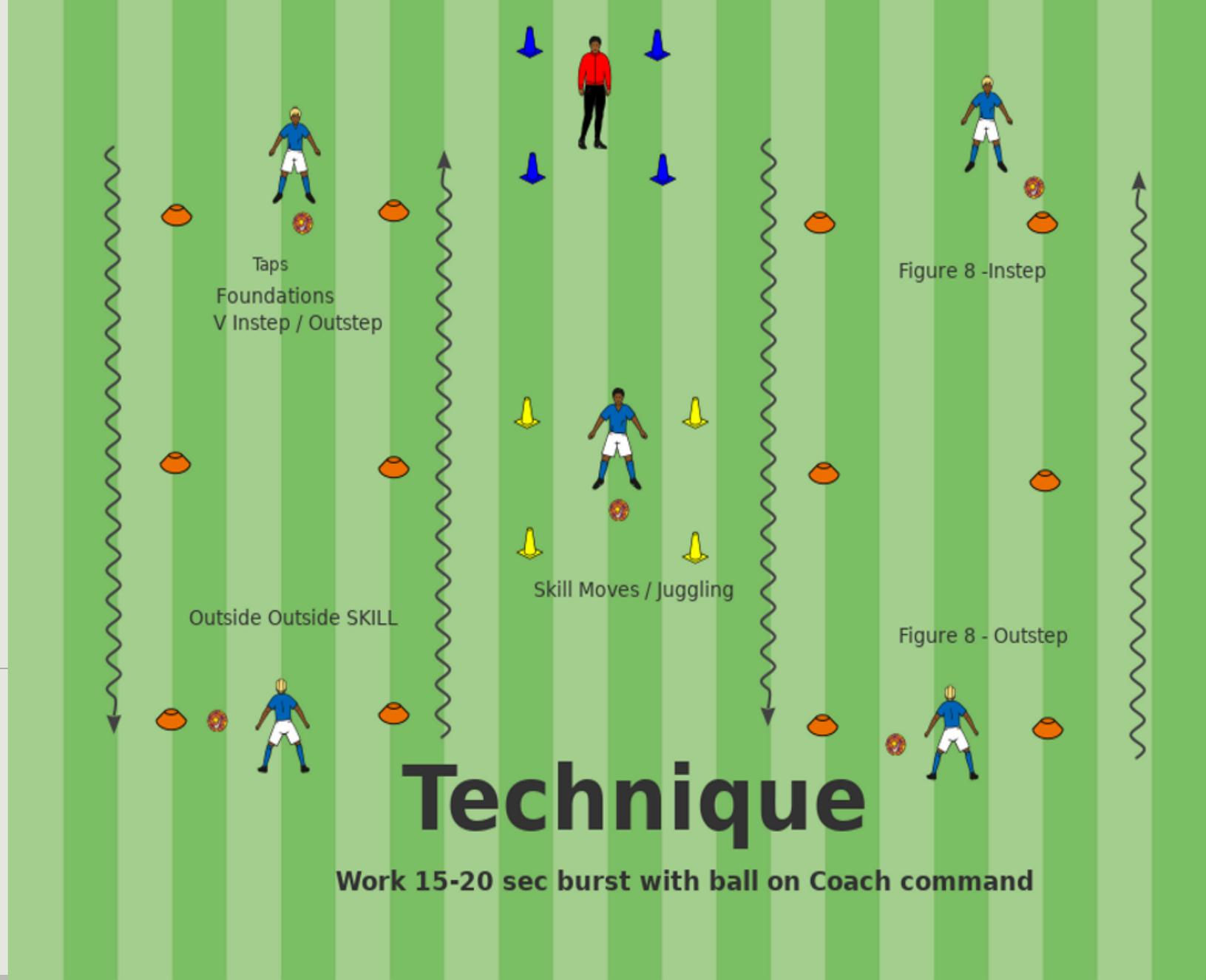
Fitness Activity

Presented by Jake Romero
Las Cruces



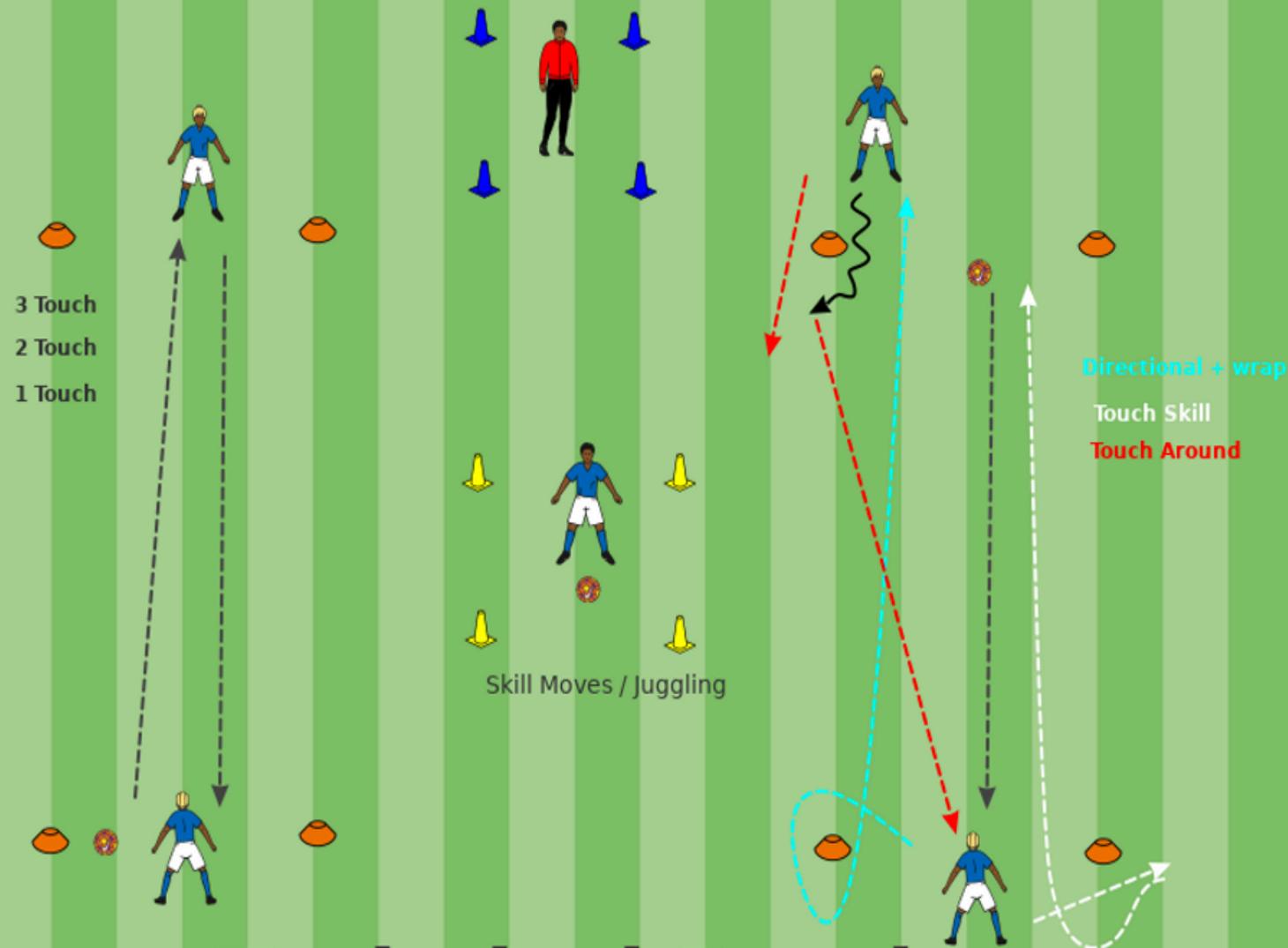
Fitness Activity

Presented by Jake Romero
Las Cruces



Technical Activity

Presented by Jake Romero
Las Cruces



Technical Passing

Work 15-20 sec burst with ball on Coach command

Contact Information

If I could be of assistance don't hesitate to ask or contact me:

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"Leadership by Example"



Questions or Comments



See you in next Webinar

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