

Age and Stage Considerations



Active Start U6 and younger (parent and child to 3v3)

- 1 Player + 1 Parent/Guardian/Sibling
- Children at this age may struggle to maintain social distancing and to complete technical based activities.
- Using a parent or sibling will aid the coaches to deliver different activities as the child will have a parent/guardian/sibling to help manage them and some of the logistics to ensure social distancing is maintained.
- Be overly conservative when spacing out areas to maintain social distancing.



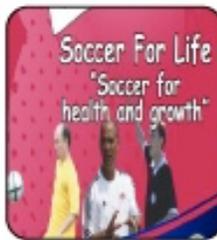
FUNDamentals U7-U9 (U7-U8 5v5, U9 7v7)

- 1 Player + 1 Parent/Guardian/Sibling
- Children at this age often need interaction with someone to remain engaged and complete technical based activities.
- Players may not have yet developed focus to find isolated practices with a ball enjoyable. Therefore, utilizing a parent/guardian/sibling to partake in the practice will provide a more fulfilling experience as it will increase the number of different activities the athlete can experience. As someone from their own household does not need to maintain social distancing from the player. This will help create opportunities to plan activities that include a partner or opposition.
- Be overly conservative when spacing out areas to maintain social distancing.



Learn 2 Train U10-U12 (U10 7v7, U11-U12, 9v9)

- Athletes at the L2T stage should be engaged in the progression of activities during the different phases.
- Engaging them about their strengths and weaknesses within different activities will assist the coaches in giving the players individualized tasks.
- The individualized consideration will help keep the players engaged and focused. Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice to participate in.
- Be conservative when spacing out areas to maintain social distancingUU10



Soccer 4 Life U13+ - (modified games up to 11 v 11)

- Athletes at the S4L stage should be engaged in the progression of activities during the different phases.
- Engaging them about their strengths and weaknesses within different activities will assist the coaches in giving the players individualized tasks.
- The individualized consideration will help keep the players engaged and focused. Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice to participate in.
- Players should understand what social distancing is, and be able to respect the social distancing requirements in place.



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