

MASSACHUSETTS YOUTH SOCCER ASSOCIATION



COVID-19

Coaches Toolkit

Updated March 25, 2021





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Coaching a Training Session:

Step 1: Player Contact - Every Practice:

- ☐ Send an email regarding the date time and location of the practice session.
- ☐ Understand that there may be parents/guardians who may not be ready to have their child return to activities at this time.
- ☐ Request that each player bring a dark and light shirt to eliminate the need of shared scrimmage vests.
- ☐ Create a list of expected attendees to keep track of attendance. (Use of Apps such as TeamSnap or TeamApp is encouraged to assist with Contact Tracing if required)

Step 2: Prior to arrival at the practice location:

- ☐ Obtain necessary cleaning, disinfecting and personal protective equipment supplies.
- ☐ Players are required to wear face coverings per the most recent EEA Guidelines. Players must properly wear their face covering at all times when on the sidelines and in any huddles except when 6 or more feet from another player for a “mask break” to catch their breath, drink or eat. If conditions are so severe as to warrant masks too dangerous to wear, the competition must be delayed, postponed or cancelled. .
- ☐ Only face coverings that secure with loops around a player’s ears are acceptable. Face coverings must be worn at all times. During play when spacing is greater than 6 feet from another player a “mask break” to catch their breath may be taken. The default expectation is that face coverings will be worn.
- ☐ Select, read and understand the age appropriate Training Session Plan that you are going to use. For Massachusetts Youth Soccer Training Session Plans: [Click Here](#).
- ☐ Take inventory, clean and disinfect all coaching equipment to be used.

Step 3: Upon arrival at the practice location:

- ☐ If possible set up the field to deliver the practice session. (Start with the end in mind.)
- ☐ As Players arrive, inquire how athletes are feeling, send them home if you believe they are acting or look ill.
- ☐ Assign each player to a designated “waiting area”.
- ☐ Create a designated “Player Equipment Area”.
- ☐ Remind the players regarding - No handshakes, fist or elbow bumps or any other physical contact.



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Step 4: During the practice activity:

- ☐ Throughout the practice, during breaks for water encourage proper hygiene, washing hands frequently with soap and water or hand sanitizer, for at least 20 seconds at a time. Use alcohol based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth with unwashed hands). Follow all state and local health protocols.
- ☐ Ensure the health and safety of all athletes.
- ☐ Coach is to be the only one to handle cones, discs, goals etc.
- ☐ Ensure all athletes have their individual equipment. (Ball, water bottle, GK Glove etc.)
- ☐ Ensure player's personal belongings (bags, coats, sweatshirts) remain in their personal space and are kept physically distanced from the belongings of others. Do not allow sharing of personal items.
- ☐ Do not allow shared team snacks.
- ☐ Coaches wear a face covering, at all times and abide by the physical/social distance requirements from players and parents.
- ☐ **STAY POSITIVE** – Players and parents will be looking to you to remain calm and supportive during this transition time.

Step 5: At the conclusion of the practice session:

- ☐ Monitor Players as they exit the playing area.
- ☐ Ensure Social Distancing is adhered to and that PPE is being worn.
- ☐ Ensure that each player is picked up by their parents or guardian.
- ☐ Ensure that all social distancing is maintained for players waiting for their ride to arrive.
- ☐ Remind the players to clean and disinfect their individual equipment when they arrive home.

Step 6: Post Practice Session:

- ☐ Clean and disinfect all equipment.
- ☐ Launder any and all clothing worn during the practice session.
- ☐ Communicate with Parents and request that you are alerted if any players may have been in contact with COVID-19
- ☐ Reflect on the Players Performance
- ☐ Reflect on your Performance.
- ☐ Plan for the next practice session.



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Coaching Games: Phase III - Step 2 - Moderate Risk:

Moderate Risk - Sports or activities that involve intermittent close proximity or limited, incidental physical contact between participants.

Examples: Baseball, softball, crew, sailing, track and field, running clubs, team swimming, volleyball, dance class, fencing, field hockey, girls lacrosse, soccer

Sports and activities included in the **Moderate Risk** category can participate in Level 1, 2 and 3 types of play.
Levels of Play:

The following types of play are defined by level from least to greatest risk.

- Level 1: Individual or socially distanced group activities (no-contact workouts, aerobic conditioning, individual skill work, and drills)
- Level 2: Competitive Practices (Intra-team/group games, contact drills and scrimmages)
- Level 3: Competitions (Inter-team games, meets, matches, races, etc.)
- Level 4: Tournaments (Outdoor only) - Not Permitted in Phase 3 Step 2 for Moderate Risk Sports.

Moderate risk is defined as a sport or activities that involve intermittent close proximity or limited, incidental, physical contact between participants. Sports in this category are permitted to participate in Level 1, 2, and 3 training activities.

The Playing Surface:

The previous limit of 25 participants per playing surface has been removed. Mass Youth Soccer is relying on our member organizations to properly manage the number of participants per playing surface with the health and safety of all. In order to maintain lower numbers on the soccer fields the following field capacities are recommended.



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Field Sizes

Field Size	Dimensions*	Age ~ Grade
Micro 4v4	30x20 yards	8U & Younger ~ 2nd Grade and Lower
Developmental 7v7	47x30 yards	9U/10U ~ 3rd/ 4th grade
Small 9v9	75x47 yards	11U/12U ~ 5th/6th grade
Full 11v11	112x75 yards	13U & Older ~ 7th grade & Higher

Recommended Field Capacity - Practice Sessions

Age Group Field Size	8U & Younger 2nd Gr. & Lower	9U-10U 3rd-4th Grade	11U/12U 5th-6th Grade	13U& Older 7th and up
Micro 4v4	2 Teams	1 Team	1 Team	N/A
Developmental 7v7		2 Teams	1 Team	1 Team
Small 9v9			2 Teams	1 Team
Full 11v11			1 Team	1 Team

Recommended Field Capacity - Games

Field Size	Age / Grade	Average Roster Size	Total at Field for Games**
Micro 4v4	8U & Younger 2nd Gr. & Lower	8	8 on Field 8 on Sideline
Developmental 7v7	9U-10U 3rd-4th Grade	12	14 on Field 10 on Benches
Small 9v9	U/12U 5th-6th Grade	15	18 on Field 12 on Sideline
Full 11v11	13U& Older 7th and up	18	22 on Field 14 on Sideline

*above dimensions recommended by USSF

** above player count is an average not capacity numbers



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Spectators

The spectator area must allow for at least of 6' feet of social distancing between all family units Note: This updated Mass Youth Soccer is in force unless the facility has stricter limits.

Involvement of Non Playing Participants:

- ☐ Coaches have always been responsible for the actions of their players, parents and spectators. This does not change
 - ☐ Assign a team COVID Coordinator to help
- ☐ Coaches, staff, referees and other officials are required to wear facial coverings and maintain social distance of 6 feet at all times.
- ☐ Attendance must be kept for all activities including games
- ☐ Spectators must wear facial coverings and maintain six feet of social distance at all times.

For the purposes of Competitions (Games), we suggest:

- ☐ Ask that those who are immunocompromised and considered at risk for COVID-19 not attend unless they are the player's guardian or chaperone.
- ☐ If necessary, to accommodate spectators, use areas around the field other than just the spectator side. (See diagram below for spectator viewing areas)
- ☐ Make sure this is communicated to coaches, parents and referees.



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The Players

- ❑ Massachusetts Youth Soccer is requiring all players wear a face covering per the most current EEA Guidelines for Organized Youth and Adult Amateur Sports. Only face coverings that secure with loops around a player's ears are acceptable. Face coverings must be worn when at all times. During play when spacing is greater than 6 feet from another player a "mask break" to catch their breath may be taken. The default expectation is that face coverings will be worn.
- ❑ Players must properly wear their face covering at all times when on the sidelines, in any huddles, during all time-outs except when 6 or more feet from another player for a "mask break" to catch their breath, drink or eat. If conditions are so severe as to warrant masks too dangerous to wear, the competition must be delayed, postponed or cancelled.
- ❑ A mask or face covering that wraps around the head or head and neck (i.e. gaiter) will be considered dangerous equipment. A mask that fits over the ears only will be considered safe to wear. Masks with exhalation valves or vents (including mesh masks) are not acceptable for players and should NOT be worn.
- ❑ Upon arrival at the field players will be assigned to a designated waiting and equipment area that ensures physical distancing is maintained when not playing.
- ❑ Players who start the game as substitutes will remain in their designated waiting area until they enter the field of play.

During the Game:

- ❑ Throughout the Game, during breaks for water encourage proper hygiene, washing hands frequently with soap and water or hand sanitizer, for at least 20 seconds at a time. Use alcohol based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth with unwashed hands). Follow all state and local health protocols.
- ❑ Ensure the health and safety of all athletes.
- ❑ Coach is to be the only one to handle cones, discs, etc.
- ❑ Ensure all athletes have their individual equipment. (Ball, water bottle, GK Glove etc.)
- ❑ Ensure player's personal belongings (bags, coats, sweatshirts) remain in their personal space and are kept physically distanced from the belongings of others. Do not allow sharing of personal items.
- ❑ Do not allow shared team snacks.
- ❑ Coaches wear a face covering, at all times and abide by the physical/social distance requirements from players and parents.
- ❑ STAY POSITIVE – Players and parents will be looking to you to remain calm and supportive during this transition time.



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At the Conclusion of the Game:

- ☐ Have players clean their area of all belongings and trash.
- ☐ Monitor Players as they exit the playing area.
- ☐ Ensure Social Distancing is adhered to and that PPE is being worn.
- ☐ Ensure that each player is picked up by their parents or guardian.
- ☐ Ensure that all social distancing is maintained for players waiting for their ride to arrive.
- ☐ Remind the players to clean and disinfect their individual equipment when they arrive home.
- ☐ Post Game:
 - ☐ Clean and disinfect all equipment.
 - ☐ Launder any and all clothing worn during the game.
 - ☐ Communicate with Parents and request that you are alerted if any players may have been in contact with COVID-19
 - ☐ Reflect on the Players Performance
 - ☐ Reflect on your Performance.
 - ☐ Plan for the next practice session based on your team's performance.

Scheduling of Games:

- ☐ Schedule groups/teams with a recommended minimum of 20 minutes in between the time one team concludes and the other arrives. Players must leave immediately after their session. Players should not arrive at their field earlier than 5 minutes prior to their scheduled start time. Some facilities may require longer periods of time between games based on field proximity to parking areas.
- ☐ As much as possible keep groups to 4 teams for a 6 game schedule or to 6 teams max for an 8 game schedule.
- ☐ Utilizing a Home/Away format
- ☐ As much as possible limit travel distances for each group, for the purpose of limiting spread and to facilitate tracing if needed.

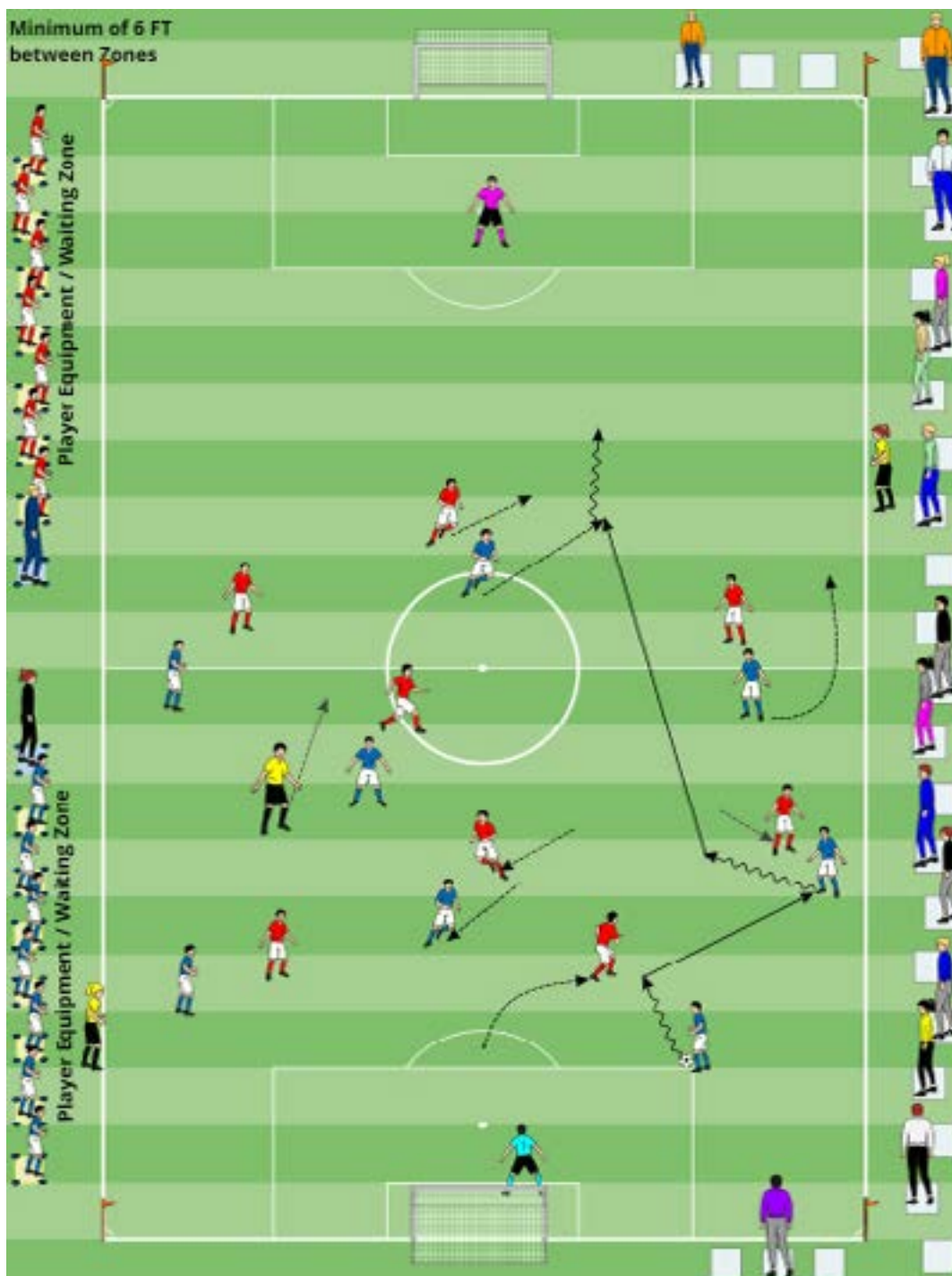


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Game Field Set up

Please note not all player waiting spots are depicted in the drawing below. Please allow one spot per player on your roster.





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Resources

- [Reopening Massachusetts](#)
- [WHO Handwashing Video](#)
- [FIFA COVID-19 Resources](#)
- [US Soccer Play On](#)
- [US Soccer Recognize to Recover - COVID 19 and Mental Health](#)
- [US Youth Soccer Return to Activity Notice](#)
- [Aspen Institute - Coronavirus and Youth Sports](#)