Training sessions respecting social distancing measures

Once your government allows you to coach children during the pandemic, most likely you will need to respect the social distancing measures to minimise physical contact between children and thus reduce the risk of new infections.

To ensure you keep this physical distance, you may follow FCSA instructor Willy's advice to plan your sessions.

He says, “despite the need to keep distance, technical, physical, tactical and mental trainings can be still be held.”

So let’s try and give it a go – but remember, only if the government measures allow you to!

- You mainly communicate by demonstrating and using hand signals – also when you correct players! Plan to talk less and only use short sentences.

- To warm up, Fun Games, Educational Games and general Warm-up Exercises can be used, with and without a ball. But increase the distances between children.

- Choose exercises and games without any close contact. “Walking Football” would be a good option. (Walking football is a form of football where you are only allowed to walk. You can find the official rules here.)

- Make sure that children keep their distance to each other and to the coach at all time. A good standard would be 5 meters as the virus can fly through the air when exercising and breathing heavily.

- It’s a challenge to plan and implement such a training, but... just do it😊.