



*Football Nova Scotia  
"Return to Football" Plan*



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## DISCLAIMER

Football Nova Scotia and the Return to Football Working Group have prepared this document based on the latest information available from third-party sources, including the World Health Organization, Football Canada, and local, provincial, and federal health authorities. The document will be updated as the situation evolves, and more information becomes available.

This document is meant to provide information and guidance regarding best practices based on current information. However, each Association/Team is responsible for assessing the risks in its environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of public health and government authorities.

Additionally, it is an individual's responsibility to assess his or her personal risks in consultation with medical professionals and to be accountable for the outcome of his or her decisions and actions.

## ACKNOWLEDGEMENTS

Football Nova Scotia would like to thank the following people for their contributions to the Return to Football Working Group. The development of this resource document will guide our members as football returns to our communities.

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## OUR MANDATE

Football Nova Scotia's top priority is the safety of our players, coaches, trainers, officials, volunteers, parents, administrators, and families. We will continue to follow the recommendations of the Nova Scotia Health Authority, the Provincial Government and Sport Nova Scotia. Football Nova Scotia recommends the policies and procedures in this document as a return to football guide to help teams, leagues and organizations transition back into football when it is safe to do so.

Football plays an important role in promoting physical activity and brings communities together. During these unprecedented times, our members associations and teams are motivated to ensure a safe environment when football returns to the communities. As the provincial sport governing body, we want to provide our stakeholders with clear guidelines and the tools to support these efforts.

## PLAN CONSIDERATIONS

Our plan was guided by the following COVID-19 Return to Sport Guidelines developed by Sport Nova Scotia and Department of Communities, Culture and Heritage. This plan provides an overview of general elements to consider for all football related activities.

REQUIREMENTS	DESCRIPTION/APPLICATION
<b>Environment</b>	<ul style="list-style-type: none"><li>• Physical Distancing</li><li>• Limit the number of people within a facility</li><li>• Limit the congregation of people in shared areas</li></ul>
<b>Equipment</b>	<ul style="list-style-type: none"><li>• Limit the necessity of shared equipment</li><li>• How equipment will be managed and cleaned</li></ul>
<b>Personal Protective Precautions</b>	<ul style="list-style-type: none"><li>• How participants will be encouraged to practice good hygiene</li><li>• How participants will be educated to ensure those who are unwell and symptomatic do not participate in the activity.</li><li>• How enhanced cleaning will be managed, including high touch surfaces</li></ul>

<b>Communication</b>	<ul style="list-style-type: none"> <li>• How participants will be informed of the safe precautions that must be followed and implemented by the organization</li> <li>• Maintaining participant registry to facilitate potential public health contact tracing</li> <li>• How participants will be informed of the safety precautions they must follow</li> </ul>
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## OPERATIONAL GUIDELINES

The guidelines and recommendations in this document are not legal or medical advice. Given the extremely fluid environment of COVID-19, all guidelines and recommendations are subject to change based on recommendations and restrictions by the Federal & Provincial Governments and Public Health Authority.

### GENERAL ACTIVITY GUIDELINES

These guidelines will be used when planning and implementing all football related activities.

<b>REQUIREMENTS</b>	<b>DESCRIPTION/APPLICATION</b>
Oversight	<p>The activity must be overseen by a responsible person over the age of 18 who must ensure public health guidelines are adhered to.</p> <p>Individuals exhibiting symptoms of Covid-19 must be sent home immediately.</p>
Social Distancing	<p>The activity must comply with current social distancing restrictions issued by Nova Scotia Public Health.</p> <p>Individuals <b>MUST</b> maintain physical distancing of at least 2 meters from others unless they are from the same household or bubble family.</p> <p>Drop off and pick up protocol should be clearly mapped out with protocols for ingress and egress communicated and marked to</p>

	ensure social distancing requirements are maintained. No loitering before and after training is permitted.
Gatherings	The activity complies with the current gathering restrictions issued by Nova Scotia Public Health.  Groups must be limited to 10 people or fewer ( <i>May 29, 2020</i> ).
Groups	The activity must be limited to small groups.  <i>Football Application: See phase 2 in "Return to Football Framework"</i>
Hygiene	Activity organizers must communicate appropriate hygiene measures for the activity in advance to all participants.  Activity organizers must ensure participant compliance with all hygiene measures.  No spitting, clearing of nasal passages, handshakes, high five, fist bumps, chest bumps, or group celebrations allowed.
First Aid	Activity organizers must ensure personal protective equipment is immediately available IF first aid treatment is requirement.  Recommendation that a family member attend to injured player, if available. If not possible, attending person must wear medical gloves and mask when 2-meter distance cannot be maintained.

**ORGANIZATIONAL GUIDELINES**

Associations/teams providing football training and activities must abide by these guidelines when organizing the implementation of football related activities.

<b>REQUIREMENTS</b>	<b>DESCRIPTION/APPLICATION</b>
<b>Registration</b>	All participants (players/coaches/volunteers) must be registered online for football as per established process with Football Nova Scotia.  It is recommended when possible all registrations and payments are done online (no cash transactions).
<b>Waivers &amp;</b>	All participants (or parents/guardians if under 19 years of age) must sign the Assumption of Risk Waiver plus provide a

<b>Declarations</b>	<p>Declaration of Compliance prior to participation in any sanctioned football activity.</p> <p>All coaches and volunteers involved with the delivery of football activity must sign the Assumption of Risk Waiver plus provide Declaration of Compliance prior to participating in any sanctioned football activity.</p> <p>Prior to participating, participants must be aware and acknowledge that although exposure to COVID-19 is unlikely, it is possible, and participants are voluntarily taking part in Football Nova Scotia activities with fore knowledge of the risks.</p>
<b>Schedule &amp; Event Management</b>	<p>Activities must be scheduled to allow sufficient time between sessions to avoid any overlap of players on the field and/or congestion during pick-up / drop-off.</p> <p>Participants must arrive dressed for training &amp; immediately depart at the end of training.</p>
<b>Participation</b>	<p>Participants must be able to understand and adhere to the distancing measures and recommendations issued to NS Public Health.</p> <p>Vulnerable persons, such as older adults, individuals with underlying medical conditions, and/or are at risk due to a compromised immune system must NOT participate.</p>
<b>Parents/Guardians &amp; Carpooling</b>	<p>Parents/Guardians must drop off &amp; pick up their child at the established entrances and exits.</p> <p>For safety reasons, parents must remain nearby in vehicles and/or designated areas. Designated areas must be able to accommodate group size and social distancing guidelines.</p> <p>Contact tracing information must be maintained for attending parents/guardians as well as participants.</p> <p>Participants should only carpool with individuals from their household or bubble family.</p>
<b>Spectators</b>	<p>Spectators are NOT allowed during Phase 1, 2, 4 and part of Phase 3.</p>
<b>Equipment</b>	<p>Any equipment used during training sessions must be cleaned and sanitized both before and after every session.</p>

	<p>Recommended that ball sanitizing stations be made available at ingress and egress to ensure individuals sanitize personal equipment before and after training.</p> <p>A single individual should be assigned responsibility for the management and cleaning of all equipment.</p> <p>Participant equipment should be spaced out to maintain physical distancing.</p>
<b>Food &amp; Water</b>	<p>No sharing of water bottles or communal water coolers.</p> <p>Participants must bring their own water.</p> <p>Player snacks should be provided from home. The sharing of any food should be discouraged.</p>
<b>Personal Protective Equipment</b>	<p>Provide your staff/coach with any protective items required by the health authorities and ensure that each member of your staff washed and/or sanitizes their hands regularly.</p>
<b>Hygiene</b>	<p>Provide the ability for participants to wash or sanitize hands before, during, after training. Request that participants bring their own hand sanitizer.</p> <p>All participants should follow proper respiratory etiquette. Coughing into sleeve or tissue. No spitting on the field.</p> <p>Recommend that participants equipment and uniforms be sanitized and cleaned before and after training.</p>
<b>Health Check</b>	<p>All staff/coaches and participants must provide a verbal confirmation as per a "COVID-19 symptoms checklist" ensuring they are not experiencing any symptoms related to COVID-19.</p> <p>Indoor Facilities - All staff/coaches and participants must have their temperature check prior to entering the indoor playing facility. If the temperature is high, the player can wait for 5 mins and retake. If the temperature is high the 2<sup>nd</sup> time, the player must be sent home immediately and will be advised to contact public health.</p> <p>If an individual is exhibiting symptoms related to COVID-19, they must be sent home immediately and be documented.</p> <p>If an individual is experiencing symptoms of fever, cough, shortness of breath, runny nose, or sore throat, they are to self-isolate and contact public health.</p> <p>As per the Declaration of Compliance, they are NOT permitted to return to training for 14 days from the day they last experienced symptoms.</p>



<p><b>Contact Tracing</b></p>	<p>Contact tracing logs for all participants and parents/guardians dropping off players must be completed for every training activity and be easily accessible to ensure efficient contact tracing.</p> <p>Contact Tracing logs can be done online or completed onsite by a responsible adult. Records must be maintained for a minimum of 6 weeks.</p>
<p><b>Outbreak Management</b></p>	<p>If a case of COVID-19 is confirmed to be connected to a camp/training/team, Public Health will provide additional guidance including ensuring that appropriate supports are in place to coordinate the response. One confirmed case of COVID-19 in a camp/training/team setting would be considered an outbreak. Public Health actions and directions may include, but are not limited to:</p> <ul style="list-style-type: none"> <li>o Contact tracing, which involves identifying contacts of a positive case and contacting those individuals</li> <li>o Requesting records that identify cohorts/groups of staff and participants in the camp/training/team for a specified time frame</li> <li>o Testing of staff and participants that may have been exposed to a positive case</li> <li>o Enhancing environmental cleaning</li> <li>o Assessing need for program suspension</li> </ul> <p>All associations/teams are expected to work with Public Health to ensure a prompt response to cases of COVID-19 that may have been exposed in, or may have attended, a program/camp.</p>

**EQUIPMENT DISTRIBUTION**

Football equipment distribution may begin in Phase 3. Equipment distribution will require the following procedures.

Requirements	Description/Application
<p><b>Distancing</b></p>	<p>Schedule equipment pick-ups under 30 people at one time (one player &amp; parent) maintain physical distancing at facility.</p>

	If possible, any forms required should be completed in advance online and fees should be collected in advance using online payment or e-transfer.
<b>Hygiene &amp; Sanitation</b>	<p>Equipment fitters do not require gloves but can be worn if it makes the individual more comfortable.</p> <p>Masks for equipment fitters &amp; players are recommended</p> <p>Equipment fitters are recommended to sanitize between each fitting (wash hands with soap and water for at least 20 seconds)</p> <p>It is recommended all equipment be sanitized before distribution and any equipment that has been tried on and not given out, should be sanitized before the next player. For proper sanitization procedures, it is recommended for Associations/Teams to contact their equipment suppliers/makers.</p> <p>Sanitization stations made available &amp; appropriate physical distancing signage visible</p>

## RETURN TO FOOTBALL FRAMEWORK

Football Nova Scotia is very aware of the health concerns surrounding COVID-19. We respect the role of the Nova Scotia Health Authority in making the tough decisions to keep Nova Scotian’s safe. We are the last group that would want to be a part of any unnecessary outbreaks and have encouraged our membership to do their part in flattening the curve. We also realize that our membership has a desire to return to the gridiron as quickly as it can be safely determined to be an approved activity.

It is in that spirit that we present the following. It is a comprehensive plan to allow our sport to relaunch with the health and well being of the participant and their families a priority. We will do our utmost to work in the new levels of sanitary behaviour, reduce the gathering limits and adapt the sport accordingly, and limit to a minimum exposure to other groups within our sport.

As we work towards a return to football, all participants and their families should be aware of possible local, provincial, and national restrictions and modifications to play. These restrictions will depend on the level of ‘return to play’ and will be modified as needed as the restrictions change.

Participants will be notified of current level of play prior to all activities and all changes will be communicated to all participants as soon as possible.

#### POSSIBLE RESTRICTION TO PLAY

- Type of play allowed: Contact, Non-Contact, Complete distancing, No play
- Level of social distancing required
- Participant distance
- Sanitization requirements
- Personal Protective Equipment (PPE) requirements
- Number of participants allowed
- Number of spectators allowed
- Facility Restrictions
- Duration of available time for programming
- Field Availability
- Cost

#### POSSIBLE CONSIDERATION FOR RETURN TO PLAY

- Age group of participants
- Football Long Term Athlete Development (LTAD)
- Capacity
- Tracing guidelines and tracking
- Insurance Guidelines
- Federal/Provincial Guidelines
- Education and communication to participants

#### PHASE 1 – FOOTBALL FROM HOME

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##### FOLLOWING RESTRICTIONS ARE ENFORCED:

- Social Distancing (2 meters/6 ft)
- Group gathering limited to 5
- No Field or Facility access
- No-Contact Activities Allowed
- No Competition allowed

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##### RECOMMEND UTILIZING FOOTBALL AT HOME & VIRTUAL TRAINING/MEETINGS:

- FC Mobile App
- Skills & Drills at home
- Age appropriate
- Minimal equipment (cones, football, speed ladder, running shoes/cleats, etc.) provided by the participant

## PHASE 2 – RETURN TO TRAINING/SKILL DEVELOPMENT

### FOLLOWING RESTRICTIONS ENFORCED:

- Social distancing still enforced (2 meters)
- Public/private gatherings increased to 10 or more
- Re-opening of outdoor recreation and sport fields
- Competition/Games not allowed

Level 2 will begin with small group training & skill development with public health measures still in effect. All general activity guidelines and organization guidelines must be implemented in addition to the items listed below.

REQUIREMENTS	DESCRIPTION/APPLICATION
<b>Structure</b>	<ul style="list-style-type: none"> <li>• Group personnel does not change, should be consistent through-out the training</li> <li>• ¼ football field (24 yards x 45 yards) – 10 participants</li> <li>• ½ football field (63 yards x 45 yards) – 20 participants</li> <li>• Full field (63 yards x 110 yards) – 40 participants</li> </ul>
<b>Distancing</b>	<ul style="list-style-type: none"> <li>• Adequate field space to maintain physical distancing during drills, in lines, etc.</li> <li>• Outdoor group training only</li> </ul>
<b>Hygiene &amp; Sanitization</b>	<ul style="list-style-type: none"> <li>• Hand washing before &amp; after</li> <li>• Sanitizer available</li> <li>• All equipment is sanitized before &amp; after</li> <li>• Personal water bottles only</li> </ul>
<b>Skills &amp; Drills</b>	<ul style="list-style-type: none"> <li>• Focus on fundamental skill-based drills with no contact. <i>See Appendix 10 – Coaching Booklet – Skill Development</i></li> </ul>

## PHASE 3 – RETURN TO FOOTBALL

As the Provincial Government and Public Health Authorities begin to ease restrictions, we can move into Phase 3 which would provide for the options of either non-contact or tackle football. Initially the focus will be on ‘Stay and Play’. Let players join their club teams and “stay” within that team to practice and training only. The only “play” they would get would be inter-squad competition within their club/team. This will limit the cohort of their exposure and ensure that there would be no intermingling of teams during this initial period. As restrictions ease, then we would expand into games versus other clubs/teams.

Make no mistake, whether it is non-contact or tackle football, this would involve an understanding of why we would always not be able to maintain physical distancing. Through adapted practice sessions we would do our best to maximize the 2-meter rule but the very nature of the sport which involves contesting for an implemented play (in our case football) and also playing defense (which you will find in pretty much all team sports) the vast majority of skills that need to be taught as well as the conducting of the competition itself will require a breaking of that barrier.

### PHASE 3.1 – RETURN TO NON-CONTACT FOOTBALL (FLAG & TOUCH)

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#### FOLLOWING RESTRICTIONS ENFORCED:

- Social distancing
- Increase in public/private gathering numbers
- Available Field or Facility Access
- Non-Contact (Flag or Touch) Competitive activities/drills allowed
- Non-Contact (Flag or Touch) Games allowed

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NON-CONTACT FOOTBALL WILL REQUIRE TO FOLLOW GENERAL ACTIVITY AND ORGANIZATION GUIDELINES IN ADDITIONAL TO THE FOLLOWING POLICIES & PROCEDURES FOR GATHERINGS OF **30 PERSON LIMIT**:

REQUIREMENTS	DESCRIPTION/APPLICATION
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<b>Distancing</b>	<ul style="list-style-type: none"> <li>• Teams no more than 12 (10 players &amp; 2 coaches)</li> <li>• No huddling</li> <li>• Parents should be spaced out around practice area with proper physical distancing. Only ONE parent per athlete watching from a distance</li> <li>• No team gatherings or fundraisers</li> <li>• No other team on practice field/green space, staggered practices if needed</li> </ul>
<b>Hygiene &amp; Sanitization</b>	<ul style="list-style-type: none"> <li>• Players and coaches have their own water bottles</li> <li>• All equipment should be sanitized before &amp; after practices/games</li> <li>• Footballs should be sanitized with proper disinfectant safe for footballs – teams may need to contact their equipment provider for recommendations</li> <li>• Flag belts, flags, cones &amp; bags can be sprayed and wiped with appropriate disinfectant and allowed to dry</li> <li>• Soft goods (shorts, jerseys, gloves, etc.) should be washed after every practice/game</li> <li>• Sanitization stations must be available for all practices</li> </ul>
<b>Practices</b>	<ul style="list-style-type: none"> <li>• Focus on fundamental skill-based drills that do no contact</li> </ul>
<b>Games</b>	<ul style="list-style-type: none"> <li>• No huddles</li> <li>• No spectators</li> <li>• No locker rooms</li> <li>• Players and coaches have their own water bottles</li> <li>• All equipment should be sanitized before &amp; after games</li> <li>• Balls should be sanitized after every play or switched out with a clean ball (this may require a designated ball program for games)</li> <li>• Sanitization stations should be available at all games</li> <li>• No handshakes after games</li> <li>• When flags are pulled, leave it on the ground and do not hand it back (Pull &amp; Drop Rule Amendment)</li> </ul>

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NON-CONTACT FOOTBALL WILL REQUIRE THE FOLLOWING POLICIES & PROCEDURES BASED ON POSSIBLE GATHERING LIMITS:

**50 – 100 PERSON LIMIT**

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- General Activity Guidelines followed
- Organizational Guidelines followed
- Same policies & procedures as Level 3 practice & games

## 100 - 150 PERSON LIMIT

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- General Activity Guidelines followed
- Organizational Guidelines followed
- Same policies & procedures as Level 3 practice & games
- Spectators would be allowed at games but no more than two per participant. Anyone in the vulnerable categories of people over 65 or with underlying health problems would be greatly discouraged from attending

## 150 - 250 PERSON LIMIT

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- All participants should still provide their own water bottles until further notice
- Spectators would be allowed at games but no more than two per participant. Anyone in the vulnerable categories of people over 65 or with underlying health problems would be greatly discouraged from attending
- Handshake lines are still not recommended

## PHASE 3.2 – RETURN TO TACKLE FOOTBALL (6, 9, 10 & 12 A SIDE)

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### FOLLOWING RESTRICTIONS ENFORCED:

- Social distancing
- Increase in public/private gatherings
- Available Field or Facility Access
- Non-Contact (Flag or Touch) and Contact Competitive activities/drills allowed
- Non-Contact (Flag or Touch) and Contact Games allowed

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TACKLE FOOTBALL WILL REQUIRE THE FOLLOW GENERAL ACITVITY AND ORGANIZATION GUIDELINES IN ADDITIONAL FOLLOWING POLICIES & PROCEDURES FOR GATHERINGS OF **30 PERSON LIMIT**:

- 6 a side & 9-10 a side tackle football is recommended
- 6 a side & 9-10 a side would be limited to practices in Level 3 if social distancing is still restricted

REQUIREMENTS	DESCRIPTION/APPLICATION
<b>Distancing</b>	<ul style="list-style-type: none"> <li>• Roster Sizes:</li> <li>• 6 a side: no more than 15 (12 players, 2 coaches, 1 staff)</li> <li>• 9 &amp; 10 aside: no more than 30 (25 players, 4 coaches, 1 staff)</li> <li>• No huddling</li> <li>• Parents/guardian should be spaced out around practice area with proper social distancing. Only ONE parent/guardian per player watching from a distance</li> <li>• No team gathering for fundraisers</li> <li>• No other team on practice field/green space, staggering practices if needed</li> <li>• No other team on practice field/green space, staggering practices if needed</li> <li>• No locker rooms, film session or chalk talks. Virtual meetings only.</li> </ul>
<b>Hygiene &amp; Sanitization</b>	<ul style="list-style-type: none"> <li>• Players and coaches have their own water bottles</li> <li>• All equipment should be sanitized before &amp; after practices/games</li> <li>• Footballs should be sanitized with proper disinfectant safe for footballs – teams may need to contact their equipment provider for recommendations</li> <li>• Cones &amp; bags can be sprayed and wiped with appropriate disinfectant and allowed to dry</li> <li>• Soft goods (shorts, jerseys, gloves, etc.) should be washed after every practice/game</li> <li>• Hard goods (helmet, shoulder pads, rib protectors, back plates, etc.) should be sprayed and wiped with appropriate disinfectant and allowed to dry</li> <li>• All disinfecting procedures and disinfectants should be recommended from your team’s equipment supplier or manufacture to not void warranty or cause damage</li> <li>• Sanitization stations must be available for all practices</li> </ul>



<b>Practices</b>	<ul style="list-style-type: none"> <li>• Focus on fundamental skill-based drills that do not require contact</li> </ul>
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TACKLE FOOTBALL WILL REQUIRE THE FOLLOWING POLICIES & PROCEDURES BASED ON POSSIBLE GATHERING LIMITS:

### 50 -100 PERSON LIMIT

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- General Activity Guidelines
- Organizational Guidelines
- 6 a-side, 9-10 a side, and 12 a-side practices: same policies & procedures as Phase 3
- 6 a-side and 9-10 a-side games could begin with limitations:

<b>REQUIREMENTS</b>	<b>DESCRIPTION/APPLICATION</b>
<b>Facilities</b>	<ul style="list-style-type: none"> <li>• No locker rooms</li> <li>• Sanitization stations available</li> <li>• No spectators at games</li> <li>• No concessions, 50/50 or merchandise sales on site</li> </ul>
<b>Gameplay</b>	<ul style="list-style-type: none"> <li>• No huddles</li> <li>• No post game handshakes (3 cheers instead)</li> <li>• Ball sanitization between plays/change of possession</li> </ul>
<b>Transportation</b>	<ul style="list-style-type: none"> <li>• No carpooling to games unless same household or bubble family</li> </ul>

### 100 - 150 PERSON LIMIT

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- General Activity Guidelines
- Organizational Guidelines
- 6 a side & 9-10 a side practices & games: same policies & procedures as Phase 3 following exceptions
  - Teams can now have in person meetings:
    - Size of space should allow for social distancing

- Space should be disinfected before and after use and sanitizer made available
  - Locker rooms could now be open if the space allows for physical distancing between players. It would be recommended for smaller spaces to remain closed.
    - If a locker room is opened – it should be disinfected before & after every use
    - Locker would need to be equipped with proper disinfectant
  - Spectators would be allowed at games but no more than two per participant. Anyone in the vulnerable categories of people over 65 or with underlying health problems would be greatly discouraged from attending.
- 12 a-side practices & games can begin with the same policies and procedures as 6 & 9-10 a-side teams in Level 3 – 150-person limit.

## 150 - 250 PERSON LIMIT

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- Football can start to return to normal with some restrictions
  - All participants should still provide their own water bottles until further notice
  - Spectators would be allowed at games but no more than two per participant. Anyone in the vulnerable categories of people over 65 or with underlying health problems would be greatly discouraged from attending.
  - Handshake lines are still not recommended

## PHASE 4 – INDOOR TRAINING/PROVINCIAL TEAM

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### FOLLOWING RESTRICTIONS ENFORCED:

- Social distancing still enforced (2 meters)
- Public/private gatherings increased to 10 or more
- Re-opening of indoor sport fields/facilities

Indoor training will begin with small group training & skill development with public health measurers still in effect. All general activity guidelines and organization guidelines must be implemented in addition to the items listed below.

REQUIREMENTS	DESCRIPTION/APPLICATION
<b>Structure</b>	<ul style="list-style-type: none"> <li>• Group personnel does not change, should be consistent through-out the training</li> <li>• Number of participants (athletes/coaches/administration) is based on the current public health restrictions)</li> <li>• No spectators allowed within the facility in order to maximize the number of participants</li> </ul>
<b>Distancing</b>	<ul style="list-style-type: none"> <li>• Adequate field space to ensure following public health protocols</li> <li>• Coaches/administrative staff to physical distance as much as possible</li> </ul>
<b>Masks</b>	<ul style="list-style-type: none"> <li>• Masks are to be worn at all times by coaches and administrative staff</li> <li>• Players are to wear masks upon entrance to facility, during registration/check-in and upon exiting the facility</li> <li>• It is not mandatory for players to wear masks during training/practice</li> </ul>
<b>Hygiene &amp; Sanitization</b>	<ul style="list-style-type: none"> <li>• Hand washing before &amp; after</li> <li>• Sanitizer available</li> <li>• All equipment is sanitized before &amp; after</li> <li>• Personal water bottles only</li> </ul>
<b>Skills &amp; Drills</b>	<ul style="list-style-type: none"> <li>• Focus on skill development, systems etc.</li> </ul>

## COMMUNICATION AND MESSAGING

Ensuring safety measures are being met and adhered to depend on everyone being aware of and understanding the health and sport specific guidelines. Communication of the guidelines to participants and spectators is an important component of the Return to Football plan. See [Appendix 9](#) for a sample letter you can share that can be adapted for your Association/Team.

Participants should be asked to sign a Participant Agreement Waiver ([Appendix 6 & 7](#)) and Declaration of Compliance ([Appendix 8](#)) acknowledging they have read the guidelines and understand their risk before participating.

It should also be communicated to participants that they are subject to removal from activities/facility use should they fail to comply with outlined protocols.

Print and post signage outlining policies and procedures such as:

- Physical distancing expectations,
- Hand hygiene,
- Respiratory etiquette (coughing and sneezing), and
- Cleaning and disinfection practices and expectations.



## APPENDIX 2: COVID-19 SYMPTOMS CHECKLIST

### COVID-19 SYMPTOMS CHECKLIST FOR STAFF / COACHES / PARTICIPANTS

<b>1.</b>	<b>DO YOU HAVE ANY OF THE BELOW SYMPTOMS?</b>		
	<ul style="list-style-type: none"> <li>• FEVER (GREATER THAN 38.0C)</li> <li>• COUGH</li> <li>• SHORTNESS OF BREATH/DIFFICULTY BREATHING</li> <li>• SORE THROAT</li> <li>• RUNNY NOSE</li> </ul>	YES	NO
		YES	NO
		YES	NO
		YES	NO
		YES	NO
<b>2.</b>	<b>HAS ANYONE IN YOUR HOUSEHOLD EXPERIENCED ANY OF THE ABOVE SYMPTOMS IN THE LAST 14 DAYS?</b>	YES	NO
<b>3.</b>	<b>HAVE YOU, OR ANYONE IN YOUR HOUSEHOLD TRAVELLED OUTSIDE OF CANADA/ATLANTIC BUBBLE IN THE LAST 14 DAYS?</b>	YES	NO
<b>4.</b>	<b>HAVE YOU, OR ANYONE IN YOUR HOUSEHOLD BEEN IN CONTACT IN THE LAST 14 DAYS WITH SOMEONE WHO IS BEING INVESTIGATED OR CONFIRMED TO BE A CASE OF COVID-19?</b>	YES	NO
<b>5.</b>	<b>ARE YOU CURRENTLY BEING INVESTIGATED AS A SUSPECT CASE OF COVID-19?</b>	YES	NO

*IF AND INDIVIDUAL ANSWERS "YES" TO ANY OF THE QUESTIONS ABOVE, THEY ARE NOT TO BE PERMITTED TO PARTICIPATE IN TRAINING FOR A MINIMUM 14 DAYS.*

## APPENDIX 3: PLAYER CHECKLIST

USE THIS CHECKLIST TO HELP YOUR PLAYER PREPARE FOR THE FIELD SAFELY.

### BEFORE YOU LEAVE HOME

---

- DO NOT LEAVE HOME IF YOU ARE FEELING UNWELL OR SHOWING SIGNS OF COVID-19 SYMPTOMS (FEVER, COUGH, SHORTNESS OF BREATH, SORE THROAT OR RUNNY NOSE)
- CHECK FOR FIELDS CLOSURES
- EAT BEFORE YOU COME – NO FOOD OR DRINK ON PREMISES (EXCEPT WATER BOTTLES)
- THOROUGHLY WASH YOUR HANDS WITH SOAP AND WARM WATER
- THOROUGHLY WASH WATER BOTTLES WITH SOAP AND WARM WATER
- BRING THOROUGHLY WASHED EQUIPMENT
- USE THE WASHROOM

### ARRIVAL AT FIELD

---

- REGISTER YOUR ATTENDANCE FOR CONTACT TRACING
- ENTER THROUGH ESTABLISHED GUIDELINES
- RESPECT SOCIAL DISTANCING GUIDELINES
- REGISTER TEMPERATURE/ACTIVE SYMPTOMS SCREENING
- WASH AT PROVIDED HANDWASHING STATIONS
- DO NOT SHARE WATER BOTTLES
- FOLLOW TRAFFIC FLOW SIGNS TO YOUR LOCATION

### AFTER ACTIVITY IS COMPLETE

---

- NO LOITERING
- EXIT THROUGH THE ESTABLISHED EXITS
- WASH AT THE PROVIDED HANDWASHING STATIONS
- FOLLOW TRAFFIC FLOW SIGNS OUT OF YOUR LOCATION
- RESPECT SOCIAL DISTANCING GUIDELINES
- THOROUGHLY WASH WATER BOTTLES WITH SOAP AND WARM WATER
- THOROUGHLY WASH EQUIPMENT & CLOTHING
- TAKE A SHOWER WHEN YOU RETURN HOME

## APPENDIX 4: STAFF/COACH/VOLUNTEER CHECKLIST

USE THIS CHECKLIST TO HELP PREPARE FOR THE FIELD SAFELY.

### BEFORE YOU LEAVE HOME

---

- DO NOT LEAVE HOME IF YOU ARE FEELING UNWELL OR SHOWING SIGNS OF COVID-19 SYMPTOMS (FEVER, COUGH, SHORTNESS OF BREATH, SORE THROAT OR RUNNY NOSE)
- CHECK FOR FIELDS CLOSURES
- EAT BEFORE YOU COME – NO FOOD OR DRINK ON PREMISES (EXCEPT WATER BOTTLES)
- THOROUGHLY WASH YOUR HANDS WITH SOAP AND WARM WATER
- THOROUGHLY WASH WATER BOTTLES WITH SOAP AND WARM WATER
- BRING THOROUGHLY WASHED EQUIPMENT
- USE THE WASHROOM

### ARRIVAL AT FIELD

---

- REGISTER YOUR ATTENDANCE FOR CONTACT TRACING
- SET-UP TRAFFIC FLOW SIGNS TO YOUR LOCATION
- SET-UP SOCIAL DISTANCING 'GRIDS' FOR PARTICIPANTS
- RESPECT SOCIAL DISTANCING
- WASH AT PROVIDED HANDWASHING STATIONS
- COMPLETE THE REGISTER TEMPERATURE/ACTIVE SYMPTOM SCREENING FOR EACH PARTICIPANT
- DO NOT SHARE WATER BOTTLES
- SANITIZE ALL SHARED EQUIPMENT BETWEEN SESSIONS (BALLS, CONES, BAGS, ETC.)
- CONSIDER WEARING PPE (MASKS, GLOVES) AT ALL TIMES, MUST WEAR PPE IF DEALING WITH AN INJURED PLAYER
- CONSIDER BRINGING PERSONAL HAND SANITIZER

### AFTER ACTIVITY IS COMPLETE

---

- SANITIZE ALL SHARED EQUIPMENT (BALLS, CONES, BAGS, ETC.) BETWEEN GROUP ARRIVALS IF APPLICABLE AND AT END OF DAY
- TAKE DOWN ESTABLISHED ENTRANCES & EXITS
- TAKE DOWN TRAFFIC FLOW SIGNS OUT OF YOUR LOCATION
- WASH AT PROVIDED HANDWASHING STATIONS, BETWEEN GROUP ARRIVALS IF APPLICABLE AND AT THE END OF DAY
- RESPECT SOCIAL DISTANCING GUIDELINES
- THOROUGHLY WASH WATER BOTTLE WITH SOAP AND WARM WATER
- THOROUGHLY WASH EQUIPMENT AND CLOTHING EACH DAY



## APPENDIX 5: PARENT /GUARDIAN CHECKLIST

USE THIS CHECKLIST TO HELP YOUR PLAYER PREPARE FOR THE FIELD SAFELY.

### BEFORE YOU LEAVE HOME

---

- DO NOT LEAVE HOME IF YOU ARE FEELING UNWELL OR SHOWING SIGNS OF COVID-19 SYMPTOMS (FEVER, COUGH, SHORTNESS OF BREATH, SORE THROAT OR RUNNY NOSE)
- CHECK FOR FIELDS CLOSURES
- EAT BEFORE YOU COME – NO FOOD OR DRINK ON PREMISES (EXCEPT WATER BOTTLES)
- THOROUGHLY WASH YOUR HANDS WITH SOAP AND WARM WATER
- THOROUGHLY WASH WATER BOTTLES WITH SOAP AND WARM WATER
- BRING THOROUGHLY WASHED EQUIPMENT
- USE THE WASHROOM

### ARRIVAL AT FIELD

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- DROP PLAYER OFF AT FACILITY ENTRANCE
- RESPECT SOCIAL DISTANCING GUIDELINES
- CONSIDER WEARING PPE (MASKS, GLOVES)
- REMAIN IN VEHICLE DURING ACTIVITY
- CONSIDER BRINGING PERSONAL HAND SANITIZER

### AFTER ACTIVITY IS COMPLETE

---

- NO LOITERING
- RESPECT SOCIAL DISTANCING GUIDELINES
- PICK PLAYER UP AT FACILITY EXIT
- LEAVE FACILITY PARKING LOT
- TAKE A SHOWER

## APPENDIX 6: YOUTH WAIVER

STILL TO BE ADDED – WAITING ON REVIEW/APPROVAL FROM LAWYER & INSURANCE COMPANY

## APPENDIX 7: ADULT WAIVER

STILL TO BE ADDED – WAITING ON REVIEW/APPROVAL FROM LAWYER & INSURANCE COMPANY

## APPENDIX 8: DECLARATION OF COMPLIANCE – COVID 19

### DECLARATION OF COMPLIANCE – COVID-19

Individual Name (print): \_\_\_\_\_

Individual's Parent/Guardian \_\_\_\_\_  
(if the individual is younger than 19 years old)

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Football Nova Scotia Association, and [*insert Club*] (collectively the "Organization") require the disclosure of exposure to illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent. An individual (or the individual's parent/guardian, if the individual is younger than 19 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services. I, the undersigned being the individual named above and the individual's parent/guardian (if the individual is younger than 19 years old), hereby acknowledge and agree to the terms outlined in this document:

- 1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The individual has not been diagnosed with COVID-19, **OR** if the individual was diagnosed with COVID-19, the individual was cleared as noncontagious by provincial or local public health authorities more than 14 days prior to the date this Declaration of Compliance was signed.
- 3) The individual has not been exposed to a person with a confirmed or suspected case of COVID-19, **OR** if the individual was exposed to a person with a confirmed or suspected case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
- 4) The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual's parent/guardian, on behalf of the individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.
- 5) The individual has not, nor has anyone in the individual's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue,

chills and body aches, sore throat, shortness of breath, respiratory illness, vomiting or diarrhea, loss of taste or smell, or difficulty breathing).

6) If the individual experiences, or if anyone in the individual's household experiences, any cold or flu-like symptoms after submitting this Declaration of Compliance, the individual will immediately isolate and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.

7) The individual has not, nor has any member of the individual's household, travelled to, or had a lay-over in any country outside Canada in the past 14 days. If the individual travels, or if anyone in the individual's household travels outside Canada after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return.

8) The individual is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.

9) The individual will follow the safety, physical distancing, and hygiene protocols of the Organization.

10) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.

11) The Organization may remove the individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the compliance standards described in this document.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Individual (If 19 years old and over)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent/Guardian (if the individual is younger than 19 years old)

## APPENDIX 9: MESSAGE TEMPLATE

Dear <<PARTICIPANT, COACH, PARENT>>

As Nova Scotia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, Football Nova Scotia has been working with Football Canada and the Province of Nova Scotia to understand the recommendations of our Chief Provincial Health Officer and how they best apply within sport.

The attached Return to Football Plan has been developed for our sport to ensure:

- health and safety of all individuals is a priority
- activities are in alignment with provincial health recommendations
- modifications to activities are in place to reduce the risks to each sport organization and its participants
- our sport is united and aligned on a plan to reopen throughout the province

While we do hope things will return to normal soon, currently this Return to Football Plan will be the new normal until we are advised otherwise by public health authorities.

If you choose to participate, you must follow these rules:

- If you do not feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home.
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- Comply with physical distancing measures at all time
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the field of play as quickly as possible after you finish

Our Return to Football Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation currently. You must consider your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Football Plan.

Sincerely,

## APPENDIX 10: COACHING BOOKLET – SKILL DEVELOPMENT

# Football Nova Scotia Coaching Booklet



**\*\*To ensure the safety of all the players and coaches on the team, we have created these football drills that can be performed with the minimum distance requirements from the Government of Nova Scotia and we ask each coach to be aware of these distances when running these drills with their players.**

	Length	Description	Coaching Considerations
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	(in minutes)		
<b>Intro</b>	<b>5</b>	<ul style="list-style-type: none"> <li>• Get the playing surface ready for practice (gear, safety measures, etc.)</li> <li>• Brief chat with athletes to give them an overview of the goals for today's practice</li> <li>• Take opportunity to ask questions (Do any of us have any injuries?)</li> </ul>	This is your opportunity to set the tone for the practice, and have a conversation with your players about injuries, concerns, etc.
<b>Warm Up</b>	<b>15-20</b>	<ul style="list-style-type: none"> <li>• Light jog (one-two pole or lap of the field)</li> <li>• Dynamic lower body routine (A, B, Cs, lunges, straight leg toe touches, carioca, shuffle with side lunge, side shuffle, sprints)</li> <li>• Dynamic upper body routine (trunk rotations, arm circles, low external rotation, high external rotation, alternating arm crosses)</li> </ul>	This portion of your practice should be consistent every time you are out. This will establish routine for your athletes and give them a structured approach to preparing their bodies to accomplish the goals of the practice.
<b>Main Body</b>	<b>40</b>	Review the list of drills and skills you should work on that practice. Select 2-3 drills to focus on during this portion.	Be sure to consider the age of your athletes when setting the length of your practice. To gain new skills, and have athletes engaged, they need to be old enough to handle the workload. Do not worry about working on every skill at a practice. Establish several goals and pair 2-3 appropriate drills to accomplish these goals.
<b>Cool Down</b>	<b>10-15</b>	Fun game and Light stretch	If you have not already incorporated it, be sure to finish with a fun, competitive game (regardless of the age of athletes). This finishes on a fun note and gives players some extra motivation to finish strong.
<b>Breakdown</b>	<b>5</b>	Debrief of practice	Encourage players to repeat back to you what they learned. Having to verbalize and explain the key points of the practice will help them retain the information

## Main Body



## Throwing Program

Throwing Program - Warmup	
Focus	To loosen up the arm to prepare for a game/practice as well as increase arm strength and throwing distance.
Set up	After athletes are properly warmed up, they should each have a partner and align with one partner on the starting 5-10 yards apart. Each pair of athletes should have enough space between other pairs.
Procedure	<ol style="list-style-type: none"> <li>1. Athletes will be down on one knee, with opposite to throwing arm knee down (5-10 yards apart). Focus on upper body follow through (arm motion, aim point and follow through)</li> <li>2. Next, they will do standing throwing (sideways) (10 yards apart). Still focusing on upper body follow through while also incorporating a weight/hip transfer.</li> <li>3. Bottom half focused throwing (sideways) (10-20 yards) Athletes should start using their lower body to create the power needed to make the throw.</li> </ol>
Coaching points	Coach athletes on proper mechanics during each phase, particularly using their upper and lower body when lengthening the distance with a follow through.

## Throwing/Quarterback Drills

Drill 1	
<b>1, 3 and 5 Step Drops</b>	
Focus	For each player to understand the mechanics and footwork for 1, 3 and 5 step Quarterback drops.
Set up	Have athletes' pair up and line 10 yards apart.
Procedure	Have one side of the line begin as the Quarterback and the other as the Rec. Go through each Skills switching each side between each drop.
Coaching points	Making sure players are using proper footwork, while maintaining throwing mechanics

Drill 2	
<b>Cone Drills</b>	

Focus	Focus on specific footwork isolating motions while maintaining throwing mechanics.
Set up	Variations of Cones Drills (see. Drills)
Procedure	Have 2 groups going at the same time, run through each set of cones drills. Each athlete should complete each drill 2-3 times.
Coaching points	Making sure players are using proper footwork, while maintaining throwing mechanics for different throwing locations. Following through to target.

<b>Drill 3</b>	<b>Spot Throws</b>
Focus	For each player to understand proper throwing angles and mechanics for different locations and routes.
Set up	Have Quarterback aligned on one hash. Have One other participant located in placement of the end of a route (e.g. Slant or Out). Once the QB has done their rep, have them replace the Rec.
Procedure	Have each participant perform each route 2-3 times before switching route/placement.
Coaching points	Making sure players are using proper footwork, while maintaining throwing mechanics for different throwing locations. Following through to target.

<b>Drill 4</b>	<b>Route Tree/Horseshoe</b>
Focus	To have Quarterback and Receivers work on timing and mechanics of Passing Game.
Set up	Can also Pair with Receiver group. Have Quarterback aligned on one hash. Have One other participant located in placement of the WR on the Line of Scrimmage. On the opposite end of the Field have the same drill running in a Horseshoe shape.
Procedure	The Receivers will be given a route on each side (e.g. Slants/Flats). Each Receiver will run that route before route is changed. QBs will rotate every 2 Reps. Once the Receiver catches the pass, they will run it to the opposite QB. Once every Receivers has gone switch to another route on each side.
Coaching points	Focus on fundamentals of Throwing, Catching and Route Running.

### **Catching/Receiver Drills**

<b>Drill 1</b>	<b>On Spot Partner Catching</b>
Focus	Ensure receivers are catching ball using a soft hand to receive and proper mechanics
Setup	Pair everyone up. Have each pair start 5 Yards apart. Each group with 2 balls.
Procedure	Players start 5 yards apart and gradually get further. Receiving player will focus on catching with fingertips and form diamond/triangle with thumbs and index fingers. Continue throwing back and forth with their partner.
Coaching Point	Keeping eyes on ball into hands. Receiving ball out in front of body. Receiving with soft quiet hands. Gather ball into chest.

<b>Drill 2</b>	<b>Around Goal Post</b>
Focus	Focus on players catching the ball with their fingertips and soft hands.
Setup	Set a line up by the goal post with one athlete in the drills.
Procedure	<ol style="list-style-type: none"> <li>1. Head on - Player in drill will line up behind goal post facing coach in throwing position. Arms/Hands will wrap around goal post with head to either side.</li> <li>2. Lunge – Player will line up in a lunge position perpendicular to the goal post and coach in throwing position. Arms/Hands will wrap around goal post with head to one side.</li> </ol>
Coaching Point	Coaches should increase the difficulty and distance the ball. Players focus should be on catching with fingertips and soft hands.

<b>Drill 3</b>	<b>Fade/Deep Balls Drills</b>
Focus	To teach players the proper approach in receiving a fade or deep ball
Setup	Set a line up approx. 5 yards from the sideline.
Procedure	One by one, players take turns receiving fade or go routes. Players should focus on adjusting to the ball in the air and either high pointing the reception or catching the ball over their shoulder
Coaching Point	Players should give themselves enough room to the sideline to allow themselves enough space to adjust to the ball in the air. Players should also continue with their top speed run to catch the ball.

<b>Drill 4</b>	<b>Route Tree/Horseshoe</b>
Focus	To have Quarterback and Receivers work on timing and mechanics of Passing Game .
Set up	Can also Pair with Receiver group. Have Quarterback aligned on one Hash. Have One other participant located in placement of the WR on the Line of Scrimmage. On the opposite end of the Field have the same drill running in a Horseshoe shape.
Procedure	The Receivers will be given a route on each side (e.g. Slants/Flats). Each Receiver will run that route before route is changed. QBs will rotate every 2 Reps. Once the Receiver catches the pass, they will run it to the opposite QB. Once every Receivers has gone switch to another route on each side.
Coaching points	Focus on fundamentals of Throwing, Catching and Route Running.

## Bag Agility Drills

<b>Drill 1</b>	<b>Over Bag Variations (1 Foot/2 Feet/Lateral)</b>
Focus	Focus is on Athlete maintain and using proper running form while in an athletic position. Ready to explode.
Setup	Line 4-5 Step over bags in a row with approx. 1-2 yards between bag.
Procedure	<ol style="list-style-type: none"> <li>1. Players set up in front of the first bag. one by one. Coach yells 'Go', and player goes through the bags. Once the active athlete gets through the drill, the next athlete will go. No more than 1 athlete shall be in the drill.</li> <li>2. Repeat the variation of each drills twice.</li> </ol>
Coaching Point	These variations will focus on players mobility through both linear and lateral movements.

<b>Drill 2</b>	<b>Shuffles and Carioca</b>
Focus	Having athletes maneuver through bags while maintaining low athletic base and positioning.
Set up	Line 4-5 Step over bags in a row with approx. 1-2 yards between bag.
Procedure	<ol style="list-style-type: none"> <li>1. Players set up in front of the first bag. one by one. Coach yells 'Go', and player goes through the bags. Once the active athlete gets</li> </ol>

	<p>through the drill, the next athlete will go. No more than 1 athlete shall be in the drill.</p> <p>2. Repeat the variation of each drills twice.</p>
Coaching points	Make sure athletes are maintaining a low base through hip and ankles

<b>Drill 3</b>	<b>Jump Cuts and Acceleration</b>
Focus	To have athletes avoid the step over bag laterally using a jump cut technique.
Set up	1 – 2 groups. Set up 4 – 5 Bags in a straight line but staggering each bag. Bags should be around 2 -3 yards apart.
Procedure	Athletes will accelerate to the bag, once close to the bag they will use a jump cut or carioca to avoid the bag in front of them. Once avoided proceed and accelerate out of cut to the next bag repeating the movement the opposite direction. Each Athlete will perform the drill 2 -3 times.
Coaching points	Make sure the player is staying low through cuts and accelerating to the next bag and through the end of the drill.

<b>Drill 4</b>	<b>Star Drill</b>
Focus	Focus is on Athlete maintain and using proper running form while in an athletic position. Ready to explode.
Set up	Form 1-2 groups. Set up bags in a star formation. (see. Drills)
Procedure	<ol style="list-style-type: none"> <li>1. Players set up in front of the first bag. one by one. Coach yells 'Go', and player goes through the bags. Once the active athlete gets through the drill, the next athlete will go. No more than 1 athlete shall be in the drill.</li> <li>2. Repeat the variation of each drills twice.</li> </ol>
Coaching points	Make sure athletes are maintaining a low base through hip and ankles. Also exploding and finishing through the drill.

## Cone Drills

<b>Drill 1</b>	<b>Cone Line Drills (1 Foot/2 Feet/Lateral)</b>
Focus	Focus is on Athlete maintain and using proper running form while in an athletic position. Ready to explode.
Setup	Line 8-10 Step over bags in a row with approx. 1-2 yards between each cone.
Procedure	<ol style="list-style-type: none"> <li>1. Players set up in front of the first cone. One by one. Coach yells 'Go', and player goes through the bags. Once the active athlete gets through the drill, the next athlete will go. No more than 1 athlete shall be in the drill.</li> <li>2. Repeat the variation of each drills twice.</li> </ol>
Coaching Point	These variations will focus on players mobility through both linear and lateral movements.

<b>Drill 2</b>	<b>Weave and Quick Feet</b>
Focus	Focus is on quick foot and arm movements.
Setup	Line 8-10 Step over bags in a row with approx. 1-2 yards between each cone.
Procedure	<ol style="list-style-type: none"> <li>1. Weave – Each athlete will go through one at a time. Planting and exploding off outside foot while weaving through each cone. At the end accelerate through the final 2 cones.</li> <li>2. Quick Feet – Each athlete will go through one at a time. Running their feet as quick as possible trying to get as many steps in as possible.</li> </ol>
Coaching Point	Athletes must focus on arm movements to match foot speed.

<b>Drill 3</b>	<b>4 Cone Square Drills</b>
Focus	Have athletes work on Linear and lateral movements.
Setup	Set up 4 Cones in a Square Approx. 10 Yards x 10 Yards.
Procedure	<p>Each athlete will perform each variation 2 times each direction.</p> <ol style="list-style-type: none"> <li>1. Sprint &gt; Shuffle &gt; Back Pedal</li> <li>2. Back Pedal &gt; Carioca &gt; Sprint</li> <li>3. Angle Drop &gt; Sprint &gt; Angle Drop &gt; Sprint</li> </ol>
Coaching Point	These variations will focus on players mobility through both linear and lateral movements. Make sure athletes maintain low hips through transitions.
<b>Drill 4</b>	<b>W Drills</b>

Focus	To keep low and explosive though transitioning out of back pedal.
Setup	Set up 6 cones in a W Pattern 5 yards apart from each other. Finish Cones optional.
Procedure	Each Athletes will perform the drill 4 times (2 each direction). 1. Athlete lined up facing backwards, ready to back pedal. Back Pedal to cone behind and break down and explode downhill to next cone. At the last cone athlete transition is 90 Degrees to Finish/Catch.
Coaching Point	Make sure athletes keep shoulder forward and low in backpedal. Exploding arms through transition.

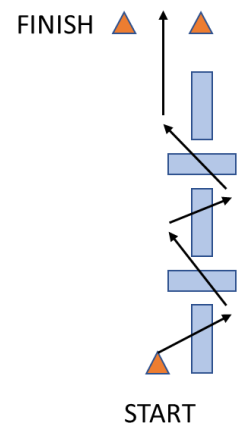
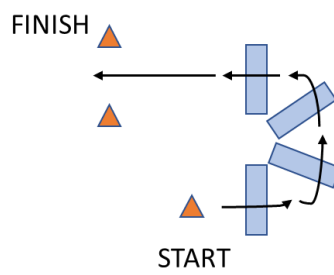
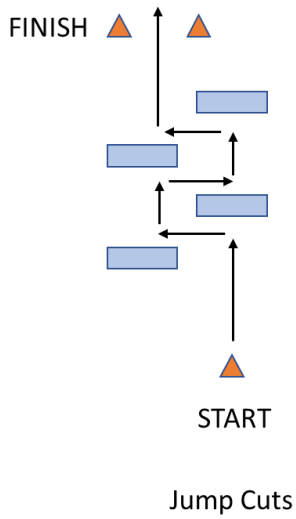
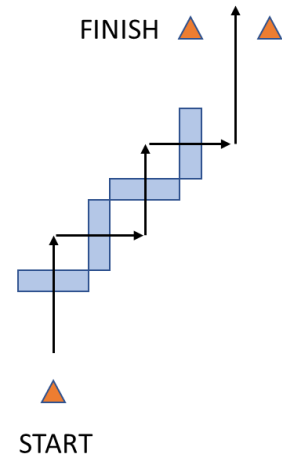
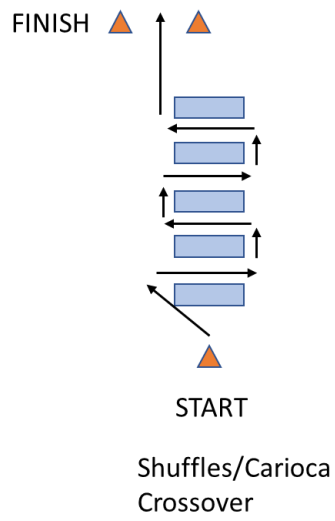
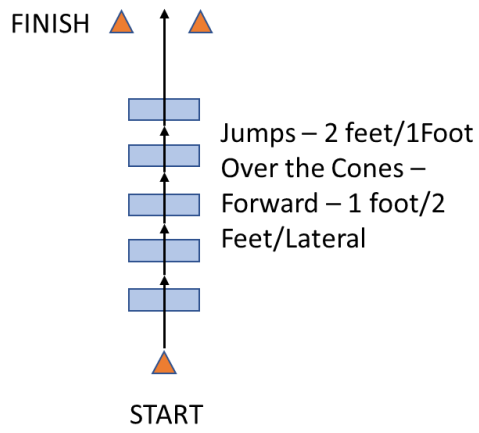
## Conditioning /Competitive Drills

Drill 1	Mirror Drills
Focus	This drill focuses on reaction and agility
Setup	Set up Multiple 4, 10 x 10 Yards Boxes facing the coach at the front. 2 athletes per Box
Procedure	<ul style="list-style-type: none"> <li>- 4 athletes will be in the boxes. 1 per box.</li> <li>- Athletes will face the coach and react to the coach.</li> <li>- The coach will point to a cone and the athletes will perform the movement to that directed cone and then return to the middle of their square.</li> <li>- Each set should contain 6-10 movements.</li> <li>- Rest and another athlete perform.</li> </ul>
Coaching Point	Focus should be on go athletic movements. Staying low through cuts and exploding out of breaks.

Drill 2	Relay Races
Setup	See Drill Sheet
Procedure	Create two sets of drills. Split athlete up into two team with half of the athletes at one end and the other at the opposite end. Perform variation of relay races/competitive drills.
Notes	The group who finishes with all athletes through at the end wins.

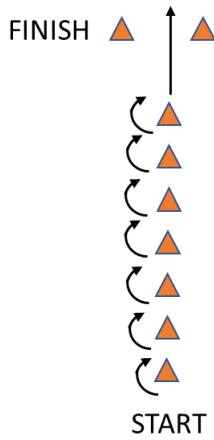
## Drill Sheet

## Bag Drills

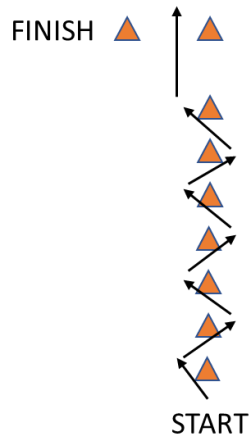


## Cone Drills

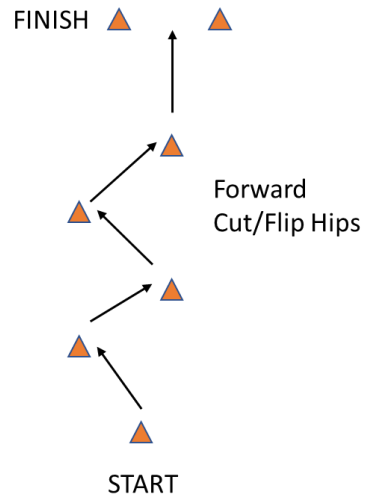
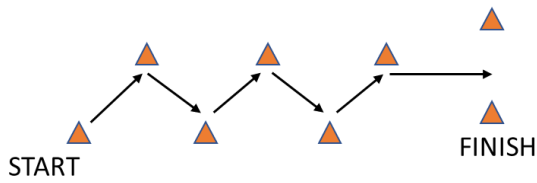
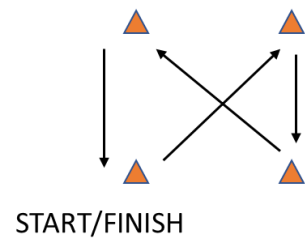
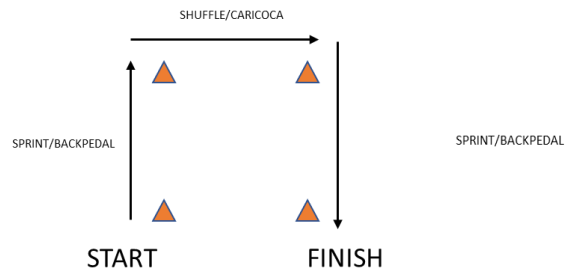




Jumps – 2 feet/1Foot  
Over the Cones –  
Forward – 1 foot/2  
Feet/ Lateral

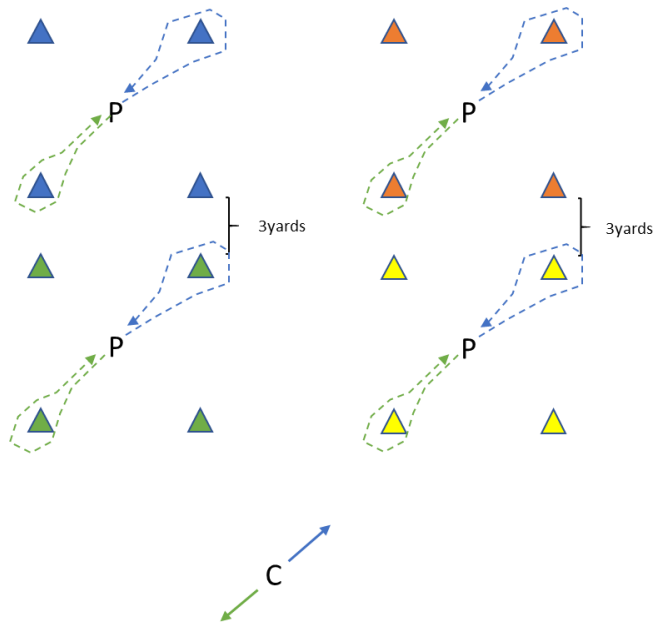


Weave and Quick Feet

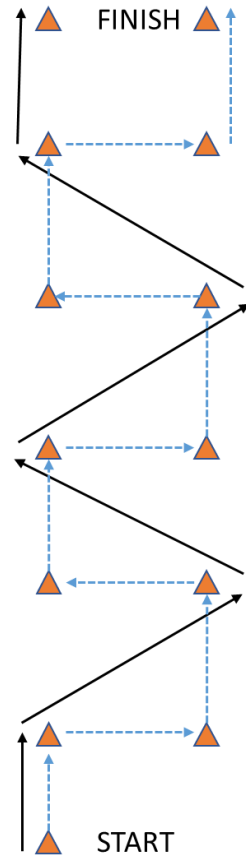


## Conditioning/Competitive Drills

### Mirror Drill



### Relay Races



### Field Layouts

