

SCOTTISH FA

**PHASE 3:
RETURN TO TRAINING**

ADULTS (18+)

COACHING SESSIONS



PHASE THREE

ADULTS 18+ YEARS OLD

COVID-19 UPDATE - GRASSROOTS
RETURN TO TRAINING - PHYSICALLY DISTANCED

This Scottish FA guidance is reflective of the Scottish Government's transition to Phase 3. This guidance is applicable to all affiliated member clubs and associations.

These 'Return to Training' protocols are applicable to Adults 18+ only. The permitted activity for Children and Young People is not the same.

Please note that for the adult game specific restrictions apply with regards physical distancing and group sizes.

For the avoidance of doubt this may mean only 5 adults are permitted within one area.

PERMITTED ACTIVITY - PHYSICALLY DISTANCED - ADULTS 18+ YEARS OLD



PLAYERS
Contact training not permitted.
Stay two metres physically distant from one another



GROUP SIZE
5 different households,
a maximum of 15 people,
this includes players & coaches



COACHES
Stay two metres physically distant from players



INFORMAL ACTIVITY
Stay fit stay active



MATCHES/FESTIVALS/EVENTS
Not permitted at this time

FACILITIES



OUTDOOR PITCHES



INDOOR PITCHES

PUBLIC HEALTH MESSAGES



Wash hands or sanitise before and after any activity

Please follow all relevant Scottish Gov Guidance

MENTAL HEALTH & WELLBEING

This has been a challenging time for all of the football family

Stay in touch and please continue to look after one another



PROTOCOLS
Share your protocols with all members, including Test and Protect

COVID-19 WARNING

You must not attend any group activity if in the past 14 days you:

Have been unwell or had any flu-like symptoms

Have been in contact with a known or suspected case of COVID-19

Have had any respiratory symptoms (even if mild)

Before taking part in any formal football activity, please ensure you follow all guidance on the Return to Football HUB: scotfa.co/ReturnToFootball



RETURN TO TRAINING

- After a break from training it is important that we don't push ourselves too hard and cause an increased risk of injury.
- Although 'physical fitness' is something that will have decreased during this break we should still keep our main focus on **technical & tactical development**.
- Although we can work on these areas and improve 'physical fitness' using some of the following activities in this document.



RETURN TO TRAINING

- The activities in this document cover a physical fitness activities.
- The work-rest ratios should also be used for that specific activity.
- Players should stay well hydrated at all times drinking plenty of water with regular small sips from their own bottle.



PHYSICAL FITNESS

- Aerobic
- Speed
- Agility
- Anaerobic



AEROBIC TRAINING

Aerobic Training can be used to ensure that players are able to compete at appropriate speeds and intensities throughout a full match. It's important that appropriate work to rest ratios are used to make sure that the Aerobic Energy System is being targeted by the activity.

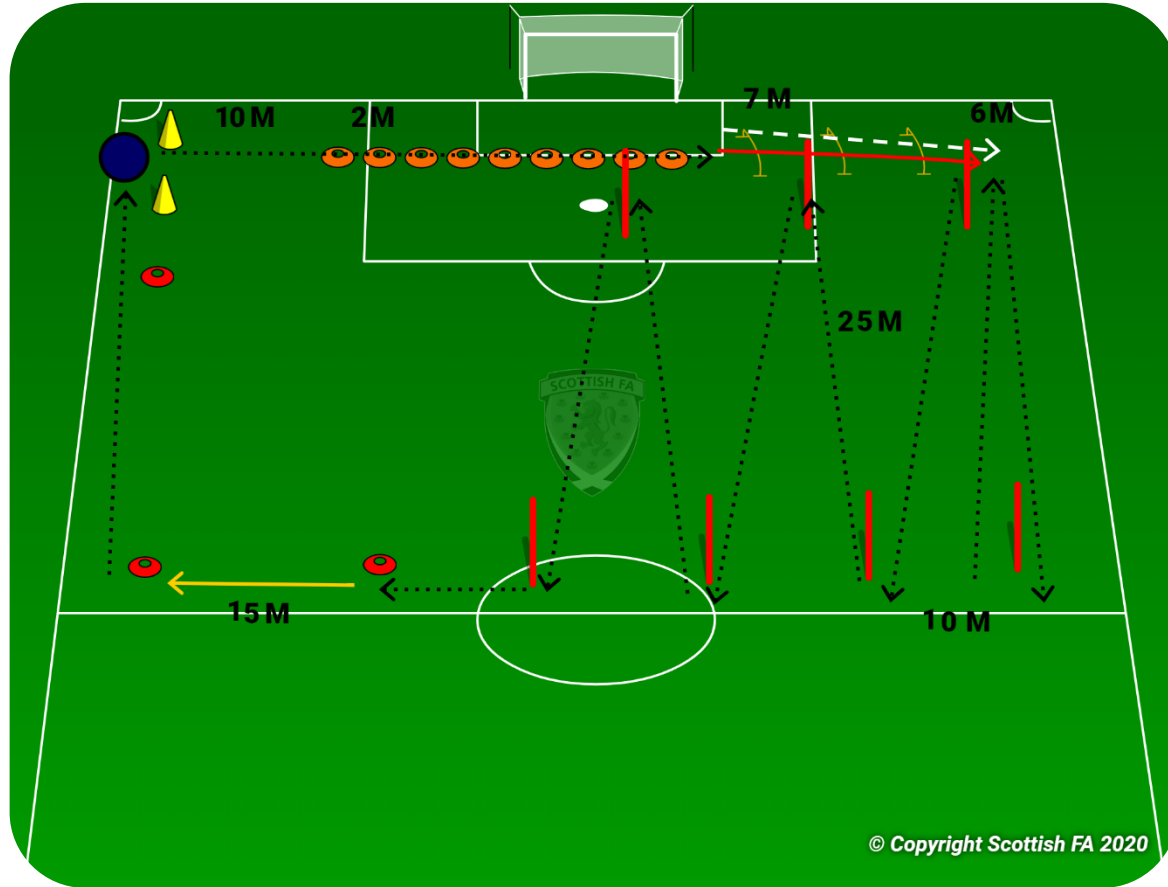
Suitable For: All ages and stages in the youth and adult game.

The following Aerobic Training activities are shown:

1. Circuits (The Aerobic Hoff Circuit can be used as a fitness test, measuring the distance a player achieves within the 4 minute period).
2. Passing Pattern
3. Aerobic Dribbling 1-2

All of these activities can be adapted to incorporate specific tactical components or styles of play.

AEROBIC HOFF CIRCUIT (4 MIN ON/3 MIN OFF x 4)



Set Up

Area set up as opposite using cones, hurdles and poles. Players perform circuit with a football.

Instructions

Players zig zags through orange cones before hopping over hurdles. Dribble is then completed across half pitch between red poles. Backwards dribbling takes place between two red cones before returning to start.

Coaching Points

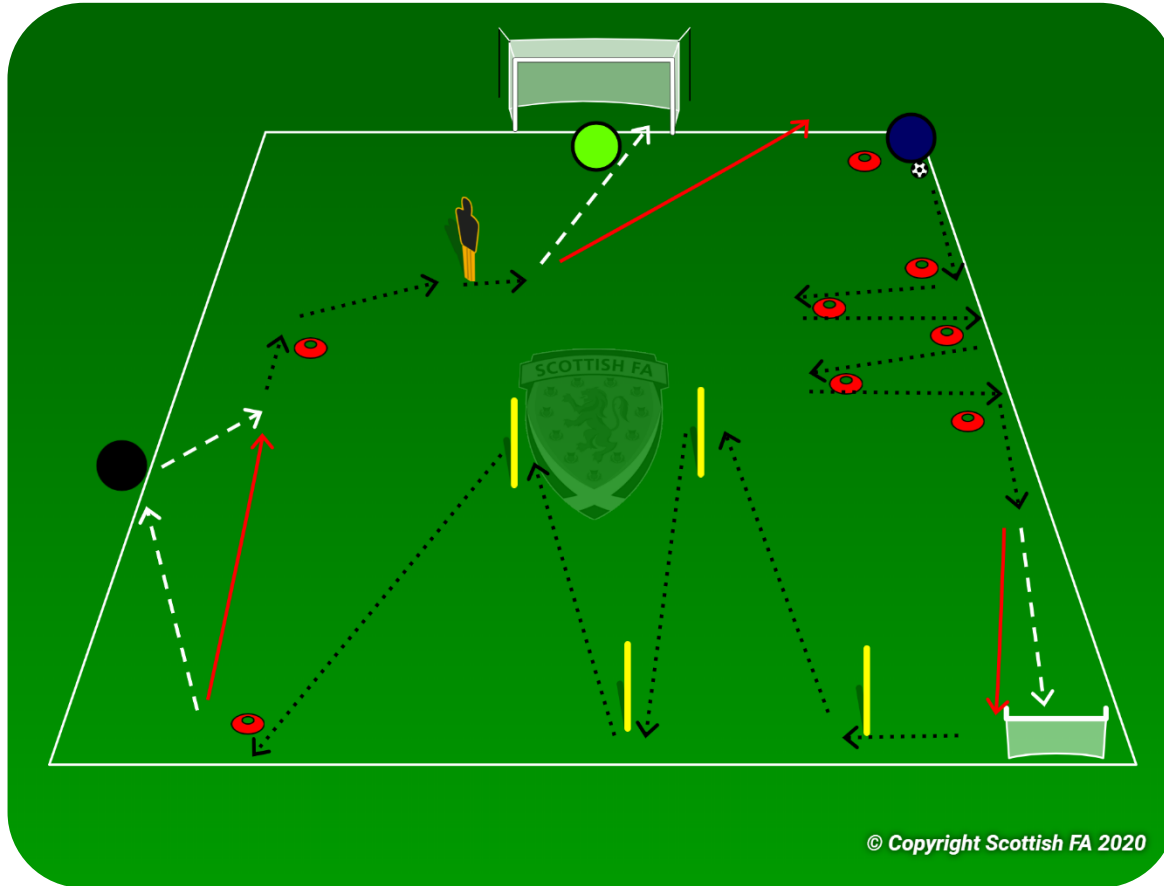
Players should not pace themselves for later rounds.

Area set up as opposite using cones.
Working players performs circuit with a football.

Player starts dribbling ball before long pass to resting Yellow player. After receiving ball back player completes further dribbles and passes with resting Yellow players. Player is able to slow down and recover between end gate and start.

Players should not pace themselves for later rounds.
Maintaining technical standard.

AEROBIC CIRCUIT WITH SHOT (4 MIN ON/2 MIN OFF x 3)



Set Up

Area set up as opposite using cones, poles, mannequin and goals. Players perform circuit with a football.

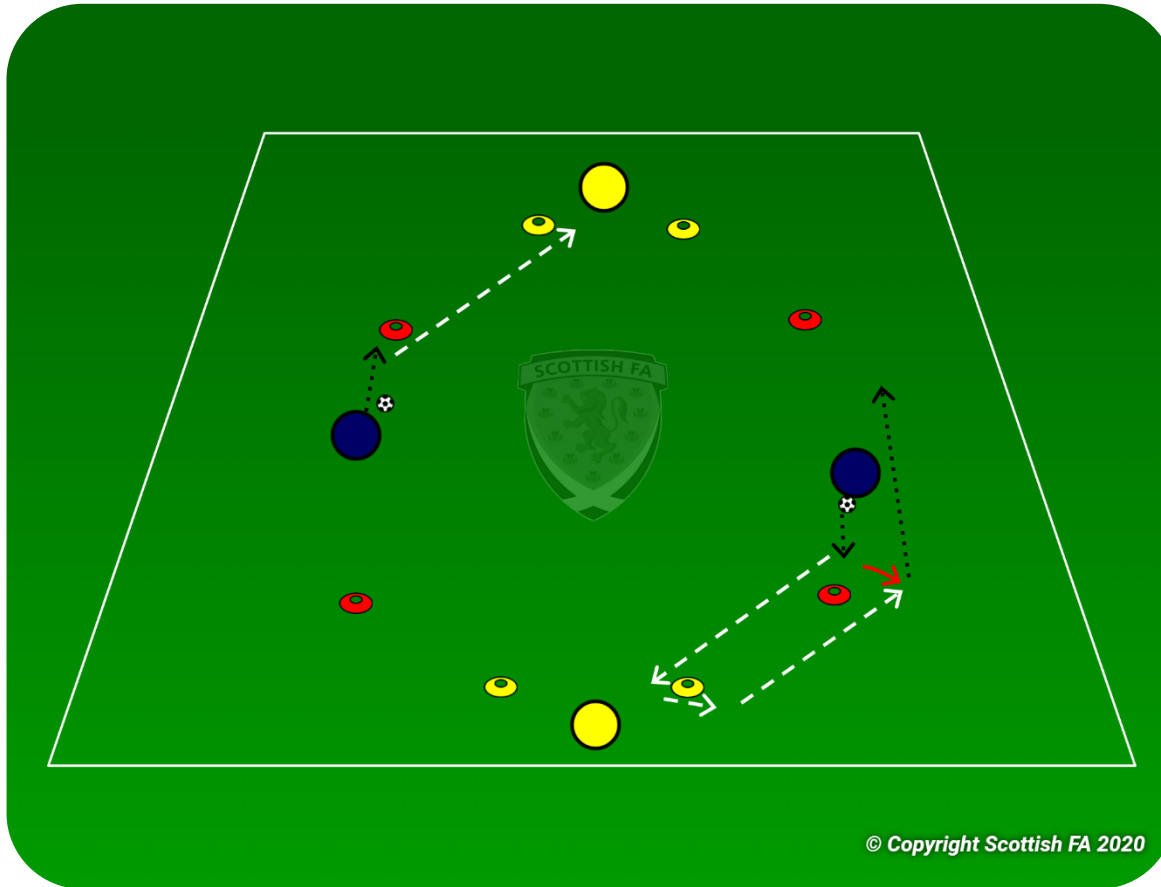
Instructions

Player dribbles through cones before passing into small goal. After collecting ball dribbles around poles and passes ball to coach, who lays into players path. Player goes by mannequin before shooting at goal and returning to start.

Coaching Points

Players should not pace themselves for later rounds.
Maintaining technical standard.

AEROBIC DRIBBLING 1-2 (3 MIN ON/3 MIN OFF x 2)



Set Up

Red markers 25m apart, with yellow markers further 5m back.

Instructions

Blue players work with ball while Yellow players rest. Blue player dribbles to red marker before playing 1-2 with Yellow player. After receiving ball turns and dribbles to opposite side.

Coaching Points

High speed movement between red markers.
Ensuring accuracy of passing/touch.

SPEED TRAINING

Speed Training can be used as the last component of a warm up or within a session (although it is important that players are fresh when performing this training and not fatigued by previous exercises). **To make sure that players are able to work at maximal speed a large amount of rest should be given with a work to rest ratio of around 1:6.**

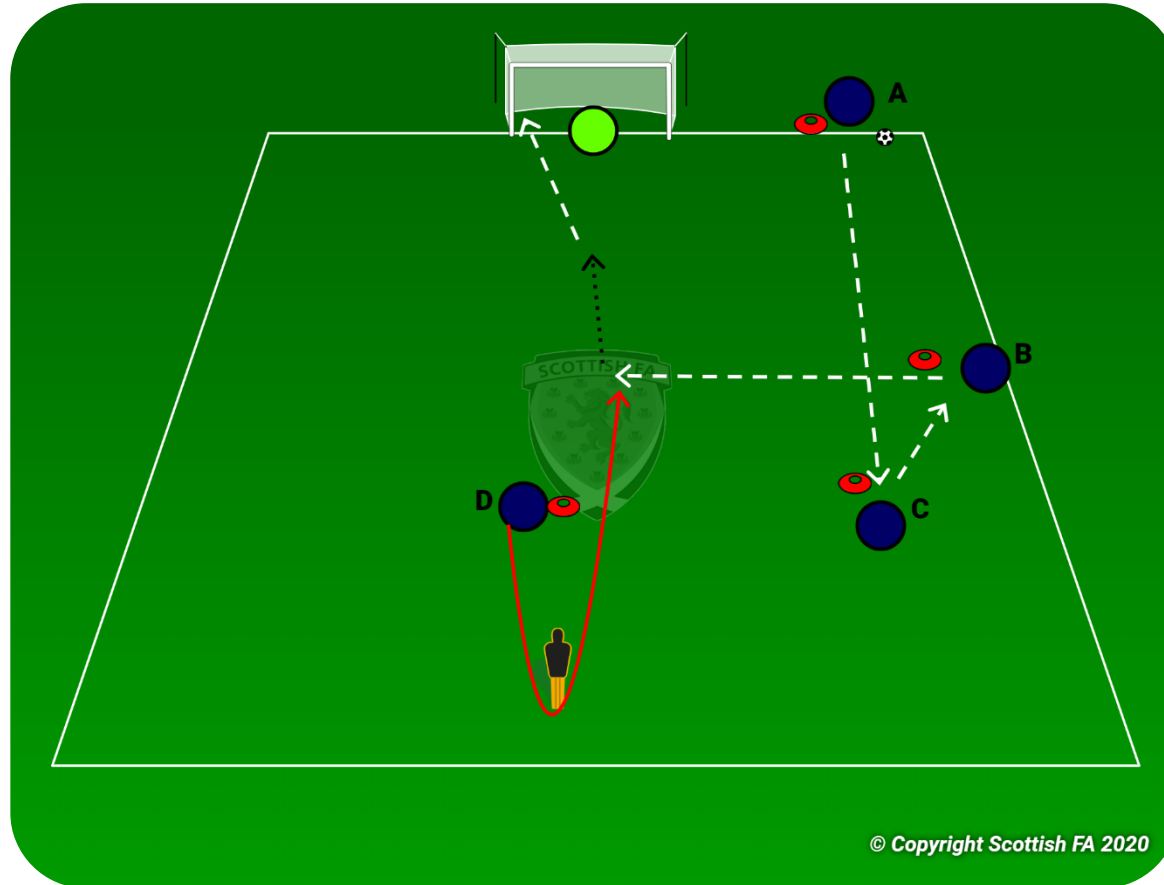
Suitable for: All ages and stages

The following Speed Training activities are shown:

1. Speed Passing with Sprint
2. Speed Shooting Pattern & Dribble
3. Speed Shooting
4. Speed Shooting Half Pitch

All of these activities can be adapted to incorporate additional socially distant players or specific technical components.

SPEED PASSING WITH SHOT



Set Up

Markers at Player D placed 20m away from goal with mannequin a further 5m back.

Instructions

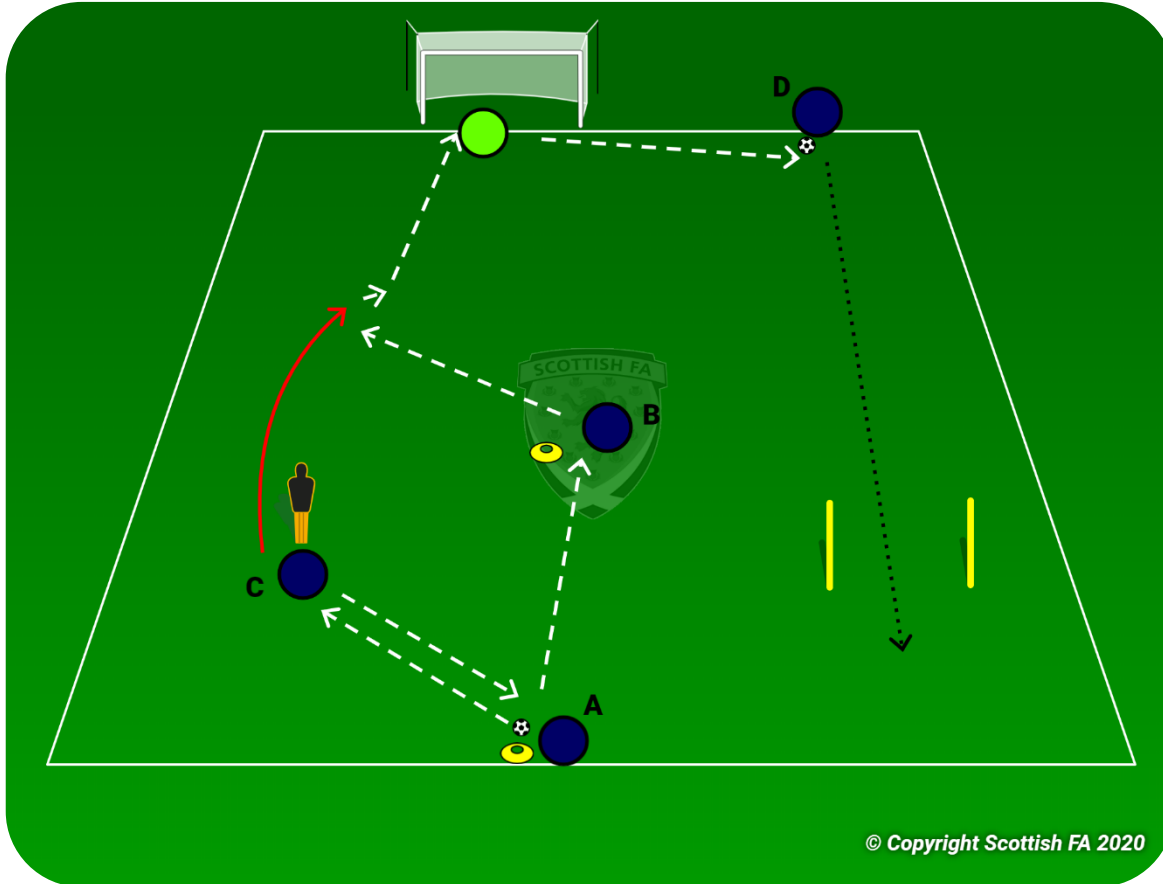
As Player A begins passing routine Player D sprints around mannequin before receiving ball in their path from Player B. Player D dribbles at pace before shooting.

Coaching Points

Sprinting player must be working at full speed.

Appropriate rest time.

SPEED SHOOTING – PATTERN & DRIBBLE



Set Up

Player A begins 25m away from goal, with Player B 20m away.

Instructions

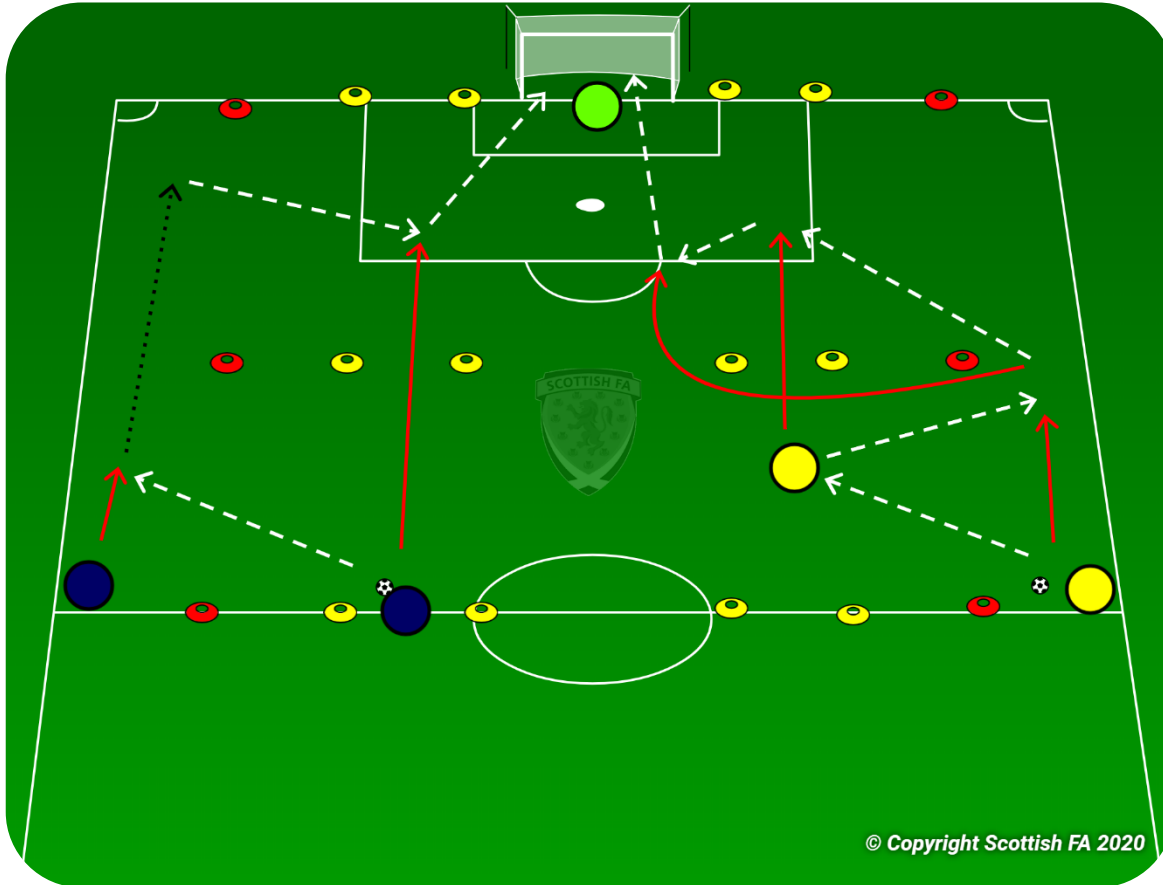
Player A plays 1-2 with Player C, who spins behind mannequin. Player A passes to Player B, who lays ball into Player C's path for shot. After shot Player D receives ball from Goalkeeper and must sprint with ball through gate.

Coaching Points

Sprinting player must be working at full speed.

Appropriate rest time.

SPEED SHOOTING HALF PITCH



Set Up

Half pitch set up with 4 lanes as shown.

Instructions

Central Blue player starts with ball and passes ahead of wide Blue Player, before sprinting into box. Wide Blue Player dribbles at pace towards touchline and cuts ball back for shot at goal. Variation of pattern shown with Yellow Players.

Coaching Points

Weight/angle of pass.
Sprinting player must time run and be working at full speed.
Appropriate rest time.

AGILITY TRAINING

Agility Training, similar to speed can be used as the last component of a warm up or within a session (although it is important that players are fresh when performing this training and not fatigued by previous exercises). **To make sure that players are able to perform coordinated movements at speed a large amount of rest should be given with a work to rest ratio of around 1:6.**

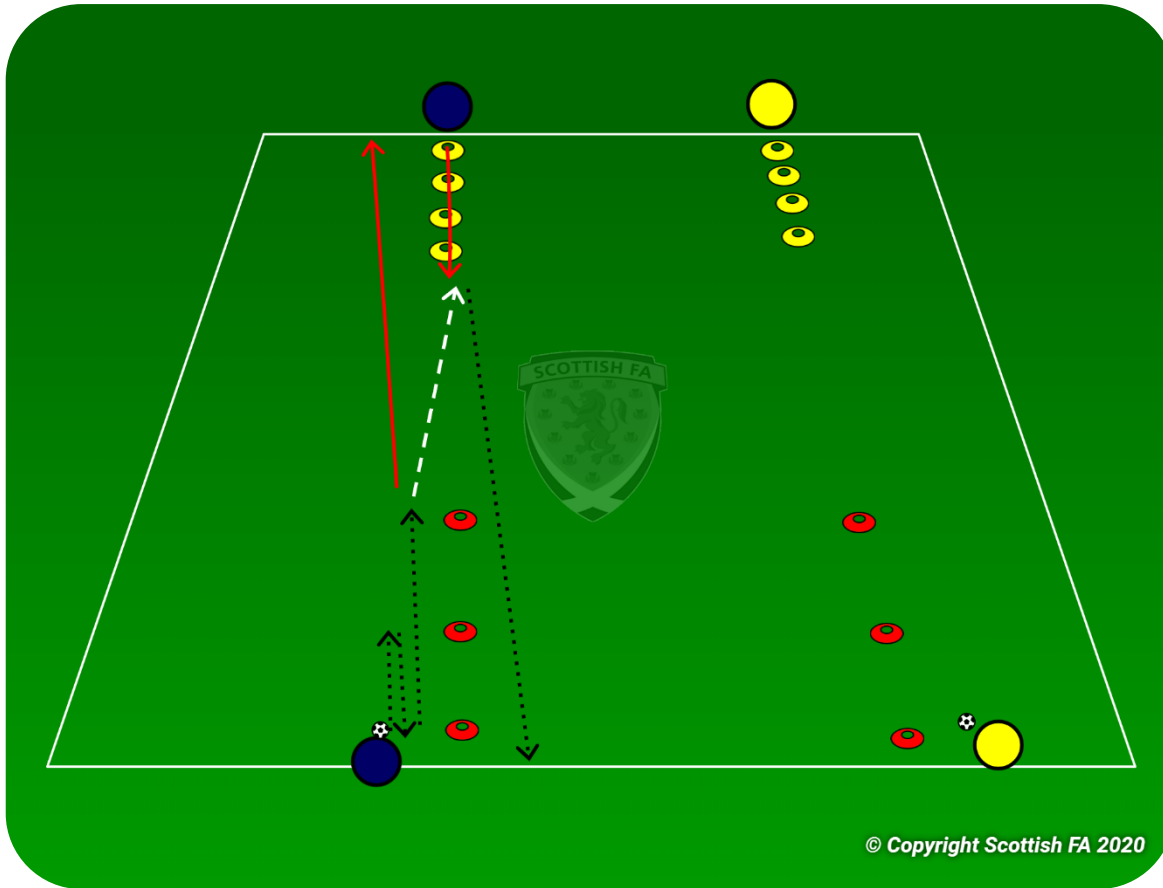
Suitable for: Male Players 9+/Female Players 8+

The following Speed Training activities are shown:

1. Agility Dribble
2. Agility 1-2 Reaction
3. Agility Passing with Shot

All of these activities can be adapted to incorporate additional socially distant players or specific technical components.

AGILITY DRIBBLE



Set Up

Players are placed 30m apart at opposite ends. Red markers are 5m apart, yellow 1m apart.

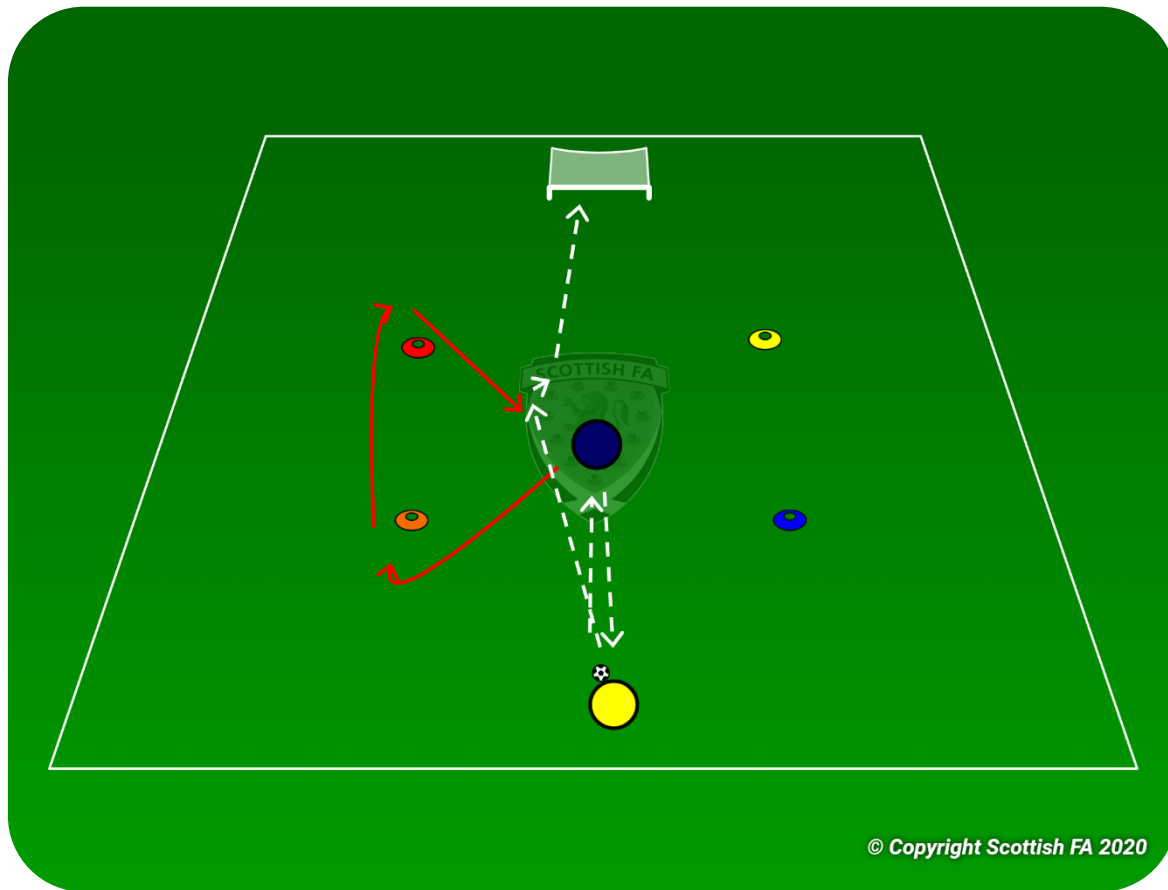
Instructions

Player at red markers begins with ball and dribbles to first marker before turning. This is trigger for top player to perform agility movement through yellow markers. After finishing dribble ball is passed to top player who moves at speed with ball to start.

Coaching Points

Quickness of change of direction.
Pushing off to explode away after turn.

AGILITY 1-2 REACTION



Set Up

5x5m box set up with small goal placed behind.

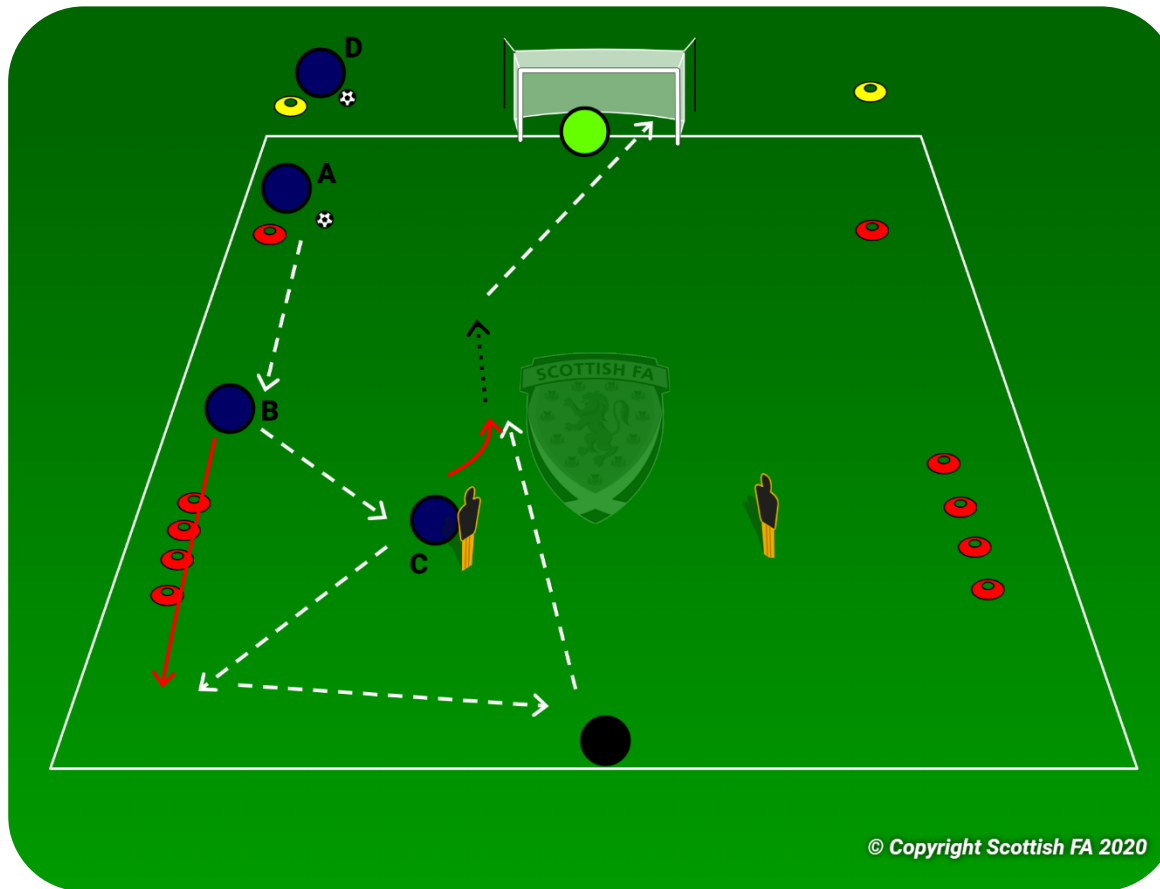
Instructions

Players complete passes back and forward until Yellow Player or Coach calls 2 colours. Blue Player must sprint around these markers changing direction before receiving ball and scoring into small goal.

Coaching Points

Awareness of surroundings.
Quick reaction to move to colour called.
Sharp turns around markers.

AGILITY PASSING WITH SHOT



Set Up

25m area with goal, mannequins and markers set out as shown.

Instructions

Player A passes ball to Player B who receives on turn and passes to Player C. Player B completes 'fast feet' exercise and receives ball back before passing to coach. Player C checks off mannequin and runs in behind for pass from coach before shooting.

Coaching Points

Foot movement through markers.
Ability to check to lose defender.

ANAEROBIC TRAINING

Anaerobic Training can be used to ensure that players are able to perform very high intensity actions for short periods during a match. It's important that appropriate work to rest ratios are used to make sure that the Anaerobic Energy System is being targeted by the activity.

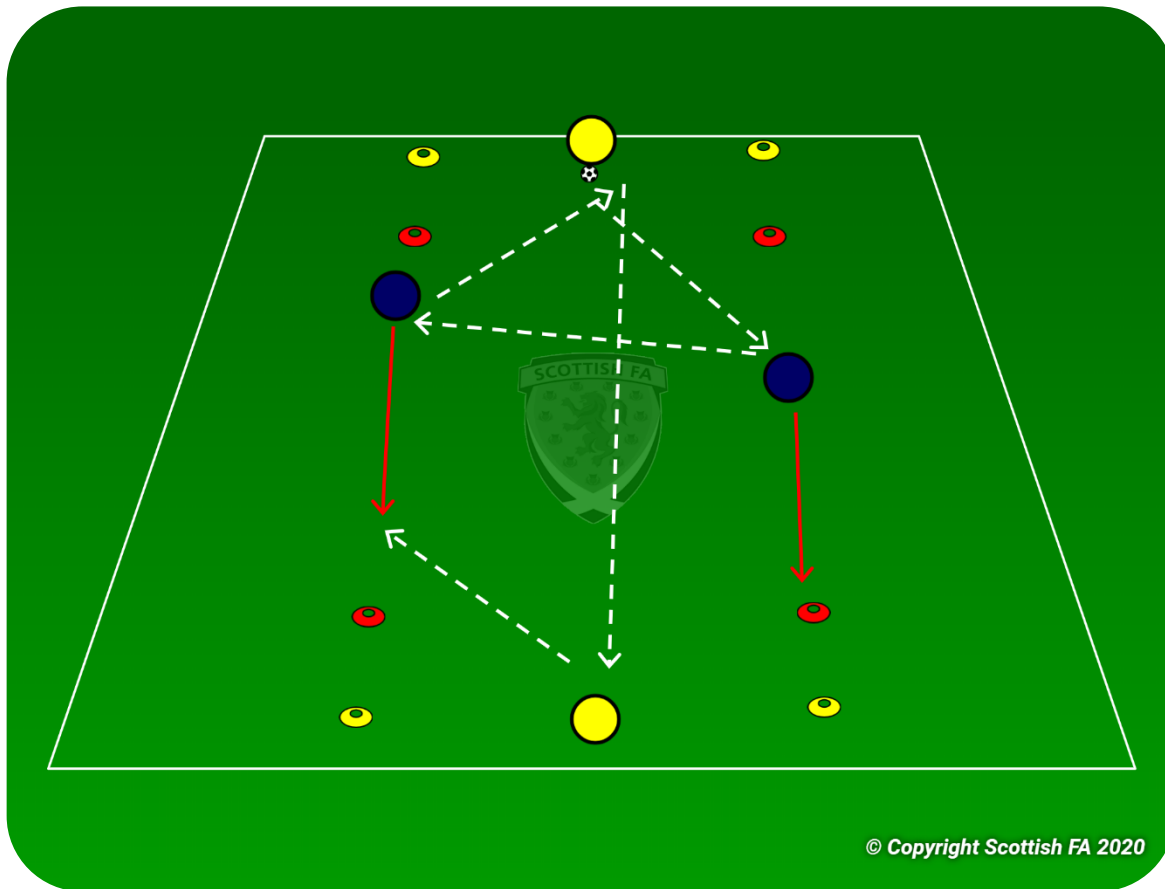
Suitable For: Male Players 16+/Female Players 15+

The following Anaerobic Training activities are shown:

1. Anaerobic Pressing Channels
2. Anaerobic Passing Support
3. Anaerobic Passing Variations
4. Anaerobic Passing Square
5. Anaerobic Shooting

All of these activities can be adapted to incorporate specific tactical components or styles of play.

ANAEROBIC PASSING SUPPORT – (1 MIN ON/1MIN OFF x 3)



Set Up

Red markers 30m apart, with yellow markers further 5m back.

Instructions

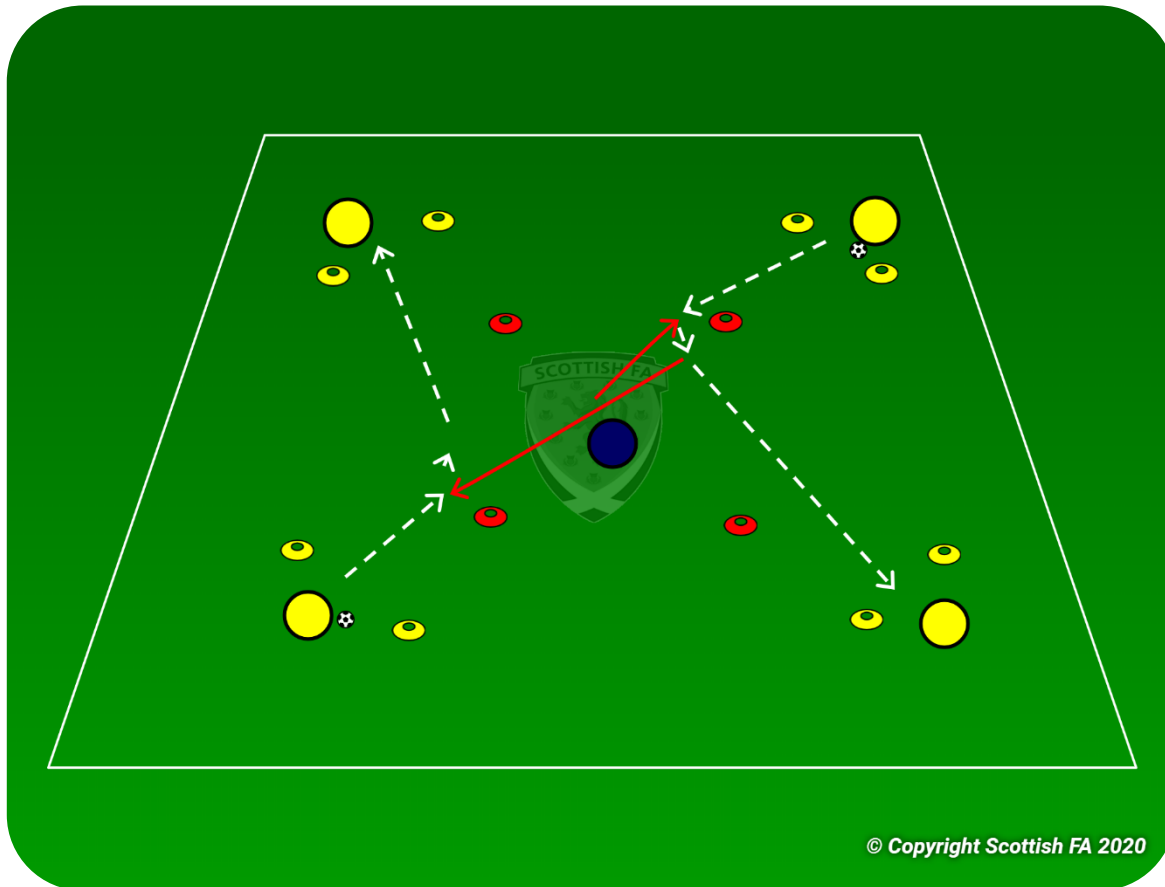
Blue working players angle as 'long and short'. Yellow Player passes to 'long' Blue Player, who passes to 'Short' Blue Player and back to Yellow Player. Ball is then switched to bottom and both Blue Players must sprint to support changing 'long and short' roles.

Coaching Points

High intensity movement at all times.

Properly angling 'long and short'.

ANAEROBIC PASSING SQUARE – (45 SEC ON/4 MIN OFF x 3)



Set Up

5x5m box set up with Yellow Players 5m past corner of box.

Instructions

Working Blue Player moves to receive ball from either of two Yellow Players with a ball. Upon receiving ball turns and passes to either Yellow Player without ball. Player then moves again to receive next ball.

Coaching Points

Encourage control of movements and changes of direction.
High intensity of movement at all times.
Movement in relation to the ball.



Visit: scotfa.co/ReturnToFootball