

COVID-19

STAGE 2 - RETURN TO TRAINING CONDITIONS

V2.1 – June 13, 2020



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COVIDSafe APP

To aid the fight against COVID-19, CDSFA supports the COVIDSafe app and strongly encourages the football community to get behind this initiative.

It represents our best chance to get back to football quickly and safely.

Download from the Apple App store and Google Play.



COVIDSafe APP

Restarting Training

Stage 2

This is an UPDATE on the easing of restrictions to be used in conjunction with the initial protocols published and available on the CDSFA web site.

WHAT IS PERMITTED:

- Training to be conducted in small groups (no more than 20 players and/or other personnel in total).
- Social distancing of 1.5m between players.
- Spacing so that there is no more than 1 person per 4m².
- Non-contact skill training drills – passing and shooting.
- Some sharing of sporting equipment such as kicking a football & use of agility equipment.

WHAT IS **NOT** PERMITTED:

- Contact to contact playing skills such as tackling.
- Activities involving more than 20 people.

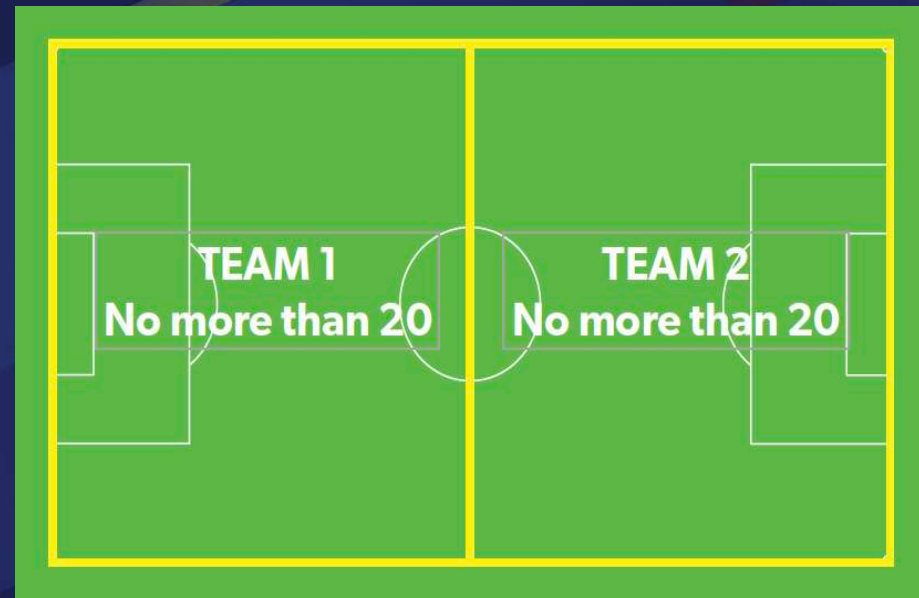
TRAINING PROTOCOLS

STAGE TWO (Level B) Youth & Senior Teams

When conducting training, the following conditions must be implemented:

Each team is allocated half a pitch each, ensuring that no more than 20 people (players and coaches) are provided the equivalent of a half pitch each.

The groups of 20 people should not mix with each other.



EXAMPLE OF A FIELD LAYOUT

All training sessions are to be non-contact skills training. Non-contact skill training drills can include passing and shooting. Accidental contact may occur during drills, however no deliberate body contact drills such as tackling is permitted.

TRAINING PROTOCOLS

STAGE TWO (Level B) Youth & Senior 16-20 players

When conducting training, the following conditions must be implemented:

The full team can train together on the one pitch.



EXAMPLE OF A FIELD LAYOUT

All training sessions are to be non-contact skills training. Non-contact skill training drills can include passing and shooting. Accidental contact may occur during drills, however no deliberate body contact drills such as tackling is permitted.

TRAINING PROTOCOLS

STAGE TWO (Level B) Youth & MiniRoo

When conducting training, the following conditions must be implemented:

Each team is allocated a quarter of a pitch each, ensuring that no more than 20 people (players and coaches) train within this space.



EXAMPLE OF A FIELD LAYOUT

All training sessions are to be non-contact skills training. Non-contact skill training drills can include passing and shooting. Accidental contact may occur during drills, however no deliberate body contact drills such as tackling is permitted.

CLUB COLATERAL

To assist in the management of club members, the CDSFA has produced and will distribute posters for your A frame displays that can be placed in prominent positions at your fields to assist in the current restrictions to fight COVID-19.

On the CDSFA site(Click COVID) there will be links to other collateral that clubs may use.

These are all available to pick up from the CDSFA.

COVID 19 WARNING



POTENTIALLY LETHAL DISEASE




- Social Distancing of 1.5m.
- Arrive, Train, Leave.
- Do Not share drink bottles.
- No Spitting at any time.
- Please Wash your Hands.
- Wash your own training bib.
- Do not share goal keeper gloves.
- Heading activities avoided.
- Do not attend training if you have symptoms, or have been in contact with others that may have, or be a high risk.
- Don't touch your face if hands are unclean.
- No more than one at a time in bathrooms.
- Download the Aust Govt COVID App.
- Penalties exist for non compliance.





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SEASON 2020

MANDATORY COACH REQUIREMENTS

CDSFA COACH ACCREDITATION ROLL OUT

"BETTER COACHING, BETTER PLAYERS"



COACHES NEED TO BE ACCREDITED

In the CDSFA all coaches need accreditation.

U8 Require MiniRoos Introduction Course.

Skill Training for all U13 teams - Primary Course focusing on Technical ability.

Game training all 11 a side teams – focusing on Tactical requirements.

CLUB COACH COORDINATOR

Better Coaches, Better Players.

CLUB COACH COORDINATOR:

Every Club has a CCC who assists its members in registering for courses and keeping the coach and managers up to date with information and special offers and events.

Mini Roos!

COACHING INTRODUCTION
FOR U6-U13 PLAYERS

LEARN HOW TO COACH YOUNGER PLAYERS
INCLUDING GAME DAY MANAGEMENT

MINIROOS GRASSROOTS COURSE:

This is an introduction for all new PARENTS in an practical session for approximately 1 hour, demonstrating the stages of development and activities for the players. Complete information to answer most question for regarding the progress of players.

SEASON 2020

AVAILABLE COURSES



SKILL TRAINING COURSE

This is the primary course for coaching which introduces the process of teaching football effectively to young players. It focusses on technical ability and the 4 core skills of football along with helpful tips on managing your training sessions and where to find session plans that are relevant to specific age groups.

The course is held over several nights and is approx. 14hrs.



GAME TRAINING COURSE:

This is the second course for coaching which introduces the process of teaching tactical situations that teams encounter player 11 a side football. Defending, attacking and the moments in between. It is practical and covers a wide range of activities along with helpful tips on managing your training sessions and where to find session plans that are relevant to specific age groups for teams U12 inclusive seniors.

The course is held over several nights and is approx. 14hrs.



SENIOR COURSE & REFRESHER:

This is an introduction for all new PARENTS in an practical session for approximately 1 hour, demonstrating the stages of development and activities for the players. Complete information to answer most question for regarding the progress of players.

This document is current as at 13th June 2020. CDSFA is in the advanced stages of scenario planning and will continue to work with the State Government, FFA, Councils and other bodies regarding the safe resumption and continuation of football.

The document is subject to change including upon the advice of government and clubs are expected to remain up-to-date with the latest advice.

Further information guide(s) will be published in line with government advice in the event of any further staged return to playing football.

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