



## Fall Field Hockey 2020



Dates: Sept. 13th, 20th, 27th, Oct. 4th, 18th, 25th (Last Session). Rain date (Nov. 1st)

### ***Phase 2 Field Hockey Guidelines***

Volunteers/Coaches - Wear Masks

Daily screening of players and staff - Commissioner will check up until 5 pm than parent volunteer will take over and do final check ins etc.

50 participants

Maintaining 10 feet apart - players and coaches

Small groups 8-10 girls with 1 adult coach leading, we will spread out and use the entire turf field.

We will conduct stick skills, passing, individual skill work (ex. hitting, dribbling, right and left pulls, lifts, shots on goal, push passing on the move).

No contact

All shared equipment (ex. cones, balls, goals/pop ups) will be disinfected beginning, breaks, end of practice.

It is recommended parents stay in vehicle or spread out around the field but not sit or stand on turf field.

Only players and SYC field hockey staff are on the turf.

It is recommended players have masks for beginning and end of practice. They are not required during play.

### ***Phase 3 Field Hockey Guidelines***

Volunteers/Coaches - Wear Masks

50-250 participants

Daily screening of players and staff - Commissioner will check up until 5 pm than parent volunteer will take over and do final check ins etc.

Open up High School volunteers to assist for practices and will give 1 adult coach a HS volunteer to work with.

Small group- 8-10 girls but in phase 3 will we do 3v3, 5v5, 7v7 scrimmages. 1v1 drills, defensive skills, positioning, marking etc.

We will ONLY play SYC teams and scrimmage in house. No traveling for play-days/scrimmages with other local field hockey clubs.

All shared equipment (ex. cones, balls, goals/pop ups) will be disinfected beginning, breaks, end of practice.

It is recommended parents stay in vehicle or spread out around the field but not sit or stand on turf field.

Only players and SYC field hockey staff are on the turf.

It is recommended players have masks for beginning and end of practice. They are not required during play.

### ***Communication***

Contact [fieldhockey@sycva.com](mailto:fieldhockey@sycva.com) with any questions or concerns about Return to Play procedures.