



IMPLEMENTING A PROGRESSIVE RETURN TO PLAY

<u>Phase 0</u>	<u>Phase 1</u>	<u>Phase 2</u>	<u>Phase 3</u>	<u>Phase 4</u>
<p>No in Person training or competitions</p> <p>Virtual training only</p>	<p>Individual skill training and individual physical conditioning with a ball</p> <ul style="list-style-type: none">- One player per ball- Distances between players <p>Small Group training</p> <ul style="list-style-type: none">- Passing patterns- No contact- Avoid lines (use markers)- No catching or use of hands	<p>Introduction to defensive pressure and contact in training.</p> <p>Use of small-sided within the cohort.</p> <p>Intrasquad scrimmages acceptable within the cohort.</p>	<p>No restrictions on training activities for players.</p> <p>Teams can return to scrimmaging within their own club and playing games outside their club following recommended guidelines.</p> <p>Local and same-day travel for scrimmages or games with teams outside the same club is recommended.</p>	<p>No restrictions on training, games, or travel for players, coaches or spectators.</p> <p>COVID-19 recommendations no longer apply</p>

RETURN-TO-PLAY 5 PHASES OVERVIEW



**U.S. SOCCER
PLAY ON**

0

Phase 0: Stay and Shelter

Duration: Based on state and local regulations

- BEND THE CURVE. STAY AT HOME.
- No organized trainings or competitions
- Consider virtual options

1

Phase I: Individual and Small Group Training

Suggested Duration: 4-6 weeks

- State and/or local stay and shelter regulations lifted
- Recommend small group trainings with max of 9 players and 1 coach
- Maintain social distancing
- COVID-19 prevention protocols in place

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Phase II: Full Team Training

Suggested Duration: 3-6 weeks

- Full team training allowed
- Continue to maintain social distancing
- COVID-19 prevention protocols in place
- Allow 3 weeks for COVID-19 tracking purposes

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Phase III: Full Team Competitions

Duration: Indefinite

- Full team competitions can occur
- Continue COVID-19 mitigation strategies
- Consider only local and single-day competitions
- Large events guided by local/state public health authorities

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Phase IV: No Restrictions

- COVID-19 is no longer a public health matter and there are no restrictions directed by federal, state and local authorities.
- Please refer to www.recognizetorecover.org for general health and safety recommendations from U.S. Soccer.

* Across the country, clubs in different regions will be operating under differing state & local regulations and may be in different phases. All phases must be compliant with your region's regulations.