

Andy Rogers Sports Coaching

1:5 Group Coaching - June 2020



Don't....

- touch the balls, strips, cones, goals, fences, bins etc (apart from with your stick or feet)
- go within 2m (full stick length each) of other players, goalkeepers, coaches etc
- borrow equipment from anyone else
- arrive early for your session (5mins is plenty to get ready)

Do's....

- bring your own equipment (stick, shin pads, gum shield, drinks, suncream etc)
- wear any appropriate sports kit (not school kit)
- walk on the grass to the left hand side of the path over to the pitch.
- bring your smile and be prepared to have some fun!

Things you need to know....

- toilets are open in HLC but try to wash your hands before you leave home and use antibacterial hand gel when you arrive
- parents are allowed to stay but will need to be on the grass outside the playing area (responsible for their own social distancing)
- in the unlikely event of first aid being required.....it will be administered by me (as per usual) but I would be required to be within 2m. If this happens I will have gloves and a mask with me. If any parents would rather I don't go within 2m of their son/daughter and they would like to administer any first aid themselves then please let me know before the sessions starts.