

How to practice physical distancing and stay 6 feet apart in the field of play

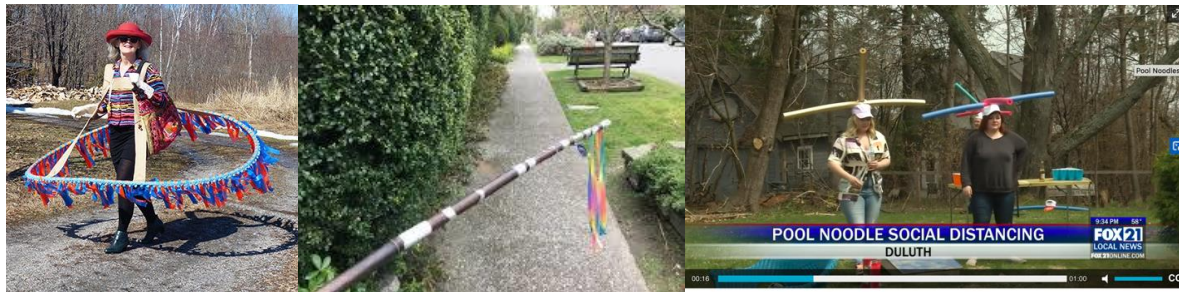


Fun team building ideas: Physical distancing can cause awkward situations; making them fun helps overcome self-consciousness and discomfort.

1.) Build your own bubble/home base

Use a hula hoop, yoga mat, towel to establish your home base. This is where each person is based – water, gear, etc.

Coach/Team building ideas: Have fun developing hoop/hat/stick to help maintain physical distancing.



2.) Develop appropriate language

- Green/Yellow/Red: instead of telling someone to stop because he/she is getting too close, use green, yellow, red for distance to each other
- *Slow down, step back:* Awareness and consideration are key. If you find yourself coming up behind a slower runner, and there's not six feet to pass safely, slow down instead. If somebody is getting too close to you, step back to allow enough space. Imagine a bubble that extends six feet around you and do everything you can to keep other people outside of it. Of course, you can still be friendly about it. A smile, a wave or a "pardon me" goes a long way these days.

3.) Warm-up drills

- What is 6 feet? Throw a ball for 6 feet – target throwing to get a sense of the distance
- Red Light, Green Light: play it as a warm-up game -> introduce using green/yellow/red language
- Relays can be well managed for distance: use cones, hoops, flagging tape, balls to assign lanes, places to stand