

Bangor Slaters Field Hockey 2020

NFHS Practice - Covid 19 Guidelines

PHASE 1 2 Days Per Week (Tu/Th – 10A to noon)

- 10 – 10:15 Pre-Workout Screening
Guidelines TBD determined by BASD / LVHN
No Locker Rooms
- 10:15 – 12 Pod Practice
8 - 10 Players per Pod
Pods determined by playing experience / coaching staff
Team leader and / or coach assigned to a Pod and will rotate with that group
Pods will not change
- 10:15 – 10:20: Stretch (Practice Social Distancing)
- 10:20 – 10:50: Pod rotation in ten minute intervals
Pod 1 – Strength Training
Pod 2 – Cardio / Speed
Pod 3 – Stick Warm Ups
- 10:50 – 10:55: Water / Recovery
- 10:55 – 11:55: Pod rotation in twenty minute intervals
Pod 1 – Offensive / Defensive Circle work and Shooting
Pod 2 – Offensive Skill work
Pod 3 – Defensive Skill work
- 11:55 – 12:00: Stretch

We will be able to accommodate 30 players using the above procedures.

This is greater than the number of players that attended workouts consistently last summer.

**Bangor Slaters Field Hockey 2020
NFHS Practice - Covid 19 Guidelines**

PHASE 2 3 Days Per Week (M/W/F – 10A to noon)

- 10 – 10:15 Pre-Workout Screening
 Guidelines TBD determined by BASD / LVHN
 No Locker Rooms
- 10:15 – 12 Pod Practice
 8 - 10 Players per Pod
 Pods determined by playing experience / coaching staff
 Team leader and / or coach assigned to a Pod and will rotate with that group
 Pods will not change
- 10:15 – 10:20: Stretch (Practice Social Distancing)
- 10:20 – 10:50: Pod rotation in ten minute intervals
 Pod 1 – Strength Training
 Pod 2 – Cardio / Speed
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- 10:50 – 10:55: Water / Recovery
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