Phase 1 Goalkeeper Training Guidance

• Keeper training done in groups of ten or less including coaches
• Keepers may not participate in field player sessions as a goalkeeper
• Soccer balls disinfected immediately prior to GK training, and immediately after GK training.
• GK’s/Coach sanitize hands immediately prior to GK training and immediately after GK training
• GK’s/Coach gloves must have been washed or sanitized prior to use
• No spitting on gloves to moisten them
• No pouring water on gloves to moisten them
• Do not adjust mask while gloves are on. If necessary, to adjust mask: remove gloves, sanitize hands, adjust mask as needed, sanitize hands again, place gloves back on
• Social distancing (min 6 ft) in effect at all times, no physical contact
• GK’s/Coach will wash their gloves with soap after every training

JUST BECAUSE YOU CAN DOESN’T MEAN YOU HAVE TO.
Updated August 7, 2020