



SPORT SPECIFIC RESOURCES

BC SCHOOL SPORTS

Resources to assist with the planning
of school sport practices during the
Return to School Sport

CURLING

POSITION/TOPIC	STRATEGY/DRILL
General	<p>OPEN TO ALL PARTICIPANTS WITH SOCIAL DISTANCING</p> <ul style="list-style-type: none">• <i>Las Vegas</i>• <i>Crazy Eights</i>• <i>Circle Drill (modified to 1 brusher)</i>• <i>Line Dancing</i>• <i>Radar O'reilly</i> <p>EDUCATIONAL COHORT ONLY DRILLS THAT REQUIRE SOME LEVEL OF CONTACT AND INTERACTION</p> <ul style="list-style-type: none">• <i>Keep Away</i>• <i>Horse</i>• <i>Hide and Seek</i>• <i>Scotch Twosomes</i>• <i>Climb the Ladder</i>

FIELD HOCKEY

POSITION/TOPIC	STRATEGY/DRILL
Dribbling	<p>OPEN TO ALL PARTICIPANTS WITH SOCIAL DISTANCING</p> <ul style="list-style-type: none"> • Cone Work • Obstacle Course • Shuttles • Boards • Star Dribbling
Passing	<p>OPEN TO ALL PARTICIPANTS WITH SOCIAL DISTANCING <i>All of the following can be done with multiple cohorts but the drills should be run in pairs and social distancing must be maintained</i></p> <ul style="list-style-type: none"> • Shuttles • 3's Drill • T Drill • Squares <p>EDUCATIONAL COHORT ONLY DRILLS THAT REQUIRE SOME LEVEL OF CONTACT AND INTERACTION</p> <ul style="list-style-type: none"> • Possession Game
Shooting	<p>OPEN TO ALL PARTICIPANTS WITH SOCIAL DISTANCING <i>All of the following can be done with multiple cohorts but the drills should be run in pairs and social distancing must be maintained</i></p> <ul style="list-style-type: none"> • Zig-Zag • Box • Honeypot • Tipping <p>EDUCATIONAL COHORT ONLY DRILLS THAT REQUIRE SOME LEVEL OF CONTACT AND INTERACTION</p> <ul style="list-style-type: none"> • 3 Lines with cones ending in different shot • Defensive Marking
Game Play	<p>EDUCATIONAL COHORT ONLY DRILLS THAT REQUIRE SOME LEVEL OF CONTACT AND INTERACTION</p> <ul style="list-style-type: none"> • 3v3, 4v4 (depending on cohort size) • Aussie Drill (2v1 continuous)

FOOTBALL

POSITION/TOPIC	STRATEGY/DRILL
Quarterbacks	<p>OPEN TO ALL PARTICIPANTS WITH SOCIAL DISTANCING</p> <ul style="list-style-type: none"> • <i>Footwork drills (3-step, 5-step, bootlegs, progression of reads)</i> • <i>Drop Back and react to coach signal (step up, shuffle, escape pocket)</i> • <i>Scramble Drill with Receivers (No Ball thrown)</i> <p>EDUCATIONAL COHORT ONLY DRILLS THAT REQUIRE SOME LEVEL OF CONTACT AND INTERACTION</p> <ul style="list-style-type: none"> • Mesh work w/ RB's • Patterns with receivers vs air • Option pitch and Toss with RB vs air (also shovel) • Patterns with RB vs air (Screen, Flare, Flat etc...) • Scramble Drill with Receivers.
Running Backs	<p>OPEN TO ALL PARTICIPANTS WITH SOCIAL DISTANCING</p> <p><i>All of the following can be done with multiple cohorts but the drills should be run in pairs and social distancing must be maintained</i></p> <ul style="list-style-type: none"> • <i>Stances (2pt, 3pt, receiver)</i> • <i>Alignment and formations</i> • <i>Footwork drills (various ladder drills)</i> • <i>Footwork for Plays (first few steps & through gaps)</i> • <i>Speedwork over agility bags</i> • <i>Change direction (I-test)</i> • <i>Stumble Drill (every five yards put a hand on the ground to stay on feet)</i> • <i>Pass protection form</i> <p>EDUCATIONAL COHORT ONLY DRILLS THAT REQUIRE SOME LEVEL OF CONTACT AND INTERACTION</p> <ul style="list-style-type: none"> • Sled blocking
Receivers	<p>OPEN TO ALL PARTICIPANTS WITH SOCIAL DISTANCING</p> <ul style="list-style-type: none"> • <i>Stance and ball get off</i> • <i>Route running (patterns vs air)</i> • <i>Route conversions (read defender alignment - coach could say)</i> • <i>Weave vs air to manipulate defender and attack technique</i> • <i>Form stalk block footwork (Approach, Breakdown, Side Shuffle, repeat)</i> • <i>Stay on block Zig Zag footwork (45 shuffle backwards each direction) with hand punch vs air</i> • <i>Mirror Drill (Coach signal or mirror player in same cohort)</i> • <i>Scramble drill with QB (no ball)</i> <p>EDUCATIONAL COHORT ONLY DRILLS THAT REQUIRE SOME LEVEL OF CONTACT AND INTERACTION</p> <ul style="list-style-type: none"> • Sideline / End line drill (one foot in bounds) • Scramble drill with QB (with ball and pass)

	<ul style="list-style-type: none"> • Stalk block
Defensive Line	<p>OPEN TO ALL PARTICIPANTS WITH SOCIAL DISTANCING</p> <ul style="list-style-type: none"> • Footwork drills (first few steps up field) • Sprint training (get offs) on movement • Change direction (I-test), or over agility bags • Stance and Reaction drills off the line (pass v run) • Form vs air first step(s) • Burpee (simulate being cut block and then get up, jump up to deflect quick pass) <p>EDUCATIONAL COHORT ONLY DRILLS THAT REQUIRE SOME LEVEL OF CONTACT AND INTERACTION</p> <ul style="list-style-type: none"> • Vs Double (groups of 3 have to be in same cohort) • Block Reads vs partner (have to be same cohort) • Pass rush lanes (widen players apart to keep socially distant). React to coach hand signal to keep leverage on elusive QB • Stunts and games vs air. 1 at a time to simulate what they should do OR if in same cohort they can do them
Linebackers	<p>OPEN TO ALL PARTICIPANTS WITH SOCIAL DISTANCING</p> <ul style="list-style-type: none"> • Stance and first steps (down and distance?) • Stance variations (from depth, on line) • Wave drill (reach to coach hand signal) • Footwork drills (always uphill) • Sprint training with breakdown to react • Reaction drills (run 1st, pass 2nd) • Tracking drill through gaps (cones or agility bags) • Staircase drill. Using 15 yards, downhill shuffle and gather • Reads. Triangle for MLBs G-C-RB, Triangle for OLBS TE-T-RB • W Drill • Extended pass drops to drive up • Blitz timing and form
Defensive Backs	<p>OPEN TO ALL PARTICIPANTS WITH SOCIAL DISTANCING</p> <ul style="list-style-type: none"> • Stance and first steps (controlled read) • Footwork / drops / breaks (zone vs. man) • Sprint training (vary speed past 3-4 sets of cones) • Speed turns vs Air (React to coach hand signals) • W drill (some call M) - Backpedal, come up, repeat • Comeback drill. BP, open deep, react back • Zone drops with Linebackers vs Air • Form tackle vs Air • 2 on 1 Leverage from position (no contact, stay five yards apart) • Backpedal weave (react to coach signal)

SOCCER

POSITION/TOPIC	STRATEGY/DRILL
Passing	<p>OPEN TO ALL PARTICIPANTS WITH SOCIAL DISTANCING</p> <ul style="list-style-type: none"> • <i>Ball Control</i> • <i>One & Two Touch</i> • <i>Through the Gate</i> • <i>Ball Swap</i> • <i>Soccer Tennis</i>
Dribble	<p>OPEN TO ALL PARTICIPANTS WITH SOCIAL DISTANCING</p> <ul style="list-style-type: none"> • <i>Small touches (can add commands for more difficulty)</i> • <i>Relay Race</i> • <i>Turns</i> • <i>Skills to beat the cone (defender)</i>
Game	<p>OPEN TO ALL PARTICIPANTS WITH SOCIAL DISTANCING</p> <ul style="list-style-type: none"> • <i>Keep Ball</i> • <i>Keep Ball to Targets</i> • <i>Keep Ball 2v2 (emphasize social distancing)</i> • <i>Keep Ball 4v4 (emphasize social distancing)</i> <p>EDUCATIONAL COHORT ONLY DRILLS THAT REQUIRE SOME LEVEL OF CONTACT AND INTERACTION</p> <ul style="list-style-type: none"> • <i>5v2 Possession Game</i> • <i>7v7 Possession Game</i> • <i>3v3 With</i> • <i>5v5 to 4 goals</i> • <i>7 plus GK v 8 to 1 goal with 2 counter goals</i> • <i>2v4 final third of the field with finishing</i> • <i>6v4 + Keeper</i> • <i>8v6 + Keeper</i>

VOLLEYBALL

POSITION/TOPIC	STRATEGY/DRILL
Passing	<p>OPEN TO ALL PARTICIPANTS WITH SOCIAL DISTANCING</p> <ul style="list-style-type: none"> • <i>Shuttle Passing</i> • <i>Tip and Chip</i> • <i>Hitting Survivor</i> • <i>Swing Set</i> • <i>Net Save</i> • <i>Butterfly Passing</i> <p>EDUCATIONAL COHORT ONLY DRILLS THAT REQUIRE SOME LEVEL OF CONTACT AND INTERACTION</p> <ul style="list-style-type: none"> • <i>Jousting Drills with front row</i> • <i>Fetch</i>
Hitting/Blocking	<p>OPEN TO ALL PARTICIPANTS WITH SOCIAL DISTANCING</p> <ul style="list-style-type: none"> • <i>Individual Snap The Wrist (using wall)</i> • <i>Target Hitting (use chairs as targets)</i> • <i>10 Hits Drill</i> • <i>Corner Tip Drill Unopposed</i> • <i>Find the Hole</i> <p>EDUCATIONAL COHORT ONLY DRILLS THAT REQUIRE SOME LEVEL OF CONTACT AND INTERACTION</p> <ul style="list-style-type: none"> • <i>Blocking Side</i> • <i>Corner Tip Drill with blocker</i> • <i>Shadow Blocking</i>
Game	<p>OPEN TO ALL PARTICIPANTS WITH SOCIAL DISTANCING (For game situations with different cohorts playing against each other, athletes can't pass the attack line, no blocking to maintain social distance)</p> <ul style="list-style-type: none"> • <i>2v2 Kings Court</i> • <i>3v3</i> • <i>4v4</i> • <i>6v6</i> <p>EDUCATIONAL COHORT ONLY DRILLS THAT REQUIRE SOME LEVEL OF CONTACT AND INTERACTION (unmodified play allowed)</p> <ul style="list-style-type: none"> • <i>2v2 Kings Court</i> • <i>3v3</i> • <i>4v4</i> • <i>6v6</i>