



December 17, 2020

To: Technical Leads & Coaches
From: Alberta Soccer Technical Team

We want to take this opportunity to wish everyone a safe & healthy holiday season. It has been a difficult year as we all have had to navigate so much, and we hope that this Holiday Break allows you all the opportunity to take a break.

As you all know, rest periods are built into yearly periodization plans to allow for athletes and coaches to take some time off soccer, to assist them recover not only physically but mentally from the demands of their sport. The rest and recovery phase is a very important part of periodization as it allows people to replenish energy stores, remove fatigue, relax mentally, and recharge their battery. Even the top leagues realize the importance of rest periods i.e., Premiership Winter Break. For some, rest may mean just unplugging from everything for that two weeks but for others that might mean doing something outside their main sport. That being said, we also recognize that during current social distancing regulations, some players may welcome a distraction and maintain social interaction with their team. So a key role we could encourage from our coaches is to offer some virtual fun & engaging activity sessions. Below are some suggestions to help you and your coaches to “Think Outside the Pitch”. If coaches do wish to offer this, it is important for them to remember that the Rule of Two still applies to the online setting. If you are uncertain what that looks like here is an infographic from the Coaches Association of Canada. [Rule of Two NCCP \(albertasoccer.com\)](http://albertasoccer.com)

Thinking Outside the Pitch

- *Trivia/Game Night – set up a fun, appropriate trivia/game event. Various platforms can provide a free trial for games, and to make own questions.*
- *Truth & Lie – each person tells an interesting fact about themselves and a lie to try and stump the guessers. Great activity to get to know your team even better.*
- *Virtual Scavenger Hunt – hand sanitizer, toilet paper, soccer sock, art supplies and more. Make a random list of household items and start the clock. Participants have only a certain time to collect as much as they can from the list.*
- *Virtual Bake off – Coach leads a simple team baking show; sharing the creations with household members half the fun.*
- *Warm Fuzzies – using a virtual whiteboard for each participant (i.e. Jamboard) have teammates go into each person’s page and write something nice about them.*

If you want to find out more about periodization check out these resources:

Active Start - [1.-Active-Start-Training-Plan-and-Periodization.pdf \(albertasoccer.com\)](#)

Fundamentals - [2.-FUNDamentals-Training-Plan-and-Periodization.pdf \(albertasoccer.com\)](#)

Learn to Train (U10) - [3.-Learning-to-Train-U10-Training-Plan-and-Periodization.pdf \(albertasoccer.com\)](#)

Learn to Train (U12) - [4.-Learning-to-Train-U12-Training-Plan-and-Periodization.pdf \(albertasoccer.com\)](#)

Soccer for Life U13-U18 - [5.-Soccer-for-Life-U13-U17-Training-Plan-and-Periodization.pdf \(albertasoccer.com\)](#)

Soccer for Life U18+ - [6.-Soccer-for-Life-U18-Training-Plan-and-Periodization.pdf \(albertasoccer.com\)](#)

We wish each of you and your coaches a Happy Holidays & looking forward to working with you all again in the New Year!

Sincerely,

Your Technical Team
(Matt, John & Claire)

