SUGGESTED MODIFICATIONS TO PLAY AT STAGE 3–INTRASQUAD SCRIMMAGE

At Stage 3 coaches may begin to have athletes scrimmage intra-squad in limited doses and modified situations. Below are a few suggestions for coaches for how modify play with their team to potentially lower risk and keep athletes engaged while easing back into a competitive situations.

• No face-offs or draws, do possession at beginning of halves like soccer or field hockey. After goal execution like basketball.

• Play 7 v 7 or 6 v 6 with same pairings of teams to limit exposure

• Only allow players to only possess the ball for three counts before they must make a pass. This keeps the play moving and gives defenders less time one on one before they have to adjust.

• If the ball is dropped, it becomes an immediate turnover. (like in ultimate frisbee) The nearest player from the other team picks up the ball with their stick and restarts play, all other players must move 6 feet away from the player. This prevents 1 v 1 or scrum groundball situations.

• Only allow 1 v 1 defense (no double teaming) and make defenders give a 6 foot cushion (rather than the standard stick’s length) when playing defense. If applied with the three count rule, play should be rapid and will limit the time players are near one another.

• Run shorter length games. Time is a factor for exposure risk, so consider mini games of 5 minutes per half with a 2 minute break in between. This also takes into consideration conditioning and returning to full physical capacity.

• Keep cohorts of players together.

• If scrimmaging, have small-sided rotations of players in 3 v 3 play in bursts, with the first team to score staying on, and the other team rolls off, with a max of 5 minutes total play if no one scores.