



Field Training Protocols for Field Preservation and Usage

To prevent future closures of our fields by the council and ensure that our teams can maximise their training opportunities at Shepherds Park and other designated council venues, please follow these protocols:

1. **Avoid Speed and Agility Work on Main Pitches:** Conduct any speed work, sprints, agility, or fitness activities off the main pitches whenever possible. Use off-field spaces for FIFA 11 warm-ups, speed training, conditioning, or agility work without the ball. This practice helps preserve the fields.
2. **Vary Training Locations Weekly:** Do not set up training sessions in the same area each week. For example, if you train on Tuesday and Thursday, set up activities in different areas of the pitch on each day. Avoid consistently using the convenient side near halfway, as this can lead to excessive wear and tear.
3. **Rotate Small Activity Areas:** When conducting activities like Rondos or boxes, which concentrate heavy use in small areas, rotate these areas each session to prevent localised damage.
4. **Avoid Small-Sided Games in Penalty Areas:** Refrain from setting up small-sided or positional games in the penalty areas and goalmouths.
5. **Limit Large Groups in Tight Spaces:** Avoid setting up activities that involve large numbers of players (e.g., 8v8 or more) in confined spaces. Such setups can significantly increase wear and tear. Larger-sided games help distribute wear more evenly.
6. **Distribute Practice Stations:** Set up different stations in various areas of the pitch. For example, if you have three training activities planned before a large-sided game, set up each activity in different areas to prevent overuse of any one spot.
7. **Avoid Already Damaged Areas During Winter:** In winter, when pitches are more vulnerable, avoid using areas that are already damaged or overused.
8. **Monitor and Adjust:** If you notice signs of wear on the pitches, consider moving activities or reducing training time, especially during winter months.

Consequences for Non-Compliance

To ensure the longevity and quality of our fields, it is essential that all coaches and teams adhere to these protocols. Failure to follow these protocols may result in:

1. **Restricted Access:** Teams may have their access to Shepherds Park and other designated council venues limited or revoked.
2. **Field Prioritisation:** Non-compliant teams may be deprioritised in field scheduling, affecting training and game times.
3. **Disciplinary Actions:** Coaches and teams may face disciplinary actions from the club, which could include fines or suspension from club activities.

These measures are in place to protect our facilities and ensure fair access for all teams. We appreciate your cooperation and commitment to maintaining our fields.