

# SCOTTISH FA

## PHASE 3 – UPDATE

# RETURN TO TRAINING

# GUIDANCE FOR GOALKEEPERS

## 24 AUGUST 2020

Please note: all underlined text  
denotes updated guidance from  
previous versions.



# RETURN TO TRAINING – GOALKEEPERS

The following information should be followed in conjunction with the existing 'Return to Training Guidance' for goalkeepers of **all ages** taking part in training sessions. Maximum group numbers and coaching ratios for the appropriate age group must be adhered to.

Goalkeepers can train individually, within shooting practices and training games with outfield players given the following is adhered to:

- GK's can work on GK specific skills individually using their own marked or designated football.
- GK's are now permitted to work within small groups, but should follow all other guidance with regards equipment.
- GK gloves **MUST** be worn at all times and never exchanged.
- NO spitting on gloves.
- GK's should avoid touching their face with gloves at all times.
- Feeding of the ball is allowed from those wearing gloves or the foot of another player.
- GK's footballs and gloves **MUST** be sanitized before and after use
- GK Coaches must also wear gloves.
- Goalposts: sanitize/wipe down goalposts before and after training and avoid touching goals where possible.



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