**SOCCER SEASON OVERVIEW**

**SOCCER SEASON OVERVIEW**

Training periods throughout the year:

* Fall Season: Mid August to Mid November
* Winter Season: Mid-December to Mid-March
* Spring Season: Mid-March to Mid-June
* Summer, Off Season: Mid-June to Mid-August
* **Overview of Soccer Year**
* Maroons soccer is a three season sport and runs from late-August through mid-November, early January through mid-March, and mid-March through mid-June, usually culminating with the Maroons tournament traditionally held on Father’s Day weekend.
* Teams train typically 2x a week for 1:30 hours each session, for 10+ weeks in both Fall and Spring
* Coaches and Team Managers should complete the team Budget worksheet to plan team finances for the season. Each Team is given $2100 to support trainer expenses. The Cub pays $1050 directly to each team’s Professional Coach Trainer at the start of the fall season and again at the start of the spring season. Each team is responsible for any trainer fees beyond the yearly $2100 allocation
* Maroons funds one tournament for each team. For U8-U11, this is the Maroons Father’s Day tournament. For older teams, this is usually the Columbus Day tournament.
* Teams are assigned a Professional Coach Trainer who will work with the Coach to develop the seasonal plan and then develop each specific training session. See ***How to Maximize Your Trainer*** document.
* Coaches are encouraged to keep open communication with the Director of Player Development & Coaching and discuss any team or trainer concerns, issues, or praises throughout the season
* Each team is responsible for paying the referee fees each game, and is reimbursed by the Club at the end of the season
* Each team must bring to each game, player cards, parent coach cards, 2 copies of roster, match day form printed from Northern Counties web. If you are the home team, you must also bring corner flags.
* Each “A” or “Grey” team should be participating in the US Club State Cup in the spring. Registration is typically due by 1 February
* **Summer, Off Season (mid-June to mid-August)**
* Once Coaches and teams are announced, Coaches should start formalizing their upcoming season—reviewing player assessments, reviewing Maroons Curriculum for their age group, working with the Director of Player Development & Coaching and team trainer to structure a season plan, meeting with trainer to discuss approach, and reviewing team plans for pre-season camp, Labor Day Tournament and Columbus Day Tournament.
* Coaches and Team Managers must ensure that team uniforms and practice jerseys are ordered by mid-July
* Coaches and Team Managers must ensure that paperwork necessary for player cards is collected and submitted by early August to Club Registrar
* Summer represents a nice time for coaches to get their new teams together for social activities, including cook-outs, pool parties, and **Come Out & Play** Sessions.
* A **Come Out & Play** session is a very informal get together of players to play small-sided soccer games. Players should not be required to attend, but invited if the player is available and interested.
* **Fall Season (Late August to mid-November)**
* Boys play on Saturdays and girls play on Sundays in the fall
* Submit your preferred training schedule requests 1-1.5 months ahead of 1st match to the Fields Schedule Planner and update request as soon as new information on player conflicts is learned; Specific team training schedule typically not available until mid to late August
* Flighting for each team is usually completed during the tryout process in June.
* Each team may request one TBS (to be scheduled) date. A TBS is a request that games NOT be scheduled on a specific date (holiday, school vacation, etc). Maroons Club Manager will send out specific request to each team usually 2 months before the first league game for each season (July for fall).
* Teams may plan pre-season sessions with coaches and trainers starting mid to late August. If a team’s trainer is not available, the Director of Player Development & Coaching can secure appropriate trainers for the team. Pre-season training rates should be in line with regular hourly rate, or lower.
* Team might consider playing in a pre-season tournament. The RYSA Labor Day tournament held in Franklin Lakes is very well managed, and there are several other options.
* League games usually start the first weekend following Labor Day and end around mid-November, usually 10 games in a season. League schedule usually becomes available two weeks before the first game in mid-August
* Maroons sponsors supplemental training opportunities to give our players more opportunities to play and develop their touch, including Functional Goalie Training, Functional Striker Training, Juggling Elite, and Free-Play Football Fridays. By working with the Director of Player Development & Coaching, teams can also set up a supplemental training session for players interested, such as ***Ball Manipulation to Mastery***.
* As a Club, we participate in a mandatory Columbus Day tournament for U9-U14 teams. In 2012, we went to the Parsippany Pride Tournament
* At the end of the fall season, coaches and trainer should be completing player assessments, using the Maroons form. This process is valuable for the coaches and trainer to review each player and for an initial perspective of what adjustments might be necessary for winter training and spring seasonal plan. The assessments are also a core component of the ***Maroons Tryout Process***.
* **Winter Program (December to mid-March)**
* It is recommended that each team develops several programs to ensure the players on the team have options to further develop their soccer abilities during the winter, should the player chose. The Director of Player Development & Coaching can help structure a winter program with you
* Club recommends ***Futsal Program*** for all teams, to be played in local gyms. There is no charge for this program and it can be effectively managed by the Parent Coaches and/or parents.
* Teams should also try and schedule technical training sessions with their coach or Maroons Academy Trainers; a separate trainer can also be arranged through the Director of Player Development & Coaching, including ***Ball Manipulation to Mastery***
* Teams can reserve team space at several local indoor soccer facilities, including ETA in Franklin Lakes, Sports Domain Academy in Clifton and Montclair, and Sports Domain in Waldwick.
* Supplemental SAQ courses (speed, agility, quickness) are available through FORCE and Parisis’s
* Parent and player surveys are conducted in Dec-Jan for each head coach and allow players and parents to provide feedback on their fall season. Surveys allow the Club to make improvements that might be necessary mid-season and allows the Club to stay close to each of our members.
* Teams can also consider playing in local winter tournaments, such as:
* [Elite Training Academy](http://www.elitetrainingacademy.us/" \t "_blank) **-** in Franklin Lakes.
* **Quickstrike 9v9**
* [The Soccer Colliseum (or the Armory)](http://www.soccercoliseum.com/) **-** in Teaneck**.**
* [The Sports Domain](http://www.maroonssc.org/coachcorner/SDA-IT-0910.doc) – in Montclair.
* [The Sports Factory](http://www.thesportsfactory.net/" \t "_blank) **-** in Lincoln Park (Wayne).
* [SuperDome Sports](http://www.superdomesports.com/" \t "_blank) - in Waldwick.
* [Turf City](http://www.turfcitysoccer.com/" \t "_blank) **-** something different - off the wall play !
* Winter provides the perfect opportunity for Coaches to prepare for the upcoming spring season—reviewing player assessments, reviewing Maroons Curriculum for their age group, working with the Director of Player Development & Coaching and team trainer to structure a season plan, meeting with trainer to discuss approach, and reviewing team plans for pre-season.
* **Spring Season (late March to mid-June)**
* Flighting requests to change from current flight should be submitted to the Board immediately following the fall season, but no later than mid-December. Change requests should be submitted with rationale for change. Flight change requests will be reviewed by a Board member who will evaluate circumstances, performance from fall, and potential player changes for spring.
* Club registers teams for spring season during 1st weeks of January
* Both Boys and Girls play on Sundays in the spring
* Submit to Fields Schedule Planner your preferred training schedule requests 1-1.5 months ahead of 1st match and update as soon as new information on player conflicts is learned; Specific team training schedule typically not available until mid March
* Each team may request one TBS (to be scheduled) date. A TBS is a request that games NOT be scheduled on a specific date (holiday, school vacation, etc). Maroons Club Manager will send out specific request to each team usually 2 months before the first league game for each season (January for spring).
* Each “A” or “Grey” team should be participating in the US Club State Cup in the spring. Registration is typically due by 1 February
* Training schedule usually available late February
* Teams may plan pre-season sessions with coaches and trainers starting mid to late March. If a team’s trainer is not available, the Director of Player Development & Coaching can secure appropriate trainers for the team. Pre-season training rates should be in line with regular hourly rate, or lower.
* The spring season typically kicks off the last weekend in March and league schedules become available from Norther Counties only a week before the first game
* Maroons sponsors supplemental training opportunities to give our players more opportunities to play and develop their touch, including Functional Goalie Training, Functional Striker Training, and Juggling Elite. By working with the Director of Player Development & Coaching, teams can also set up a supplemental training session for players interested, such as ***Ball Manipulation to Mastery***.
* Coaches & Trainers should be following the ***Maroons Tryout Process***, updating and agreeing player assessments and rankings, attending games of other teams and assessing players, participating in pre-tryout meetings, etc.
* Coaches and teams should be contributing to and preparing for the ***Maroons Father’s Day Tournament***, held on Father’s Day weekend
* In mid-June, the Maroons boys and girls U14 teams play a friendly scrimmage vs. the First Year High School teams. Specifics about the game will be agreed with the coaches of the U14 teams and communicated to the Club in mid-May.
* Boys High School Camp for U13 and U14 players is the first weekend following the last day of school. Camp specifics will be sent out to Club memebers and posted on the website in mid-May
* **Summer, Off Season (mid-June to mid-August)**
  + Players should consider participating in supplemental summer training, like ***Ball Manipulation to Ball Mastery*** and SAQ
  + Coaches should encourage their players to participate in summer activities, such as summer camps and summer teams, such as:
    - Soccer Camps—Ridgewood High School, Red Bulls, Sports-Domain, [U.K. Elite](http://www.ukelite.com/" \t "_blank), [World Class](http://www.worldclasssoccercamp.com/" \t "_blank)
    - Summer Teams—Maroons, EPS, ESA, SDA