

SOCCER SEASON OVERVIEW FOR COACHES



Maroons soccer is a three season sport and typically follows these periods:

- Fall Season: Mid-August to Mid-November
- Winter Season: Early-January to Mid-March
- Spring Season: Mid-March to Mid-June
- Summer, Off Season: Mid-June to Mid-August

To help our Coaches plan their season, the following provides a basic overview of what is happening within each portion of the soccer year. This guideline acts as a checklist for the coach and team manager to ensure important steps are considered.

Overview of Soccer Year

- Maroons soccer is a three-season sport and runs from mid-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.
- Training is typically 2x a week for 1.5 hours each session, for 11 weeks in the fall and spring.
- All Maroons teams U9-U14 participate in a Columbus Weekend tournament.
- 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 Parent Coach to develop the [Season Plan](#) and then develop and run each specific [Training Session](#).
- Coaches are encouraged to keep open communication with the Director of Player Development & Coaching and discuss any player, 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 each 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, ref fees, and, if home team, corner flags. See [Managing Games](#) in Coach's Guidebook for more specifics.

Summer, Off Season (mid-June to mid-August)

- **End June:** Once teams and coaches are announced, each head coach or coaching team should start formalizing their upcoming season, including reviewing [Maroons Player Assessment Tool](#) from tryouts, [Player Characteristics](#), and [Maroons Curriculum](#).

- **June-August:** Summer represents a nice time for coaches to get their new team 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.
- **Early July:** Coaches should work to identify a Team Manager and put together plans for pre-season camp, Labor Day Tournament, and Columbus Day Tournament.
- **Mid-July:** Coaches and Team Managers must ensure that team uniforms and practice jerseys are ordered
- **Early August:** Coaches and Team Managers must ensure that paperwork necessary for player cards is submitted by early August to Club Registrar
- **Early August:** The head coach should complete their *Season Plan*, developed in conjunction with their Professional Coach Trainer and the Director of Player Development & Coaching.
 - Coach shares insights to team, recaps previous season performance and player assessment
 - Review key age characteristics and curriculum
 - Set guide for weekly development agenda
 - Agree to adjust plan based on game observations, application of learning to game
- **Early August:** Coaches and Team Managers should complete the team Budget worksheet to plan team finances for the season. This Budget should be presented to the team. Each Team is given Club funds, currently \$2100, to support Professional Coach Trainer expenses. The Club pays half of the funds 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 additional fees.

Fall Season (Late August to mid-November)

- **June:** Flighting for each team is usually completed during the tryout process in June.
- **Mid-July:** 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). The Maroons Club Manager will send out specific communications to each team usually 2 months before the first league game for each season.
- **Late-July:** Submit your preferred training schedule to the *Fields Schedule Planner* so this can be factored in to the fields schedule planning; update request as soon as new information on player conflicts is learned. Scheduling is a difficult process involving the coordination of team requests, trainer availability, need to schedule trainers with back-to-back sessions, and field availability.
- **Late-August:** Each team's Professional Coach Trainer should be confirmed by mid-August, if changing from previous year. Each team's specific training schedule becomes available mid to late August.
- **Late-August:** Teams may plan pre-season sessions with Parent Coaches and/or Professional Coach Trainers starting mid to late August. If a team's Professional Coach Trainer is not available, and the Parent Coach wants support, 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.

- **Late-August:** 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 other options.
- **Early-September:** 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 in mid-August, two weeks before the first game. In the fall, boys play on Saturdays and girls play on Sundays.
- **Early-September-November:** Encourage trainer to attend at least one game, preferably early in the season:
 - Trainer can assess level of learning from training sessions
 - Trainer can analyze team
 - Attendance motivates players to see their trainer involved
- **Early-September-November:** Ensure strong communication with trainer:
 - Include trainer in team communications and ensure trainer has correct schedule
 - Provide trainer with effective post-game analysis and assessment, discussing areas of strength (team and/or individuals), problem areas (team and/or individuals), transference of learning from training sessions to game
- **September:** *Super Soccer Saturday*, a day full of high school level games played at RHS, usually happens in September. Details are usually emailed out to club players.
- **Early-October:** As a Club, the U9-U14 teams participate in a mandatory Columbus Day tournament. In 2012, Maroons Soccer Club went to the [Parsippany Pride Tournament](#)
- Maroons sponsors supplemental training opportunities to give our players more opportunities to 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 teams and/or small group of players, such as *Ball Manipulation to Mastery*.
- Players and teams are encouraged to watch the Ridgewood High School soccer games for boys and girls at each level—varsity, JV, and freshmen; younger teams will have the opportunity to participate in varsity team walk-outs and half-time games; Older team players will be invited to support high school teams as ball runners.
- **November-December:** At the end of the fall season, coaches and trainer should be completing their *Maroons Player Assessment Tool* and a team assessment. This process is valuable for the Parent Coach and Professional Coach Trainer to review each player and team to develop training suggestions for winter, and to guide the team's winter training focus. The player assessments are also a core component of the *Maroons Tryout Process*.

Winter Program (December to mid-March)

- **October-November:** It is recommended that each team puts together programs to ensure the players on the team have options to continue developing their soccer abilities during the winter. The Director of Player Development & Coaching can work with the Parent Coach to structure a winter program.
- **October-November:** Teams should also schedule technical training sessions with their Parent Coach, Professional Coach Trainer, or Maroons Academy Trainers. Team-specific *Ball Manipulation to Mastery* classes can be scheduled by contacting the Director of Player Development & Coaching.

- **December-February:** Club recommends [Futsal Program](#) for all teams, to be played in local gyms. There are no incremental charges, and the Parent Coaches and/or parents can effectively manage this program. Teams should request specific day/time slots. It is recommended that the various teams from each age group pair together for these sessions.
- For incremental space rental fees, teams can reserve indoor turf space at several local indoor soccer facilities, including ETA in Franklin Lakes; Sports Domain Academy in Clifton and Montclair; and Superdome Sports in Waldwick. FORCE provides an excellent turf option for technical training and small-group play.
- Supplemental [Speed, Agility, Quickness \(SAQ\)](#) courses are available through [FORCE](#) and [Parisi School](#) and individual players, or teams can schedule sessions.
- **December-February:** Club and Coach surveys are conducted in Dec-Feb for each head coach and allows 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 may also consider playing in local winter tournaments, such as:
 - [Quickstrike 9v9](#) – Milton, NY
 - [The Soccer Coliseum \(or the Armory\)](#) - in Teaneck
 - [The Sports Factory](#) - in Lincoln Park (Wayne)
 - [Superdome Sports](#) - in Waldwick
- Winter provides the perfect opportunity for Coaches to prepare the spring [Season Plan](#). This process involves reviewing [Maroons Player Assessment Tool](#) from fall, [Player Characteristics](#), and [Maroons Curriculum](#). The Plan should be developed in conjunction with their Professional Coach Trainer and the Director of Player Development & Coaching.

Spring Season (late March to mid-June)

- **End-December:** Flighting requests to change from current flight should be submitted to the Board immediately following the fall season, but no later than end-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.
- **Early-January:** Club registers teams for spring season during early January.
- **Mid-January:** 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.
- **End-January:** Each “A” or “Grey” team should be participating in the US Club State Cup in the spring. Registration is typically due by 1 February
- **Mid-February:** Submit your preferred training schedule to the [Fields Schedule Planner](#) so this can be factored in to the fields schedule planning; update request as soon as new information on player conflicts is learned. Scheduling is a difficult process involving the

coordination of team requests, trainer availability, need to schedule trainers with back-to-back sessions, and field availability; and the spring season is especially difficult given reduced field access. Specific team training schedule typically not available until mid-March.

- **Early-March:** Teams may plan pre-season sessions with Parent Coaches and/or Professional Coach Trainers starting early March, depending on weather. If a team's Professional Coach Trainer is not available, and a Parent Coach wants support, 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.
- **End-March:** The spring season typically kicks off the last weekend in March and league schedules become available from Northern Counties only a week before the first game; In the spring, both boys and girls play on Sundays.
- **End-March-June:** Encourage trainer to attend at least one game, preferably early in the season:
 - Trainer can assess level of learning from training sessions
 - Trainer can analyze team
 - Attendance motivates players to see their trainer involved
- **End-March-June:** Ensure strong communication with trainer:
 - Include trainer in team communications and ensure trainer has correct schedule
 - Provide trainer with effective post-game analysis and assessment, discussing areas of strength (team and/or individuals), problem areas (team and/or individuals), transference of learning from training sessions to game
- **April-May:** Coaches & Trainers should be following the [Maroons Tryout Process](#), updating and agreeing [Maroons Player Assessment Tool](#) and rankings, attending games of other teams and assessing players, participating in pre-tryout meetings, etc.
- **May-June:** [Maroons Tryouts](#)
- Maroons sponsors supplemental training opportunities to give our players more opportunities to 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 teams and/or small group of players, such as [Ball Manipulation to Mastery](#).
- **Mid-May to Mid-June:** Coaches and teams should be contributing to, and preparing for, the [Maroons Father's Day Tournament](#), held on Father's Day weekend.
- **Mid-June:** Each year, 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.
- **Mid-June:** The annual [Maroons Father's Day Tournament](#), held on Father's Day weekend.
- **End-June:** Tryout results announced.
- **End-June:** 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 members 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 ***Speed, Agility, Quickness (SAQ)***

- Coaches should recommend their players consider summer camps and summer teams:
 - **Soccer Camps:**
 - Ridgewood High School
 - [Red Bulls](#)
 - [Sports-Domain](#)
 - [UK Elite](#)
 - [World Class Soccer](#)

 - **Academy & Summer Teams:**
 - Maroons Soccer Club
 - [NJ Crush FC](#)
 - [English Pro Soccer \(EPS\)](#)
 - [Elite Soccer Academy \(ESA\)](#)
 - [Red Bulls](#)
 - [Sports-Domain Academy \(SDA\)](#)
 - [The Sports Factory Academy \(TSF\)](#)
 - [UK Elite](#)
 - [World Class FC](#)

- Coaches of U14 teams should direct their players to review ***Preparing for High School***