

2024 Season Plan - Thu Jan 18 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
Recommended Break -	25	26	27	28	29	30	31
no games, no practices	1 <mark>Jan</mark>	2	3	4	5	6 🚼 Бадњи дан	7
Thu - Indoor Training	8	9	10	11 🏈 USC	12	13	14 🏈 Dofasco
USC 6-8	15	16	17	18 🚷 USC	19	20	21 🚱 Dofasco
Sun - Dofasco Gym	22	23	24	25 🚱 USC	26	27	28 🏵 Dofasco
	29	30	31	1 FEB 🚱 USC	2	3	4 🚱 Dofasco
	5	6	7	8 🚱 USC	9	10	11 🚱 Dofasco
	12	13	14	15 😭 USC	16	17	18 🚱 Dofasco
	19	20	21	22 🐼 USC	23	24	25 🚷 Dofasco
	26	27	28	29 🏈 USC	1 MAR	2	3 🚱 Dofasco
	4	5	6	7 🐼 USC	8	9	10 🚱 Dofasco
Recommended Break -	11	12	13	14	15	16	17
no games, no practices			20	21	22	23	24
	25		27	28	29	30	31
Mon - OP Turf 7-9	1 APR Easter	2	3	4 🚱 OP Turf	5	6 😭 Shady Acres	7 🏖 Shady Acres
Thu - OP Turf 7-9	8 🚱 OP Turf		10	11 🚱 OP Turf	12	13 Shady Acres	14 Shady Acres
⇒ Shady Acres	15 🚱 OP Turf	16	17	18 🚱 OP Turf	19	20 Shady Acres	21 Shady Acres
	22 🚱 OP Turf	 	24	25 🚱 OP Turf	26	27 (2) Shady Acres	28 Shady Acres
	29 🏈 OP Turf			2 🚱 OP Turf	3 🖶 Велики Петак	4 Shady Acres	5 Backpc
	6 🚼 Ђурђевдан		8 Shady Acres	9 🚱 OP Turf	10 🚱 Shady Acres	11 Shady Acres	12 Shady Acres
	13 🏈 OP Turf	14 Shady Acres	15 Shady Acres	16 🏈 OP Turf	17 Shady Acres	18 Shady Acres	19 Shady Acres
Summer season 2024	20 Victoria day	21 🚱	22 🚱	23 🚱	24 💮	25 💮	26 😭
Cullinia Scason 2024	27 🍪	28 😂	29 🚱	30 🚱	31 🚱	1 JUN 🚱	2 😚
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	1 IVI Canada Day		3 🚱	4 🚷	5 🚱	6 🚱	7 🚱
	8 🚱	9 💮	10 🚱	11 🚱	12 🚱	13 🚱	14 🚱
	15 🚱	16 🚱	17 🚱	18 🚱	19 🚱	20 😭	21 🚱
	22 🚱	23 🚱	24 🚱	25 🚱	26 🚱	27 🚱	28 😚
	29 🚱		31 🚱	1 AUG 🚱	2 🚱	3 🚱	4 🚱
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			28 🚱	29 🚱			1 SEP Srbijada
	26 🕁 2 Labour day		4 🚱	5 🚱	30 😂 Srbijada 6 😂	31 Srbijada	8 🍪
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⇒ Shady Acres	9 Shady Acres	10 Shady Acres	11 Shady Acres	12 Shady Acres	13 Shady Acres	14 Shady Acres	15 Shady Acres
	16 Shady Acres	17 Shady Acres	18 Shady Acres	19 Shady Acres	20 Shady Acres	21 Shady Acres	22 Shady Acres
Mari OD Turk 7.0	23 Shady Acres	24 Shady Acres	25 Shady Acres	26 Shady Acres	27 Shady Acres	28 Shady Acres	29 Shady Acres
Mon - OP Turf 7-9 Thu - OP Turf 7-9	30 🍪 OP Turf	1 OCT Shady Acres		3 🚱 OP Turf	4 Shady Acres	5 Shady Acres	6 Shady Acres
⇒ Shady Acres	7 🚱 OP Turf		9 💮 Shady Acres	10 🚱 OP Turf	11 Shady Acres	12 Shady Acres	13 Shady Acres
→ Silduy Acres	14 😚 OP Turf	15	16	17 🚱 OP Turf	18	19 Shady Acres	20 Shady Acres
	21 🚱 OP Turf		23	24 🚱 OP Turf	25	26 Shady Acres	27 Shady Acres
	28 💮 OP Turf		30	31 🚱 OP Turf	1 NOV	2 Shady Acres	3 Shady Acres
	4 💮 OP Turf	5	6	7 💮 OP Turf	8	9 Shady Acres	10 Shady Acres
	11 🚱 OP Turf	12	13	14 🚱 OP Turf	15	16 Shady Acres	17 Shady Acres
	18 🚱 OP Turf	19	20	21 🚱 OP Turf	22	23 Shady Acres	24 💮 Shady Acres
	25 🚱 OP Turf		27	28 🍪 OP Turf	29	30 🍪 Shady Acres	1 DEC
	2	3	4	5	6	1	8
no games, no practices	9	10	11	12	13	14	15

16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1 JAN 2025	2	3	4	5

January ⇒ continue with indoor training at USC and Dofasco gym

February ⇒ continue with indoor training at USC and Dofasco gym

March ⇒ continue with indoor training at USC and Dofasco gym, recommended 3 week break - no games, no practices (March break plus 2 weeks after it)

April ⇒ start outdoor training at OP turf (Orchard Park high school) Thursday nights full field from 7-9, looking to book Mondays 7-9pm at OP turf, start outdoor training (practices, games) at Shady Acres turf on the weekends (if there is daylight can do it on the weekdays)

May ⇒ continue outdoor training at OP turf (Orchard Park high school) Thursday nights full field from 7-9, contine outdoor training (practices, games) at Shady Acres turf (weekdays & weekends), if weather and sunlight cooperate start training and playing on the grass fields at Shady, full summer season to start following Victoria Day weekend

 $May - August \Rightarrow$ season, home games and practices at Shady Acres,

September \Rightarrow continue with training and friendly games at Shady acres, start time 6pm as it will get dark by 7:30 **October - November** \Rightarrow training at OP turf field (or another faculty with outdoor turf and lights 7-9pm), Mondays and Thursdays 7-9?, continue to train and play games on the Shady Acres turf (and grass if weather permits)

December \Rightarrow season break, no soccer activities, resume with indoor in January after Christmas

Currently:

Mini Girls (2015 and younger) - 8 players Junior Girls (2014-2011) - 21 players Senior Girls (2009+) - 11 players U8 Boys (2016) - 13 players U9 Boys (2015) - 22 players U10 Boys (2014) - 19 players U11 Boys (2013) - 14 players U12 Boys (2012) - 18 players U13-U15 Boys (2011/2010/2009) - 16 players

Teams

2017s 2018s 2019s 2020s U7-U4 \Rightarrow just training once a week or house league?

 $2016s \Rightarrow 5v5$, games are most likely on Saturday morning (festivals usually 9:00-13:00); ideal team number: 6-7 players (5 on field + 1 or 2 subs)

2015s-U9 and 2014s-U10 \Rightarrow 7v7 games, one game per week; ideal team number: 9-10 players (7 on field + 2 or 3 subs) 2013s-U11 and 2012s-U12 \Rightarrow 9v9 games, one game per week; ideal team number: 11-12 players (9 on field + 2 or 3 subs) 2011s-U13 and older \Rightarrow 11v11 games, one game per week; ideal team number: 14-15 players (11 on field + 3 or 4 subs)

House league

- \rightarrow idea is to split one big field into 6 mini fields and have house league games in a 5v5 format (like we did for the Bozur tournament). Roster 8-10 kids per team, so you will always have 5 show up.
- → Friday nights. 2 x 20 minute halves. Game day to be decided.
- \rightarrow ? include players from our teams to be part of the house league too (if they do not have a game that day).
- ightharpoonup Cost of the house league to be determined (players on our teams it is included in their registration fees).
- \rightarrow open it to the outside community?

→ Depending on the number of kids, we could have age specific house league groups, or if we need we can combine 2 ages (i.e. 2016s and 2015s).

Coaching and referee courses and certification!

→ Coaching certification courses usually take place from Jan-Apr. Everyone should get their certification. There are in person and online components that have to be completed. Some of our coaches have already completed the courses and they can share more information about the entire process.

Courses: Active Start (U4-U5); Fundamentals (U6-U8 FEMALE/U6-U9 MALE); Learn to Train (U9-U12); Soccer for Life (13+)

List of scheduled courses: you must visit the <u>CoachCentre</u> website to create an account (if you do not already have one) and register for courses of your interest.

Group	Coaching staff (role)	cell	email
Mini Girls (2015 & younger)	Eleni Ampas (Head Coach)		
Mini Girls (2015 & younger)	Natasa Dejanovic (assistant coach)		
Junior Girls (2014-2011)	Nenad Keric (Head Coach)		
Junior Girls (2014-2011)	Mladen Gardovic (Head Coach)		
Junior Girls (2014-2011)	Zoran Dejanovic (Head Coach)		
Senior Girls (2009+)	lliana Prostran (Head Coach)		
Little Eagles (2017-2022)	Miso Bjelic (Head Coach)		
Little Eagles (2017-2022)	Jovo Duvnjak		
U8 Boys (2016)	lgor Krivosija (Head Coach)		
U8 Boys (2016)	Bobi Kotev (assistant coach)		
U8 Boys (2016)	Dario Zecevic (assistant coach)		
U9 Boys (2015)	Zoran Mrkela (Head Coach)		
U9 Boys (2015)	Miki Serbula (assistant coach)		
U9 Boys (2015)	Steve Kekic (assistant coach)		
U9 Boys (2015)	Rumen Kotev (assistant coach)		
U10 Boys (2014)	Milos Dolibic (Head Coach)		
U10 Boys (2014)	Goran Crevar (assistant coach)		
U11 Boys (2013)	Bojan Jokic (Head Coach)		
U11 Boys (2013)	Niksa Prostran (assistant coach)		
U11 Boys (2013)	Mico Brujic (assistant coach)		
U11 Boys (2013)	Dalibor Hinic(assistant coach)		
U12 Boys (2012)	Nikola Vorkapic (Head Coach)		
U12 Boys (2012)	Dragisa Vujic (assistant coach)		
U13-U15 Boys ('11/'10/'09)	Boban Crevar (Head Coach)		
U13-U15 Boys ('11/'10/'09)	Goran Dejanovic (assistant coach)		
U13-U15 Boys ('11/'10/'09)	Bojan Katanic (team manager)		
	lgor Prostran		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	26	27	28	29	30	31
	Recommended Break - no					
games, no practices						
1 January	2	3	4	5	6	7
Recommended Break - no	🚼 Бадњи дан	🚼 Божић				
games, no practices						
8	9	10	11	12	13	14
			Indoor Training USC 6-8			⇒ Dofasco Gym
15	16	17	18	19	20	21
			Indoor Training USC 6-8			⇒ Dofasco Gym
22	23	24	25	26	27	28
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5	6	7	Indoor Training USC 6-8	0	10	<mark>⇒ Dofasco Gym</mark>
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			Indoor Training USC 6-8	[⇒ Dofasco Gym
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			Indoor Training USC 6-8			⇒ Dofasco Gym
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			Indoor Training USC 6-8			⇒ Dofasco Gym
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	Recommended Break - no					
games, no practices						
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games, no practices	games, no practices 26	games, no practices 27	games, no practices 28	games, no practices 29	games, no practices 30	games, no practices
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games, no practices						
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20 - Victoria day	21	22	23	24	25	26
	Summer season 2024					
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Summer season 2024						
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Summer season 2024	Summer season 2024	Summer season 2024	Summer season 2024	Summer season 2024	Summer season 2024	Summer season 2024
1 <mark>July</mark> - <i>Canada Day</i>	2	3	4	5	6	7
Summer season 2024	Summer season 2024	Summer season 2024	Summer season 2024	Summer season 2024	Summer season 2024	Summer season 2024
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25	26	27	28	29	30	1 December
OP Turf 7-9			OP Turf 7-9		⇒ daylight / weather /	Recommended Break - no
					field permitting Shady	games, no practices
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games, no practices						
30	31	1 January 2025	2	3	4	5
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games, no practices						