Coastal Football Club

Periodized Season Plan

2021/2022 SEASON	August					September				October				November				December					January				February				March				April				May				June				July			
Weeks (Monday to Sunday)	2-6	9-13	16-20	23-27	30-4	6-10	13-17	20-24	27-1	4-8	11-15	18-22	25-29	1-6	8-12	15-19	22-26	29-3	6-10	13-17	20-24	27-31	3-7	10-14	17-21	24-28	31-4	7-11	14-18	21-25	28-4	7-11	14-18	21-25	28-1	4-8	11-15	18-22	25-29	2-6	9-13	16-20	23-27	30-3	6-10	13-17	20-24	27-1	4-8	11-15	18-22	25-29
Weekends	7-8	14-15	21-22	28-29	4-5	11-12	18-19	25-26	2-3	9-10	16-17	23-24	30-31	6-7	13-14	20-21	27-28	4-5	11-12	18-19	25-26	1-2	8-9	15-16	22-23	29-30	5-6	12-13	19-20	26-27	5-6	12-13	19-20	26-27	2-3	9-10	16-17	23-24	30-1	7-8	14-15	21-22	28-29	4-5	11-12	18-19	25-26	2-3	9-10	16-17	23-24	30-31
Divisional Rep				RD		CEC/ TM/ CM/ CCC				SAQ			SAQ		SAQ			SAQ						SAQ/CEP	CEP	CEP	SAQ			SAQ/PRC	PRC				PE																
Divisional House				RD						SAQ					SAQ									SAQ			SAQ			SAQ/PRC	PRC																					
Prospects				RD						SAQ			SAQ		SAQ			SAQ						SAQ/CEP	CEP	CEP	SAQ/CEP	CEP	CEP	CEP	SP/PRC/C	PRC/CFF																				
Minis				RD																				CEP	CEP	CEP	CEP	CEP	CEP	CEP	PRC/CFF	PRC/CFF																				
Indoor Minis				RD																																																	
The Academy									Academy Programming									PT					Academy Programming																														
Goalkeeping Academy																																																					

Coastal FC Programs Key
Rest/Re-Recovery
Preseason
Fall/Winter Season
Spring Season

Notations Key	
CEC	Coach Education Clinics
CCC	Coach Certification Clinics
RD	Resource Distribution
TM	Team Meetings
PRC	Player Report Cards
CFF	Coach Feedback Forms
CEP	Coach Evaluation Period
SAQ	Speed Agility Quickness
CM	Coaches Meetings
PE	Player Evaluations/Team Formation

Identified Tournaments and Competative Opportunites		
Recommended Tournaments	Host Club	Key
Labour Day	E11	LD
Reimebrance Day Tournament	CFC	RDT
Power Tournament	TSS	PT
Whitecaps Showcase	WFC	WS
Umbro Challenge Cup	CFC	UCC
Starfire	Starfire	SF
Crossfire Challenge	WC	CC