



# MAINE PREMIER SOCCER ACADEMY



**BRINGING HIGH LEVEL SOCCER AND  
COACHING TO MAINE IN 2009!**

Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.mainepremiersoccer.com](http://www.mainepremiersoccer.com)



## TABLE OF CONTENTS

### Title Page #

Introduction 3

Paul Baber Bio 4

The MPS Soccer Pyramids 5

MPS Academy Services 6-15

Year Round Clinic Program 5

Coach Development 6

Camp Program – Vacation and summer 7-8

MPS Curriculum 9-12

Academy Staff 13

High School Program 14

Portland Phoenix School of Excellence 17

Portland Phoenix Premier Team 18

Portland Phoenix First Team 19

Game Day Ticket Packages 20

Next Step 21

Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.mainepremiersoccer.com](http://www.mainepremiersoccer.com)



In 2009 Maine Premier Soccer will be launched, adding an exciting new development to the Maine soccer scene. Maine Premier Soccer will be bringing a vertically integrated approach to player development that will include:

- A men's U20 team that will play in the Super 20 League, considered the highest U20 amateur league in the US, run by the United Soccer Leagues (go to [www.uslsoccer.com](http://www.uslsoccer.com) for more information). We will also play a few Exhibition games in 2009, against PDL opposition, with the view of entering the prestigious New England Division of the U23 PDL League in 2010.
- Youth teams (U13-U17 boys and girls) that will participate in the Super Y-League, also of the United Soccer Leagues;
- School of Excellence training for U8 through U12 players;
- Elite level camp and clinic training for all ages.

The mission of the Maine Premier Soccer Academy is to develop the players and coaches of Maine. The Academy provides soccer education to players and coaches of all ages and abilities through a structured developmental program.

The Academy is dedicated to providing the highest quality of personal service to every soccer community with whom we work.

MPS has a consistent philosophy of development that is persistent through all our programs. We have established a unique curriculum to develop both the coaches and players in your program. We will make you feel a part of our soccer family as we work to create a superior soccer experience for your players and coaches.

If you have any questions or would like more information on any of our products, please feel free to call me.

I would like to take this opportunity to wish you a success with your Youth Soccer Program.

Regards  
Paul Baber  
General Manager  
Maine Premier Soccer

Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.mainepremiersoccer.com](http://www.mainepremiersoccer.com)



USSF 'A' license  
NSCAA Advanced National  
USSF Youth License  
English FA Preliminary badge  
**Bsc Sports Science**

A native of Kent, England, Paul has more than 14 years of coaching experience at a number of levels.

Paul graduated from Brunel University College with a Bsc in Sports Science and Leisure Management. Whilst at College he captained the men's soccer team and coached the women's team.

Paul moved to the USA in 1995. In 1997 he took the position as the Wilton HS Girls Varsity coach (CT). He led them to back-to-back State Championships and was ranked as high as 3<sup>rd</sup> in the Nation (NSCAA). Paul then moved on to be the assistant coach of national powerhouse Southern Connecticut State University Men's Soccer program whilst at the same time being the Regional Director for NOGA Soccer. Paul joined the Cape Cod Crusaders as their General Manager and 1<sup>st</sup> team coach in 2003.

Under Paul's guidance, the Cape Cod Crusaders PDL Team has been the North-East Divisional Champs each of the past 5 years and he has an overall regular season win-loss record of 58-11-13.

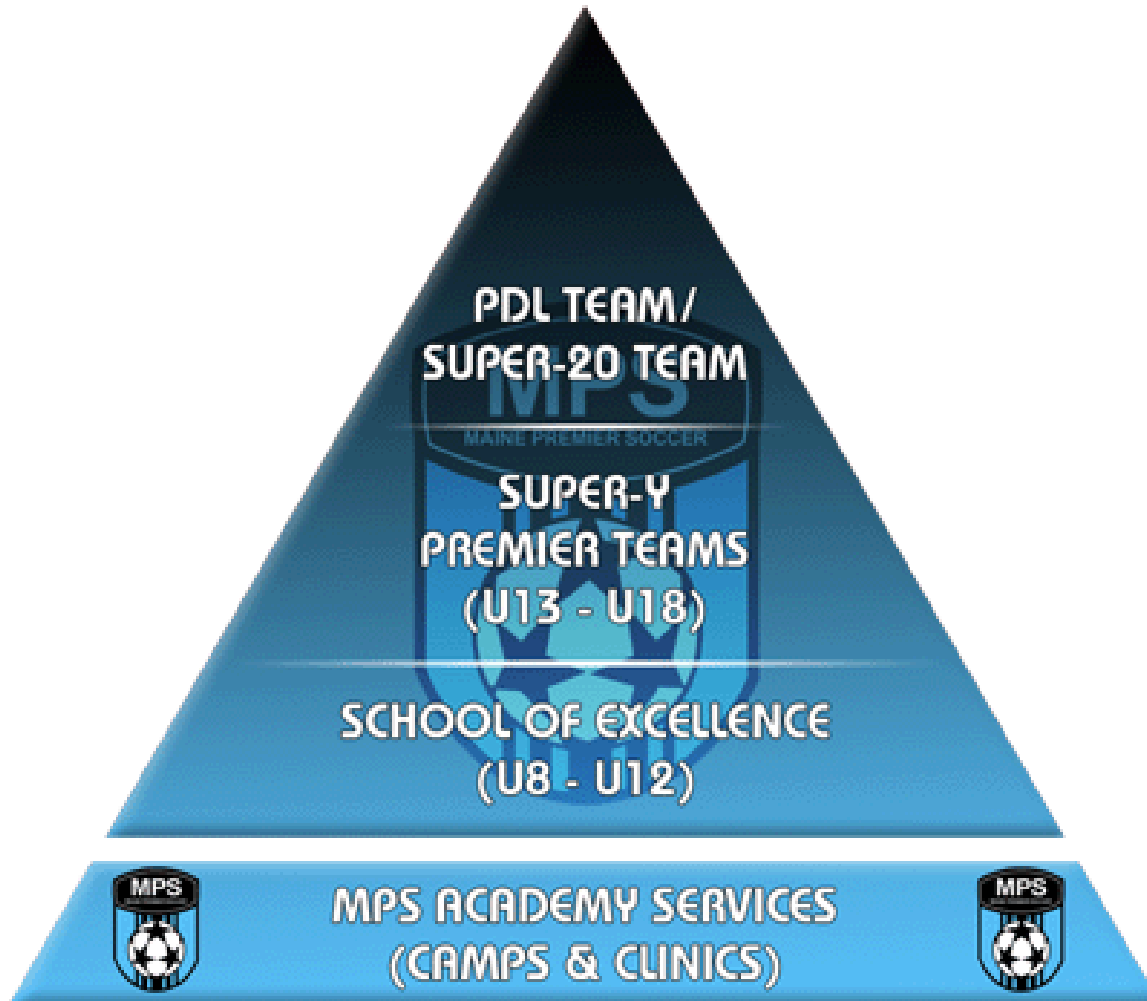
Paul holds an English FA Preliminary badge (1990), a NSCAA Advanced National Badge (1998) a USSF "A" license (2001) and the USSF Youth license (2002). In 2008 Paul was also added as the Super Y League National New England ODP staff member.

The Academy staff will be comprised of top coaches from the following groups:

- **International Coaching Staff** – We will have additional licensed coaches from the around the world working FULL TIME with MPS, (primarily UEFA B Licensed coaches from the UK) who offer a wide range of international coaching experience.
- **The Players** - the elite players of our Super 20/PDL Team are ideal role models for our aspiring young soccer players.
- **College Coaches/Licensed Coaches from New England;**
- **Strength and Conditioning Specialists**

Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.mainepremiersoccer.com](http://www.mainepremiersoccer.com)



## **MPS PLAYER DEVELOPMENT SYSTEM**

Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.mainepremiersoccer.com](http://www.mainepremiersoccer.com)



## [MPS ACADEMY SERVICES - CLINIC PROGRAM](#)

Our player development clinics will include:

- **Team Program** – Have an MPS Staff Coach work with your team for one clinic, a series of clinics or for the whole season.
- **Group Clinics** – Bring the Academy staff along to work with an entire age group at one time as a one-off or for a series of weeks.
- **Evaluation Program** – Let us take the aggravation out of selecting your teams. We have a thorough evaluation program based on technical exercises and small-sided games.
- **Goalkeeper/Specialty Clinics** – An often missed element of youth development e.g. our professional GK coaches can help make your keepers the best they can be!
- **Match Analysis** – We will watch your teams play, provide you with a written analysis of the game and then run a clinic the following week based on your teams needs. Match Analysis clinics cost an additional \$15.00 per hour.
- **SAQ Clinics** – Speed, Agility and Quickness clinics to improve your athletes performance

**We can tailor a coach and player development program to suit the specific needs of your organization!**

### [Clinic Costs](#)

MPS provides the highest level of coaching and service to the groups with whom we work. The cost for using an Academy coach in 2009 will be as follows:

- **\$70.00 per Academy Coach per hour**
- **\$90.00 for requested Special Coaches per hour (based on availability)**

For youth soccer organizations that sign up for one week of camp (vacation or summer) the cost is greatly reduced:

- **\$60.00 per Academy Coach per hour**

You can also use the Camp Program to help pay for your coach and player development needs – details to follow.

### [Purchase a Full Time Staff Coach \(PDO\) for your town/group](#)

MPS can also offer Youth Soccer groups the option of contracting a Staff Coach/Player Development Officer for the duration of your season. Terms of the contract would include the MPS coach being able to work up to a maximum of 35 hours per week (including travel) at a cost of \$10,000.00 per season. The Youth Soccer Group may also be required to provide housing for the Coach/Coaches during this time frame. Pro-rata option also available (minimum of 4 weeks).

Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)



## COACH DEVELOPMENT

### MPS Coach Education Courses

MPS has its own age-specific Coach Development Clinics. These interactive Coaches Clinics provide training for all levels of coaching. MPS has created detailed curriculums for each youth soccer age group to educate coaches in age-appropriate techniques, skills and games. Each curriculum provides age-specific technical, tactical, physical and psychological goals. These are available for U6, U8, U10, U12 and U14 age groups.

Additionally, MPS can offer Combined Coach & Player Development Clinics. In these sessions, MPS will work directly with a group of youth soccer players and their coaches, explaining the content of the session as it happens.

The Coaches Clinic will be staffed by one of the senior MPS full time Academy staff and can take place at your convenience.

### Free Intro Clinic

Through association with Adidas, your town can receive a free introductory coach's Clinic. This is a great opportunity to see the MPS philosophy and the quality of our staff and curriculum first hand. Please call if you would like to take advantage of this FREE introduction clinic.



Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.mainepremiersoccer.com](http://www.mainepremiersoccer.com)



## CAMP PROGRAM (VACATION & SUMMER)

Our camp program is designed to be as user friendly as possible. All we require from you is a site/location where we can hold the camp. We will do everything else. The "Smart Soccer" (ages 4-8) program is the only program that will be co-ed – all others will be single sex. Your Organization will receive 4 FREE hours of coaching credit, simply for deciding to host a week of camp with us.

### Camp Times

Camps will be held during school vacations – December, February and April, with the majority taking place during the summer months.

- **Winter** - December 26 – 28 and February 18 - 22
- **Spring** - April 21-25
- **Summer** - June/July/August – any week school is not in session.

MPS Camps can be run at whatever time best suits your program – morning, afternoon, full day or evening.

Our goal is to provide the right camp for your child with the best coaching in New England. You can decide on the duration of the camp depending on the ages of the players involved.

### Camp Costs

5 x 2hrs - \$80

5 x 2.5hrs - \$95

5 x 3hrs - \$110

Full day camp (9am-3pm) - \$195

EVERY CAMPER WILL ALSO RECEIVE:

- **A MPS T-SHIRT**
- **AN ADIDAS SACKPACK**
- **A TICKET TO ANY PDL SOCCER GAME**
- **OTHER PROMOTIONAL GIFTS FROM OUR SPONSORS**

Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.mainepremiersoccer.com](http://www.mainepremiersoccer.com)



## Team camps

Help your team prepare for the season ahead by participating at camp as an entire team or as a group of team members. These camps are perfect for U10-U14 teams who want to develop better cohesion and unity in games. The curriculum for these camps includes a number of tactical concepts. 10 players minimum required.

## Camp Credit Program

If you choose to host a Maine Premier Soccer Camp, your town will receive our **LOWEST CLINIC PRICES** plus you can receive credits to help pay for coaches clinics or player's clinics. You have the option of adding up to \$15 per camper to the camp cost to be assessed as a credit for clinics. For example, instead of charging \$110 for a MPS camp, you can add \$5 to the price, charge \$115 and build up a line of credit. Therefore, if you have an annual attendance of 100 kids at camp, your organization will receive a credit of \$500 for clinics.

## HOST A COACH

Our Academy staff consists of UEFA licensed coaches primarily from the United Kingdom. Our first team players come from all over USA and Europe and are either high profile Division One College athletes or International players. For the players, the program offers a "home-away-from home" and a sense of familiarity as they attempt to further their soccer careers. The program also offers families the opportunity to house an elite athlete and a great role model. The host family will be responsible for providing the player with a room and breakfast and evening meals. By hosting one of our coaches or players, as well as benefiting from having one of our wonderful coaches stay with your family, you can receive Camp Scholarships (Day and Residential), discounts on School of Excellence or Premier team fees and season tickets to see our PDL Team.

Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.mainepremiersoccer.com](http://www.mainepremiersoccer.com)



## CURRICULUM

The Academy prides itself on using the latest coaching methodology for youth player development. We have our own curriculum for each youth soccer age group that pools information not only from the USSF and the NSCAA but also from International Coaching Federations.

The Academy will offer four separate programs that reflect the different levels of progress in young players:

### **1.) The "Smart Soccer" program - 4-8 yr. olds – U-6/ U-8**

Players will be introduced to the basic techniques of soccer in a fun and positive environment. Emphasis will be on learning through fun games and small-sided play. Groups will be kept to a maximum of 10 per coach and will be co-ed. In accordance with our "Smart Soccer" philosophy, we will also address personal skills such as communication and sportsmanship.

### **2.) The "Skill Seekers" program - 9-12 yr. olds- U-10/ U-12**

Players will hone their technical skills and learn to improve their tactical awareness in small sided game situations. There will be a strong emphasis on instilling good soccer habits while maintaining a fun and positive atmosphere. Groups will be kept to a maximum of 10 per coach. Groups will be divided by gender and ability when numbers allow.

### **3.) The "School of Excellence Camp" program - 9-12 yr. olds- U-10/U-12**

The "School of Excellence Camp" program is designed to create a more rigorous and focused training environment. There will be a greater emphasis on the four pillars of the game – technical, tactical, physical and psychological. The curriculum will mirror our School of Excellence year-round program. The School of Excellence Camp week can run instead of or alongside the Junior Program. Groups will be kept to a maximum of 12 players per coach (or team) and will be single sex.

### **4.) The "Academy's Elite" program - 13-17 yr. olds – U-14 & above**

This program is designed for players who are focused on soccer and who wish to reach their full potential as High School players. This program is ideal for High School teams preparing for their fall season. The curriculum will mirror that of our Premier Team program as we look to prepare the better players to play at a higher level. Groups will be kept to a maximum of 12 per coach (or team) and will be single sex.

Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.mainepremiersoccer.com](http://www.mainepremiersoccer.com)



## Goalkeeper Camps

Goalkeeping is the most specialized of all the positions in soccer. It involves techniques and an understanding that are simply unique. The training of goalkeepers however is often the most overlooked area in soccer. Specialized positions require intense, specialized attention.

- The MPS Goalkeeper Program is for male and female keepers of all levels. For our 10 -13 aged keepers it may be their first formal introduction to serious goalkeeper training. For our 14 – 17 aged keepers it will give you a complete goalkeeping training program within a very demanding training structure.
- The MPS Goalkeeper Program is designed to help kids at all ages in the four key areas of the game.
- The MPS Goalkeeper Program recognizes the need to cater for the various levels of ability that each GK demonstrates.
- The program is filled with individual challenges in which each student is asked to reach higher levels of goalkeeping.
- Our highly professional staff work with GK's in ratios in a maximum of 10:1.
- Our staff builds personal relationships and increases self confidence for each student. At week's end, each student leaves camp a better keeper and with the knowledge and tools to continue to improve.

Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.mainepremiersoccer.com](http://www.mainepremiersoccer.com)



## HIGH SCHOOL PROGRAMS

Maine Premier Soccer has created a unique camp program for the High School Player that draws upon the experience and knowledge of our own professional players and coaches. This is an ideal summer tune up for High School teams who are looking to get a head start for the upcoming season. We have tailored curriculums to suit the needs of both boys and girls, Varsity and Junior Varsity.

### The Program

Each program day shall have a theme or topic that we introduce at the beginning of each session.

### Topics include

- Technical skills (passing, shooting, heading, dribbling)
- 1st, 2nd & 3rd attacker skills (fakes/receiving and turning/timing of runs and reading the play)
- 1st, 2nd & 3rd defender skills (pressure, position, patience/cover, balance, communication)
- Finishing vs. shooting
- Re-starts and Patterns of Play
- Small-sided tactics (2 v. 1...6 v. 4)
- Small-sided games (6 v. 6...9 v. 9)
- 11 v. 11
- Possession
- Conditioning (SAQ work that will include strength, speed and stamina exercises and testing)

Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.mainepremiersoccer.com](http://www.mainepremiersoccer.com)



# PORTLAND PHOENIX

---

## SCHOOL OF EXCELLENCE PROGRAM

The School of Excellence Program will cater for boys and girls, aged between 7-12 years old and provides a structured and professional progression for these players at a key developmental age. The SOE program will work directly alongside "town soccer" to provide a supplemental training program for higher level players who wish to further develop their game. The program provides the best opportunity for younger players to enhance their development in an environment that is:

- Age appropriate
- Fun
- Challenging
- Development focused

### Format

The JSOE program, which caters for 1st/2nd grade players will be run on a sign up basis(no tryouts) and will act as a town specific, fun introduction to the SOE program. They will practice for 6 weeks, sessions lasting 1 hour.

U9 through U12 age groups will practice once per week with all practice sessions lasting 75 minutes.

The development year is broken down into three 8 week programs – Fall, Winter and Spring. During each of these sessions, players will be instructed on the technical aspects of the game of soccer and will be introduced to small group tactics as well as SAQ work (Speed Agility and Quickness). Teams will also play at least one game each in the Fall and spring seasons.

Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.mainepremiersoccer.com](http://www.mainepremiersoccer.com)



# PORTLAND PHOENIX

---

## PREMIER TEAM PROGRAM

Starting in 2009, Portland Phoenix F.C. youth teams (both boys and Girls) will compete in the Super Y-League. Playing for Portland Phoenix F.C. will not affect a player's ability to play club/town soccer with other teams.

### **What is the Super Y-league?**

The Super Y-League is a professionalized system that is the first step for developing youth soccer players in North America. Affiliated with US Soccer, the league is designed for talented youth players destined for professional or international careers. Portland Phoenix F.C. Super Y teams will benefit from the same commitment to excellence that will be installed on our Super 20/PDL Team, it is an essential step to a youth player's "Path to the Pros."

### **Which Clubs compete in the Super Y-League?**

Over 100 clubs throughout North America compete annually for a National Championship. In 2009, Portland Phoenix F.C. Super Y Teams will compete in the New England Region. The clubs are as follows: Black Watch SC, BW Rhode Island, MPS Boston, Nordic, MPS Cape Cod, BW Rhode Island, Ottawa Fury and Seacoast Utd.

### **When does the Super Y-League Season run?**

The season consists of approximately 8 - 14 games. The majority of games are played during the summer from June to August, with the North American Finals being held every November.

### **What are the age brackets for the Super Y-League?**

There will be teams from U13 through U17 for both boys and girls. The Super Y-League uses the same age brackets defined by birth date as the USYSA (Aug 1 to July 31). The age bracket you currently participate in with your club would be the age bracket you tryout for.

Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.mainepremiersoccer.com](http://www.mainepremiersoccer.com)



### **When are tryouts?**

Preliminary tryouts will be held in November with further tryouts in early April. Players can also request to be scouted throughout one of their games.

### **Who should Tryout?**

Only the top players in Maine, from U13-U17, Boys and Girls.

### **What are SYL ODP National Camps?**

Top players are chosen by the divisional scouting system in each age group per geographic division of the Super Y-League will attend the ODP National Camp. These camps are attended by U.S. National Staff Coaches to identify players for U.S. National Team Programs, as well as many of the nations top collegiate coaches. These camps are typically held in Florida in January and February.

### **What is the commitment?**

Training will start in May and continue through the first week in August. Practices will be once a week throughout the spring and twice a week in the summer based upon game schedule.

### **What if they have a conflict with their club team?**

We are not meant to compete with the club teams, but rather be a complement to them. In the case of a conflict, the player will be encouraged to go to their respective club's activity; however, the final decision lies with the player and parent.



Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.mainepremiersoccer.com](http://www.mainepremiersoccer.com)



# PORTLAND PHOENIX

---

## FIRST TEAM

The Portland Phoenix Super-20 Team will be at the top of the MPS Development Pyramid for 2009. This team will be comprised of the best local, national and international U20 players.



### **USL SUPER-20 LEAGUE**

The only U20 men's and women's North American amateur league lives in the USL Super-20 League. Created in 2006, the league provides the opportunity for the top 17-20 year olds to compete in high-level competition, as well as affords the opportunity to establish a reserve team system for the Premier Development League and W-League teams. The 2009 campaign will feature teams competing in four conferences, consisting of 8-10 regular season matches throughout the summer months culminating in the National Finals the first weekend in August..

The Portland Phoenix will also play a few Exhibition games in 2009, against PDL opposition, with the view of entering the prestigious New England Division of the U23 PDL League in 2010.

Those players interested in playing for the Portland Phoenix should contact Head Coach Paul Baber.

Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.mainepremiersoccer.com](http://www.mainepremiersoccer.com)



## USL PREMIER DEVELOPMENT LEAGUE

The top U23 men's amateur league in North America lives in the USL Premier Development League (PDL), the development ground for elite players. The 2008 campaign features a 67-team format within four conferences, consisting of 16 regular season matches, 8 home and 8 away. The schedule is augmented by participation in the Lamar Hunt U.S. Open Cup, and various exhibitions. Players have the ability to compete in the PDL throughout the summer months in a professionalized setting while maintaining their collegiate eligibility. The league is the proving ground for players that aspire to reach the highest-levels of the game, while providing affordable family entertainment within their city.

The Portland Phoenix F.C. will offer individual, season, family and group ticket packages. We can also customize a ticket package to suit your needs.

For more information please visit [www.maineprimersoccer.com](http://www.maineprimersoccer.com).



Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.maineprimersoccer.com](http://www.maineprimersoccer.com)



## THE NEXT STEP TO WORKING WITH MAINE PREMIER SOCCER

**CONTACT US AT:**

**Paul Baber  
(781) 891 6900 Ext 16  
OR  
pbaber@mainepremiersoccer.com**

Remember, we can tailor a program to suit the individual needs of your program. Our door is always open. We are a year round organization dedicated to providing you with the best service possible.

**[WWW.MAINEPREMIERSOCCER.COM](http://WWW.MAINEPREMIERSOCCER.COM)**

Contact: Paul Baber, (781) 891 6900 Ext 16, [pbaber@mainepremiersoccer.com](mailto:pbaber@mainepremiersoccer.com)

[www.mainepremiersoccer.com](http://www.mainepremiersoccer.com)