

Program Expectations

The Utica College men's soccer team supports the institutions and athletic department's mission by fostering an environment which promotes a commitment to community and professional service, a commitment to lifelong learning, and a dedication to the highest ethical standards and integrity in all that we do. Our team and coaching staff are expected to be punctual, accountable, professional, and committed to the Utica College men's soccer program.

Mission

The Utica College men's soccer program recruits top-flight student-athletes to compete for an opportunity to play in the Empire 8 Conference Tournament on a yearly basis. The Pioneers commit to a standard of excellence within the classroom. We strive toward a cumulative team grade point average of a 3.0 each semester. The Pioneers sustain their involvement and leadership within the community of Utica by participating in public speaking appearances, clinics, and inner city clean-ups.

Style of Play

We play a variety of different systems depending on our teams and opponents strengths and weaknesses. We primarily use three different systems of play: 1-4-4-2 with attacking wing backs and twin strikers, 1-4-3-3 with one target player and two wingers, and 1-4-5-1 with two windshield wipers and two flank players. We play disciplined zonal defense with a major focus on 1 vs. 1 and 2 vs. 2 defending. On the offensive side of the ball we promote a direct possession style of play. We expect our players to be comfortable with possessing the soccer ball and willing to take risk and create quality scoring chances in the final 1/3rd of the field.

Training

Technical, tactical, psychological, and fitness training at Utica College are an integral part of practice. Small-sided competitions, shadow play, and functional training are standard elements of our practice environment. Fitness testing and training are completed with and without the soccer ball throughout the traditional and non-traditional seasons. In addition, match analysis via game tape is used to enhance a player's awareness of his performance to promote future success on the playing field.

Our players are expected to love playing the game and competing at the highest of levels. It is understood successful athletes and teams maintain a positive mental attitude and develop disciplined lifestyle and training habits.

Soccer Facilities

Charles A. Gaetano Stadium game field is 120 yards long by 80 yards wide. Utica College has three other well manicured grass regulation soccer fields for practices and games. To create an incredible atmosphere and first class playing experience for our team we play the majority of our home matches underneath the lights at Charles A. Gaetano Stadium.

Off-Season

In the off-season players are involved in a rigorous strength, plyometric, and agility program, which is followed by the maximum NCAA-allowable 5-week spring developmental season. Players are expected to train and play through the summer to return to campus in August in top physical condition. Players should play for a United Soccer League PDL Team, United Soccer League Super 20 Team, or in a competitive men's league over the summer.

Conference

Utica is a member of the Empire 8 Athletic Conference along with Alfred, Elmira, Ithaca, Nazareth, RIT, St. John Fisher, and Stevens Institute of Technology. On a yearly basis we play perennial East Region powers such as Hobart, RPI, Skidmore, Hamilton, and Union College.