



## CSFC Program Overview

CSFC - Cadence Soccer & Futsal Club program, focus a recognized and improved method to player development with Futsal base. Many years of experience, hard work and teamwork of good practice and methods put CSFC inside the best and unique soccer/futsal program in the state.

CSFC operates as an educational model and players are placed individually into classes either by playing year or birth year. Players practice, play and scrimmage year around, only taking break Holidays pauses mirroring a school year. CSFC do believe that players need stability and consistency, therefore players train completely through the outdoor and indoor seasons.

The following informative brief descriptions introduce each of our curriculums:

**U7-9** | Individual Approach, Technical Development and Fun

**U10-11** | Individual Approach, Technical and Tactics Development and Fun

**U12-14** | Individual Approach, Group Tactics, and Fun

**U15-18** | Individual Approach and Team Development

All divisions have the same program method, practicing 5 times a week for 2 hours training with an average of 18 players per practice!

- Mandatory Futsal Tournaments:  
USYF Midwest Regional – January  
USYF Midwest Regional – February  
Disney World Futsal Championship – August  
Cadence Annual Tournament – December
- Mandatory Soccer Tournaments:  
Cadence Annual Futsal Tournament – December

### Style of Play

*"The Beautiful game! Playing attacking style focusing on technique and ball control on both feet and fun with tactical responsibilities."*

Coach's Zego methodology is inherited in our club. Immediately when entering CSFC program, players are slowly taught how to play the CADENCE brand of the game. All teams are taught to play within the same scheme and style. Every player is taught the finer details of this definition as they progress through the program.

CSFC Team

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## Methods

CSFC's Mission is committed to providing our players and community a safe, fun and well organized place to play soccer/futsal; with a training program for youth seeking a professional career in a 100% youth development focus environment

As all the big clubs and teams do in Europe and South America, we focus on Futsal to really develop players' game. We have our own facility and this makes us unique and actually the first one in the area to actually being able to be call a soccer and futsal club; where you go, play, improve and spend a lot of time around even when you are not training. Cadence SFC were established to HELP and WORK within clubs in our surrounding to really develop tounge soccer and futsal players.

CSFC's mentality is to build and enhance players' ability. We believe that skills and technique are essential to inspire creativity, and to become a real great player. Skills along with discipline and smartness can be very helpful in all aspects of life, making football/soccer/futsal very fun. In other words, our philosophy is ideal for anyone who wants to start or continue learning/improving for real about the beautiful game.

Our methodology is focus on the 4 MAIN elements of the game – Psychological, Tactical Physical, and Technical all with pedagogical aspects. Our DOC – Zego is in charge of all training structures and style. We are focus on his mentality and methodology of the game that consists on a team playing styles with skills players and ball possession with all players attacking and defending. We will be instructing and playing REAL soccer & futsal, because we believe that being professional is always the best and right way!

Cadence SFC is a year around club; therefore we will practice and play in leagues year round as well.

CSFC coaching methods, staff members are developed and educated weekly on the following:

**Psychological skills** | Learning throughout guided offers advantages in developing game intelligence and smartness

**Tactical** | Guiding players' attention to all action and formations to the game

**Physical** | More dynamic games and drills with less unpleasant and tedious practices

**Technical** | Guiding players' attention to all skills and fun effects to the game

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