

Scuole Calcio Cesena

“Le regole per CrescerLi “



Cesena, 1 June 2009

Cesena Calcio: A Legacy Of Development



- Cesena, a historic Italian city of 95,000 inhabitants, has a great soccer tradition. Since its' creation in 1940 A.C. Cesena has participated 37 league championships in both Serie "A" and Serie "B"
- In 2008, the Italian Soccer Player's Association presented A.C. Cesena with the prestigious **Player Development Award** and was recognized as the best "youth development academy" in Italy
- 36 local affiliate (Italy) and one US based (International) partner-Soccer Performance International

Cesena Calcio: 69 Years Of History



Statistiche

Campionati nazionali

Categoria Partecipazioni Debutto Ultima stagione

A

10

1973-1974

1990-1991

A = first division
B = second division

B

27

1945-1946

2007-2008

C

20

1941-1942

2008-2009

D

5

1951-1952

1959-1960



The “Cesena System”

- **6,300 players** in the **Cesena Youth System**
- **37 affiliates** “feed” into A.C. Cesena
- **500** technical and physical trainers, nutritionist, sports psychologists, administrators
- A “**sphere of influence**” that encompasses the entire Romagna region of Italy and now the USA.

The Project Philosophy: “Cesena Academy”

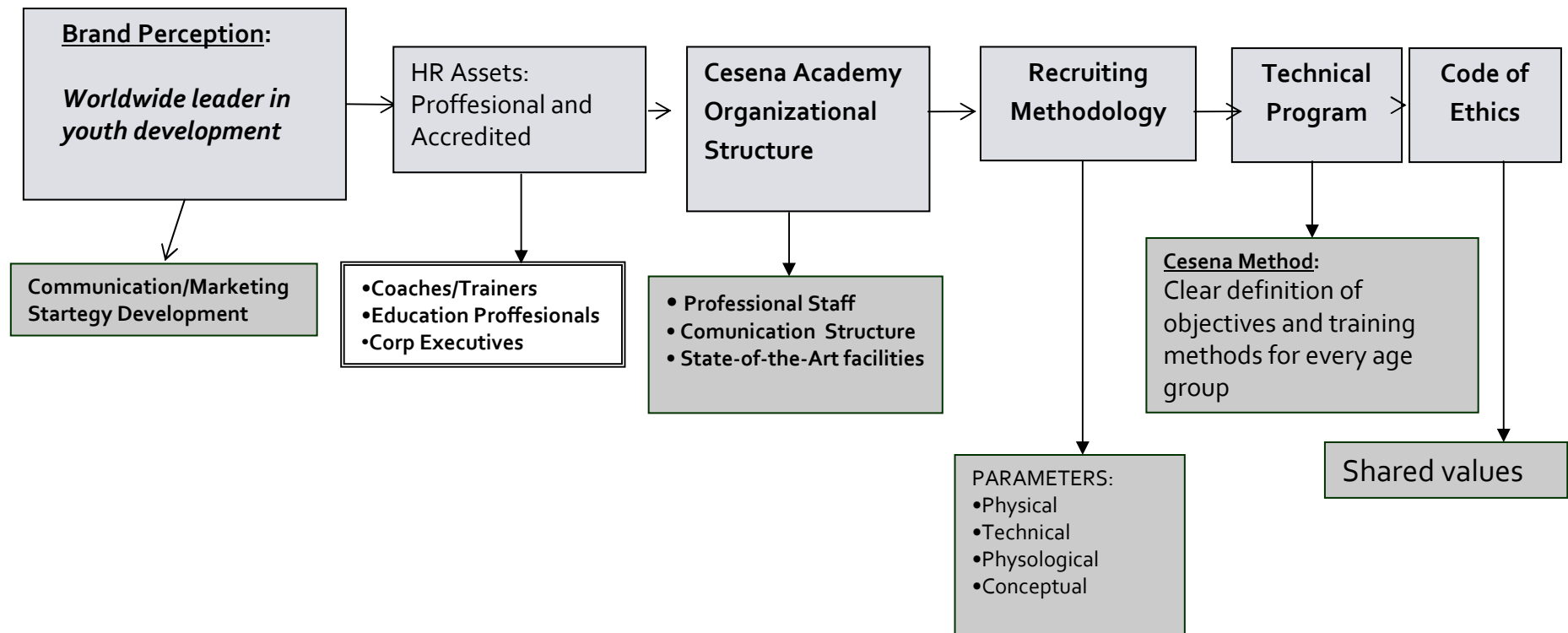


- Cesena Calcio has historically allocated resources into its' youth development program
- The clubs driving philosophy of player development and education is now a documented “method of training” which emphasizes technical development.
- The method of training and methodology focuses on two critical components; technical and conceptual training
- The SPI-Cesena partnership has as its' main objective the advancement of a training method that contributes to the technical and conceptual growth of all our player members; all while maintaining a leadership role in youth development

The Cesena Educational Network



Cesena Academy: Tracking the Network



The "Cesena Method"



- The ***Cesena Method*** defines objectives and methodologies for each and every age group
- **Cesena** and **SPI** utilize similar didactics in their structured training methods
- The "method" is continuously evaluated from within and from the following points of view:
 - Organizational
 - Technical
 - Ethical

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Professional Staff

Roles have been defined for every professional position within Cesena and Cesena Academy affiliates:

- **Coaches/Trainers**
- **Education Professionals**
- **Corporate Executives**

The Professional Training

Every staff member regardless of position within the Cesena structure is a professional within the field of expertise. All coaches and trainers have high level coaching badges and certifications that make them experts in the area of focus.

Role Definition



Roles and job descriptions defined at every level providing a solid organizational structure

- **Corporate Executives**
- **Coaches/Trainers**
- **Sports Psychologist**
- **Sports Physiologist**
- **Sports Nutritionist**
- **Team Managers**
- **Medical staff**

SPI- Cesena Academy Staff



- SPI- Cesena Technical Staff
 - SPI- Cesena Program Director/ U16 Head Coach - Andy Vera
 - Technical Director/ U19 Head Coach - Adam Baumgardner
 - Conditioning/ Nutrition Director - U16/19 - Dan Merold
 - Goalkeeping Director- U16/19 - Max Bonazza



SPI-Cesena Academy

- **Joint international program definition and objectives**
 - High level performance training
 - Positive player exposure

- **Staff/Team Selection**
 - CYA-Cesena U19 (Summer 2009)
 - CYA-Cesena U16 (Summer 2009)
 - CYA-Cesena U12-U13 (Summer 2010)

- **Training/Playing Schedules**
 - Year-Round Program
 - Player Quaterly Evaluations

- **Cesena Scheduled Visits**
 - Parent Meetings/Seminars

SPI- Cesena Quarterly Timeline



■ CYA- Cesena Timeline

- Quarter 1: September- November
 - NCSL Season
 - 3 Showcase Tournaments
 - 3 Training Sessions per week
- Quarter 2: December- February
 - Winter Break (December 15- January 7th)
 - Winter Training program (3 times per week)
 - Minimum of 2 Showcase Tournaments
- Quarter 3: March- May
 - NCSL Season
 - 3 Showcase Tournaments
 - 3 Training Sessions per week
- Quarter 4: June- August
 - Summer Training (3 times per week)
 - Minimum of 2 Summer Tournaments
 - A.C. Cesena Coaching Staff visit/evaluations **Summer training in Cesena, Italy**

Quarterly Timeline. Cont.



- **Quarter 1 Tournaments:**

- Capitol Cup- "Platinum Level"- Maryland
- Bethesda Thanksgiving Tournament- #12 Ranked Tournament in USA- "Premier Level"- Maryland

- **Quarter 2 Tournaments:**

- CASL Shootout- "Platinum Level"- North Carolina
- Triangle Friendlies- Top Showcase Tournament on East Coast (over 150 coaches)
- Williamsburg Cup- "Silver Level"- Virginia

- **Quarter 3 Tournaments:**

- Jefferson Cup- #2 Ranked Tournament in USA- "Premier Elite Level"- Virginia
- Arlington Invitational- #11 Ranked Tournament in USA- "Premier Level"- Virginia
- Potomac Memorial Day Tournament- #6 Ranked Tournament in USA- "Premier Elite Level"- Maryland

- **Quarter 4 Tournaments:**

- Rider Cup- "Gold Level"- New Jersey
- August Cup- "Silver Level"- Maryland
- Mid Atlantic Cup- "Platinum Level"- Eastern Pennsylvania

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