



# WINTER 2019

OUTDOOR TECHNICAL TRAINING. INDOOR FUTSAL GAMES.

Chesapeake United Soccer Club offers great training opportunities throughout the winter months to keep your player at the top of their game and increase their development in the off-season. For eight weeks, outdoor technical training will be offered on Wednesday nights beginning January 16 and indoor futsal games will be played on Sundays beginning January 20. Winter Training is open to ALL players born between 2011 and 2000 whether or not they are members of CUSC. Players are encouraged to attend all sixteen sessions of Winter Training, both indoor and outdoor. For more information and registration, please follow the links below.



## INDOOR FUTSAL

**Dates:** Sundays 1/20/19 - 3/10/19

**Times:** 2003-2000 12:00pm  
2007-2004 - 1:00pm  
2011-2008 - 2:00pm

Futsal is indoor soccer at a fast pace - designed for players who are looking to improve their technical abilities and tactical decision making while having fun with the game in an indoor environment. Games will be run Academy style (teams not assigned) by age group and ability level in two gymnasiums at Great Bridge High School. All games will be timed, refereed, and facilitated by CUSC Technical Staff and Competitive Program Coaches. Game length: Two 25-minute halves with a 5-minute halftime.

Futsal Cost: \$100 per player (Includes 8 Sundays)

Location: Great Bridge High School Gymnasiums

**Indoor Futsal Registration: [CLICK HERE](#)**

## OUTDOOR TECHNICAL

**Dates:** Wednesdays 1/16/19 - 3/6/19

**Times:** 2011-2007: 6:00-7:15  
2006-2000: 7:15 - 8:30

Outdoor Technical is for players looking to maximize their improvement of technique, tactical awareness, fitness, speed, and agility in an outdoor setting similar to their training environment in the fall and spring seasons with expanded training activities and exercises. Players in this program will receive training from CUSC Technical Staff and Competitive Program Coaches. Goalkeeper training will be offered at Outdoor Technical Training.

Outdoor Technical Cost: \$50 per player (Includes 8 Wednesdays)

Location: Hugo Owens Middle School (under lights)

**Outdoor Technical Registration: [CLICK HERE](#)**