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HOME

HOME

February 2022

THE FORCE EFFECT

Cleveland Force Soccer Club Newsletter

USL 2 League Two

HOME OPENER

MAY 31 7PM @ KRENZLER FIELD

HOME	AWAY	5/20 AWAY	5/28 AWAY	5/31 HOME	6/3 HOME	6/7 AWAY	6/11 HOME	6/15 HOME
HOME	AWAY							
		6/21 AWAY	6/25 AWAY	6/28 HOME	7/6 HOME	7/9 HOME	7/10 AWAY	7/16 AWAY

USL 2: SCHEDULE RELEASE

At the beginning of February, the United Soccer League (USL) announced the 2022 USL League Two season schedule. As the top pre-professional soccer league in North America, the 2022 season will be the most expansive to date – featuring over 800 matches and more than 110 teams. Spanning 11 weeks and a 14-match regular season. With more than 35 clubs set to compete in the league for the first time this season, League Two is expanding its reach in the pre-professional ranks by admitting clubs both established and on the rise from across the country. **CONTINUED ON PAGE 2**

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"USL 2 SCHEDULE RELEASE CONTINUED...

We, Cleveland Force Soccer Club, will kick off on the road in an intrastate clash of Valley Division opponents Kings Hammer on May 20. The Cleveland Force home opener will be on May 31 at Krenzler Field in downtown Cleveland.

The 2022 season marks the continuation of the partnership between League Two and live-streaming platform ELEVEN (formerly MyCujoo), which will expand access to games for fans of the league by ensuring all member clubs have the necessary tools to stream and share our games. If you cannot join us in the stands, we hope you can join us via live-stream.

Cleveland Force Soccer Club looks forward to providing a new level of soccer to our communities, along with the historic clubs that have laid the foundation for the league. We're delighted to be a part of the stories that will be told on the field and in the communities this season.

View the 2022 USL League Two schedule [here](#).

A Note From Head Coach Bill Lawrence:

Some of our own coming to represent the Club and our City. We are working on our rosters now. We are really excited to see that we will have so many of our former Club players involved. Jake Bergin (Bowling Green), Quinn Groves (CSU), Cole Parete (Georgetown) and Adam Lubell (Marshall), James Hoover (John Carroll) Connor Hain (Robert Morris) and Marko Rimac (Bowling Green) will be on the field representing the Club again. Get the schedule, book your tickets. Don't miss seeing these boys out on the pitch this summer. A great family night out!!



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USL ACADEMY USL-A

Academy

BY U19 USL-A PROGRAM DIRECTOR: BILL LAWRENCE

We have a BIG Problem: We are preparing for our preseason friendly matches, but we have one fantastic problem. Have you ever been to your favorite restaurant and realized that you would be happy with several of the options on the menu. Each would be an excellent meal. It is really the same feeling when the coaching staff is building the depth chart for this team. All the boys are competitive, all have great skills, they all bring something special to the team. I could lay out 3 separate lineups, using a couple of different systems of play and would be happy to put that team on the field. Come out and watch them train. You will see, finding a starting 11 out of this group won't be easy. Come out and watch, see if you could narrow it down to a first 11. The great thing is that we will have the flexibility to match up to teams who play a variety of different styles of play. Come out and Watch on Thursday evenings. You won't regret it..



ECNL BOYS 09-03 UPDATE

SOME BIG THINGS HAVE BEEN HAPPENING WITH THE BOYS ECNL THIS YEAR.

BY BOY U13-U19 ECNL BOYS DIRECTOR: BILL LAWRENCE

A big win for a team and a big win for the Cleveland Force development process.

The 08 team beat FC Cincinnati 1-0. Last year this group lost to the same team 7-1. An impressive turnaround. But there is an insider in this big will. Gavyn Fredriks and Brendan Rand played almost the entire fall with their MDL teams. The both played significant roles in the win with Gavyn scoring the only goal of the match. The coaching staff provided the training and game resistance the boys needed to improve and these two boys put in the work to earn their spots on the roster.

Right now these four teams have a strong chance of playing in the national play-offs:

- 08 boys are 3rd in the Ohio Valley league. 31st in the ECNL
- 07 boys are 2nd in the Ohio Valley league: 21st in the ECNL
- 06 boys are 3rd in the Ohio Valley league: 15th in the ECNL
- U19's are 2nd in the Ohio Valley league: 5th in the North American Cup



ECNL GIRLS 09-03 UPDATE

BY GIRLS U13-U19 ECNL NATIONAL PROGRAM DIRECTOR: ROB MILLER

Our ECNL Girl's Club Competition players are working through a packed schedule! This past weekend we headed down to the Ohio Elite Showcase to gain college exposure and prepare our teams for their upcoming ECNL schedule which kicks off this coming weekend in Tennessee.

We've just returned from Pittsburgh a couple weekends ago, where we had a chance to play against the Century United GA teams in the Century United Showcase. Overall, a solid weekend saw our teams play well and gain valuable college exposure on Sunday. A special thanks to Century United for hosting our teams!

We've spent the last few weeks preparing our teams for outdoor 11v11 games while focusing on team shape and our fitness levels. Particular attention has been given to the role of our midfielders in breaking a press when we build and getting us into the midfield third. We certainly had a chance to see some of that training put to good use this past weekend in Pittsburgh.

Upcoming events include ECNL league play and the Jefferson Cup in late March. All of our players will need to continue to prepare themselves physically for the demands of 90-minute games over the next few weeks. As we continue to train 2-3 times per week, individual players will need to continue to work on their own to gain stamina and endurance to compete at the highest levels for a full 90 minutes.

I look forward to seeing every team's continued development!!



ECNL-R & GLA GIRLS 03-09 UPDATE

BY GIRLS U13-U19 ECNL-R & GLA PROGRAM DIRECTOR: MATT SAFAR

The **ECNL-R and GLA Girls** are excited that the start of the Spring season is now here! We have had a quiet month of February in anticipation that a busy, yet eventful season is now upon us. All teams will have the chance to travel and gain valuable exposure that will be beneficial to reaching their goal of playing at the collegiate level.

The 07, 06, 05 and 03/04 ECNL-R teams will start their Spring with trips to Tennessee, Cincinnati and Columbus for league play, and have also all been accepted into Jefferson Cup, which will take place at the end of March in Richmond, Virginia. This will be an excellent opportunity to play top competition and be seen by coaches from around the country.

The 08 and 09 ECNL-R teams head to the IFJ Turf Classic, March 11th - 14th in Indianapolis. Our goal is to use this event as a springboard into the new season, as well as gain valuable experience to prepare for the busy months ahead.



The 05 and 06 GLA teams start the month of March with the NPL Crossover Showcase in Canton. Both teams will have the chance to play competition from outside of the area and be seen by local colleges.

Last but not least, **the 06 GLA team** had the unique opportunity to travel to Gatlinburg, Tennessee the weekend of February 5th - 6th, to compete in the Southeast College Showcase. While the weather wasn't ideal, they only conceded one goal throughout the event and competed with clubs from all around the country.

All teams feel prepared for the Spring season to begin. We're looking forward to warmer weather as well as traveling and competing week to week!



U13 - U19 COMPETITIVE BOYS & GIRLS

WHAT'S NEW IN THE COMPETITIVE TIER BY: DENZIL ANTOINIO

We are asking our players to begin a regimen of outside soccer related work to give our players a jump start for the spring.

- Attend additional practices.
- Enroll in supplemental training.
- Get involved in supplemental skill training.
- Simple phases of conditioning (Run 3 miles, 3 times a week).
- Actions (i.e., homework).

CONTINUED ON PAGE 5...

U13 -U19 COMPETITIVE UPDATE CONTINUED...

What have we been doing?

- League 9v9 games: 03/04 Boys White, 05/06 Boys White and 05/06 Boys Grey.
- League small-sided games: 07 Boys White.
- Great Lakes Futsal: HS Girls, 08/09 Girls White, 08/09 Boys White.

Spring Goals:

- Establish a pool all-star team to play in 2 events in the Spring.
- Play in the club sanctioned event in April and be competitive.
- Confirm player commitments for the 2022-23 High School Competitive tier programming.

Parent Education

- What is the Competitive tier?
- Why we have player-based training sessions and not team based sessions.
- Overcoming the team/roster mindset that is imbedded in sports society.
- Understanding the double year team structure.
- Understanding the east team west team structure.

The program is progressing at a rate that confirms that this new structure is what families are looking for. The onus then falls on us, the coaching staff and the Competitive tier directors, to ensure that we can sustain this growth with challenging training session curriculums and game opportunities that keep our players engaged.



U10 - U12 BOYS & GIRLS

Great job, U10 - U12 Boys and Girls; the coaching staff is so proud of all of you!

Cleveland Force's "Player Philosophy" develops players by integrating our Core Values and style of play into each player. In February, we witnessed a lot of growth in our defensive principles and core values.

What we saw this month:

- Boys and Girls compete with passion through effort.
- Humble boys and girls committed to each other on and off the field.
- Boys and Girls upholding the integrity of our training while accepting new challenges.
- Boys and Girls show respect by celebrating the success of others.

Also, in February, the U10 - U12 Boys and Girls High Performance had ten teams in the Cleveland Indoor Classic. At the end of the two weekends, 8 out of 10 teams played in the finals. Being in the finals is great, but the time between games where players interacted and built relationships is our measure of success.

As we move into the competitive spring season, we hope to see players/families continue to support each other and the other teams in the club. We want to create fan support and camaraderie throughout the club. Through the support of each other, we will help build the passion needed to compete at a high level.

"The strength of the team is each individual member. The strength of each member is the team."

— Phil Jackson



U9 BOYS/GIRLS & U10-12 BOYS COMPETITIVE BY PROGRAM DIRECTOR: CHRIS MUELLER

Hello! I am Chris Mueller, Director of the Force Juniors Academy (**U9 and under boys and girls**) and the **U10-12 competitive tier boys**. At this time, I want to give an overview of the exciting things happening with our U9 programming and teams.

In the past year, we made the "commitment" to being the leader in Northeast Ohio for training soccer athletes at U9 and below. This includes programs designed for players at all levels: beginner, intermediate, advanced, and club within the 3 to 8 year old age groups.

We offer beginner programs for minis (ages 3-4) and K-1s (ages 5-7). We also have intermediate and advanced options for training within the Juniors Academy (ages 5-8). For U9s, players may be active in our CFSC club (CASA league)

Our curriculum of high pace, high repetition, and high pattern recognition activities actively engage and develop players at a high rate. Small-sided games and league play rapidly increase the skill and creativity of the players. We also work closely with families to progress players within the appropriate training options and league play based on individual development.

In the past 6 months, we have grown to 40 teams of players U9 and under, and currently boast a pool of 600 players participating across Northeast Ohio in multiple locations - East, West, Central and South. All training and game coaching is managed by our Force staff. Hats off to coaches Michael Surniak, Chris Hastings, Jesse Acevedo, David Antonelli, Jason Chavez, Rafael Davalos, Emily Turk, Erika Turk, Ben Gunter, Kelly Jenkins, Daniel Linder, Scot Stacho, Jeremy Sussel, and Stephen Vamospercsi for their outstanding contributions to these programs.

The future is bright, as we continue to increase more geographic locations and programs offered. We are excited to see our young players and teams develop and compete at the top of their respective leagues.

Please feel free to contact me with any questions on our programs at Cmueller@Force-Sports.com or **440-781-4015**.



WHAT'S NEXT? - UPCOMING EVENTS WITH CFSC



GIRLS ID CLINIC

ELITE CLUBS NATIONAL LEAGUE



2010 & 2009 BIRTH YEARS

March 26 | 7:00-8:45pm | @ Force Sports Northfield

Players currently rostered to another ECNL club are **NOT** able to attend this ID Clinic. [CLICK TO REGISTER](#)



BOYS ID CLINIC

ELITE CLUBS NATIONAL LEAGUE



2003 THRU 2008 BIRTH YEARS

April 5, 12, 19, 26 | Bill@Force-Sports.com

Players currently rostered to another ECNL club are **NOT** able to attend this ID Clinic. [EMAIL BILL TO SETUP](#)



Reach out to Chris Green prior to April 1st to join our 2022 Super Y Season. Chris@Force-Sports.com



WE WILL COVER:

- 12 WEEK TRAINING PROGRAM
- STRENGTH TRAINING DURING THEIR COMPETITIVE SPRING SEASON
- PROPER RECOVERY METHODS FOR OPTIMAL PERFORMANCE
- BUILDING ELITE HABITS TO PREPARE FOR COMPETITION



WHEN: MONDAY 430-545P

WHERE: T3

COST: \$240 / 12 SESSIONS

With Coach Heather : heather@t3athlete.com

Open to any High School age CFSC athlete starting March 7th from 430-545. If you are interested: heather@t3athlete.com or via phone 440-840-5716