



***Always Moving Forward***

**2024-2025**



**OUT WORK - OUT COMPETE - OUT PLAY**





***We Are VSA!***

***2024-2025***



**OUT WORK - OUT COMPETE - OUT PLAY**



# Who are we?

## **Mission Statement:**

Our purpose is to be a community based soccer club that is committed to providing players of all levels and backgrounds the opportunity to play the beautiful game of soccer!

## **Vision Statement:**

To build a pathway that provides a professionalized platform creating opportunities for all players in our club to succeed in life on and off the field

## **Core Values:**

Community  
Collaboration  
Character  
Commitment



# 4 Pillars Of Development

## **Develop The Player:**

We will always put the player first and develop them in the 4 key components of the game (Technical, Tactical, Physical, Psychological). We will provide opportunities for all players to grow on the field.

## **Develop The Person:**

We will always strive to look at the bigger picture and create young people who have characteristics and traits to succeed away from the soccer field. We will value hard work, humility, integrity, respect, responsibility, and a growth mindset above all else.

## **Develop The Club:**

We will work together as coaches, players, and parents to create OUR CLUB that we can be proud to be part of. On and Off the field we will represent the club in the best possible way, striving to be people the local community can be proud of. VSA will be unique to US!

## **Develop The Future:**

We will create a pathway and future for our players to be successful in all walks of life. Ultimately we are creating a better future for our community!

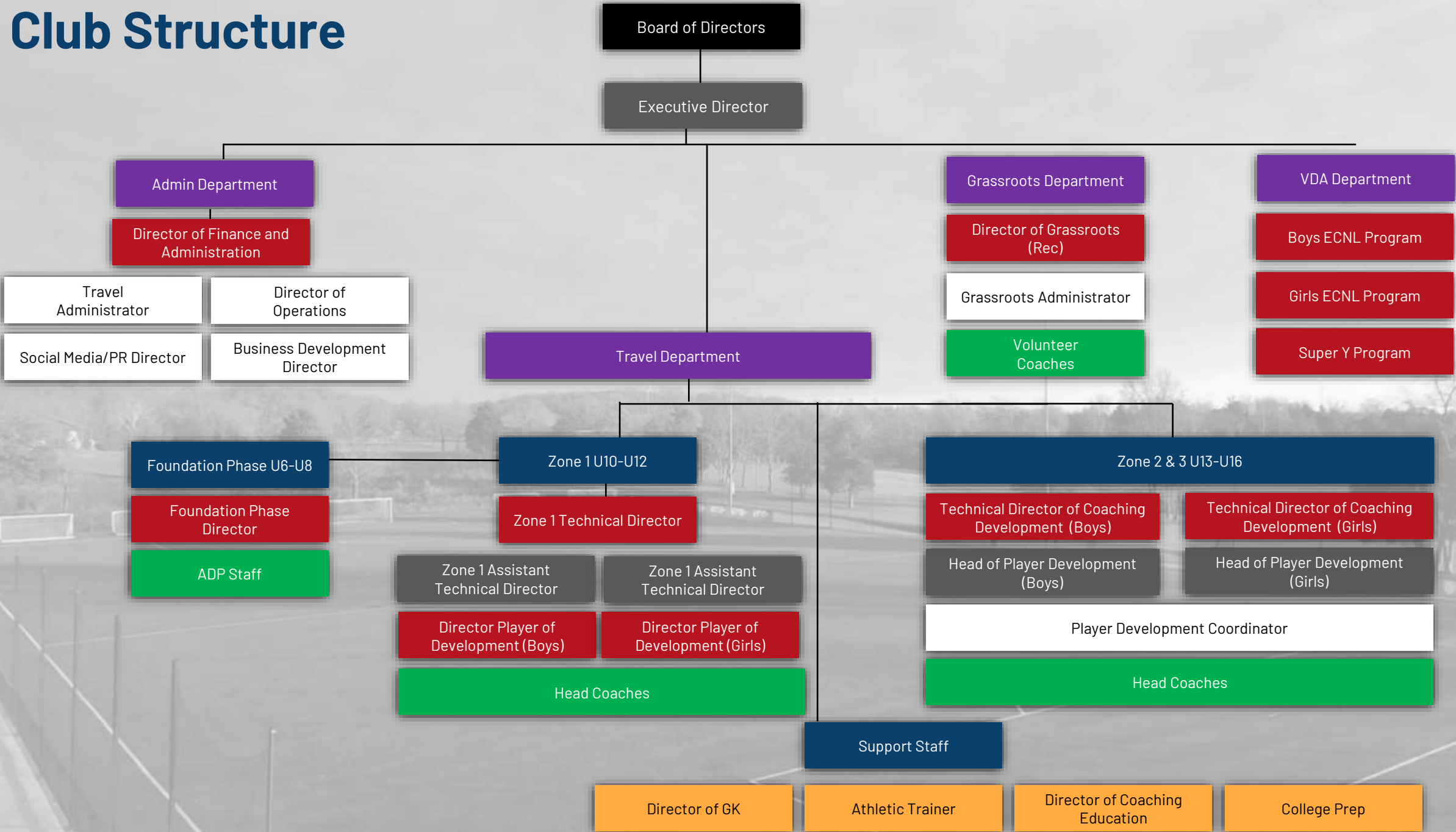


# Club Foundations

COACHING	PLAYER DEVELOPMENT	PARENT EDUCATION	ADMINISTRATION
CLUB COACHING EDUCATION	AGE SPECIFIC CURRICULUMS	ESTABLISH EXPECTATIONS AND STANDARDS	COMMUNICATION
LICENSES / QUALIFICATIONS	PLAYER DEVELOPMENT PATHWAY / PROGRESSION	UNDERSTANDING AND KNOWLEDGE OF THE PROCESS	ORGANIZATION
MENTORING / DIRECTOR SUPPORT	CLUB PHILOSOPHY / STYLE OF PLAY / SYSTEMS OF PLAY	RESULTS VS DEVELOPMENT	SUPPORT SYSTEM
ORGANIZATION / PLANNING / PREPARATION / PERFORMANCE	PLAYER STANDARDS AND EXPECTATIONS	SUPPORT AND ENCOURAGEMENT	TRUST



# Club Structure



Board of Directors

Executive Director

Admin Department

Director of Finance and Administration

Travel Administrator

Director of Operations

Social Media/PR Director

Business Development Director

Travel Department

Grassroots Department

Director of Grassroots (Rec)

Grassroots Administrator

Volunteer Coaches

VDA Department

Boys ECNL Program

Girls ECNL Program

Super Y Program

Foundation Phase U6-U8

Foundation Phase Director

ADP Staff

Zone 1 U10-U12

Zone 1 Technical Director

Zone 1 Assistant Technical Director

Zone 1 Assistant Technical Director

Director Player of Development (Boys)

Director Player of Development (Girls)

Head Coaches

Zone 2 & 3 U13-U16

Technical Director of Coaching Development (Boys)

Technical Director of Coaching Development (Girls)

Head of Player Development (Boys)

Head of Player Development (Girls)

Player Development Coordinator

Head Coaches

Support Staff

Director of GK

Athletic Trainer

Director of Coaching Education

College Prep

# Coaching Education Program

## We Train the Coaches (Formal)

VSA Staff are trained in the clubs methodology throughout the season. We onboard all staff in pre-season and then meet formally once a month along with formal evaluations during training sessions and games. VSA Directors of Coaching meet for staff development sessions every Monday and Wednesday to improve their Knowledge, proficiency, and application of the clubs football methods.



## We Train the Coaches (Informal)

We pride ourselves at the club on creating a team environment for our staff and coaches. We provide informal feedback throughout the season during training sessions and games to help provide more insight and different opinions.



# Facilities



## Catharpin Park

Catharpin Soccer Park opened in Fall 2021 and has provided VSA with an additional 4 soccer fields. These fields are Bermuda quality grass. Catharpin has become a premier location for soccer in Virginia.



## Long Park

Long Park has seen significant improvements and investment in the past 24 months (New turf fields, walkways, restrooms, and fencing) With the addition of the VSA office building it will continue to be one of the premier facilities in Northern Virginia.



## VSA Building

The VSA Building at Long Park will provide VSA with a place to call home. The building will include offices, meeting spaces, restrooms, and changing rooms. This building will help assist player development by creating an on field and off field player centric environment.





# Home of VSA - Long Park



3 Turf Fields



2 Changing Rooms



Club House



Office Space





***OUR CLUB***  
***Player Pathway***





**OUT WORK - OUT COMPETE - OUT PLAY**



# Player Pathway

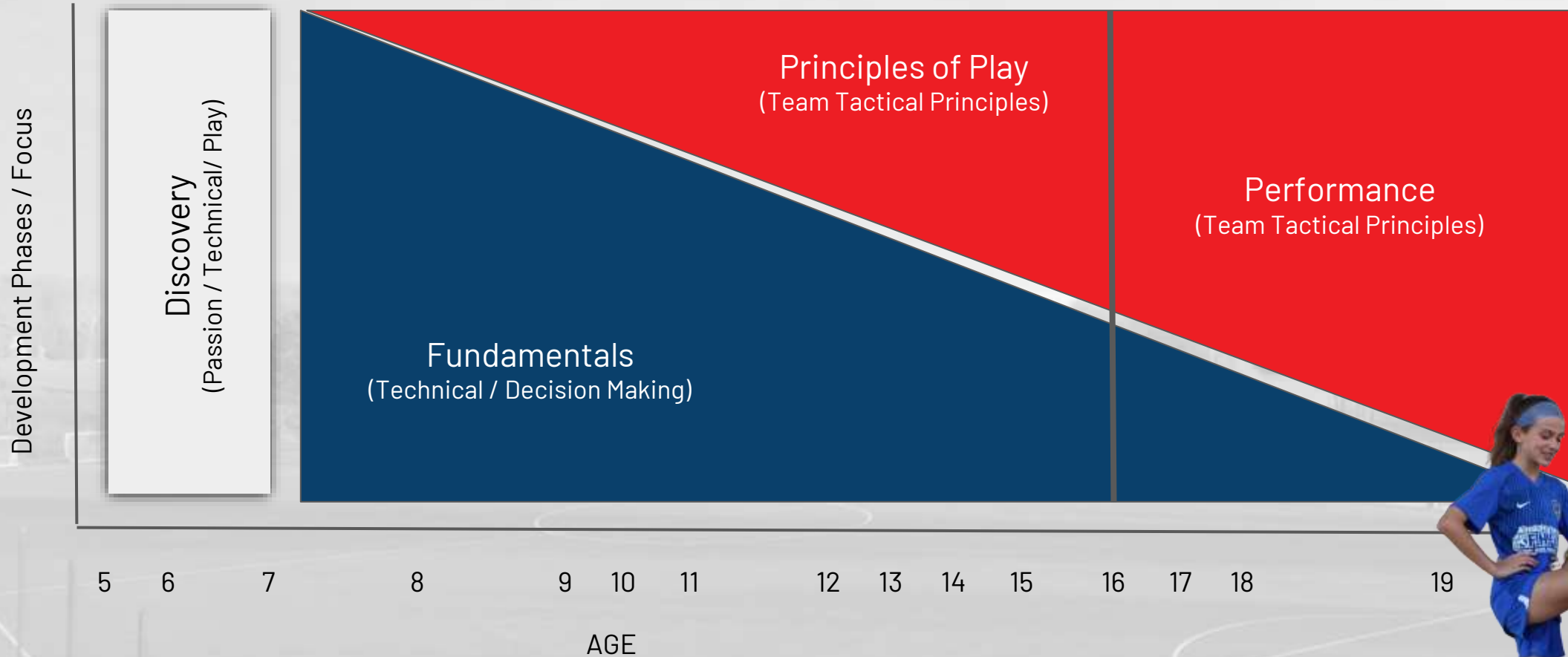


# Phases of Development

Phase	Age	Focus	
Introduction Phase	4-6 years of age	PLAY	
Discovery Phase	6-8 years of age	INDIVIDUAL DEVELOPMENT / PASSION / BALL MASTERY / PLAY	
Foundation Phase	8-12 years of age	INDIVIDUAL DEVELOPMENT / DECISION MAKING / TECHNICAL / PLAY	
Development Phase	13-16 years of age	INDIVIDUAL DEVELOPMENT SUPPORTED BY TEAM / DECISION MAKING / TECHNICAL	
Performance Phase	17-19 years of age	INDIVIDUAL DEVELOPMENT ALIGNED WITH TEAM PERFORMANCE	



# Developmental Focus



# DP Program - Player Pathway



**Mikey Stegmaier**  
VSA ECNL RL to VDA ECNL



**Gracie Bobak**  
VSA Premier to VSA  
ECNL RL to VDA  
ECNL



**Anna Hester**  
VSA ECNL RL to VDA  
ECNL



**Colton McCormick**  
VSA/VDA West/VDA DP to  
VDA ECNL

## VDA DP

As part of our VDA program we have several (1-4) players from our VSA ECNL Regional League teams selected as a VDA Development Players (DP) each season. A DP is a player that will train a minimum of once per week with the VDA team within his/her age group and play in select games/events. To be selected as a DP you need to be performing well and showing potential within your ECNL RL team.



**Daniel Calderon**  
VSA ECNL RL to VDA  
ECNL



**Griffin Elk**  
VSA Premier to VSA  
ECNL RL to VDA ECNL  
(Captain)



**D. Fitzsimmons**  
VSA ECNL RL to VDA  
ECNL



**Kyla Kaczmaczyk**  
VSA ECNL RL to VDA ECNL



**T. Fitzsimmons**  
VSA ECNL RL to VDA  
ECNL

## VSA DP

As part of our VSA ECNL RL program we have several (1-4) players from our VSA Premier teams selected as a VSA ECNL RL Development Players (DP) each season. A DP is a player that will train a minimum of once per week with the VSA ECNL RL team within his/her age group and play in selected games/events. To be selected as a DP you need to be performing well and showing potential within your VSA Premier team.

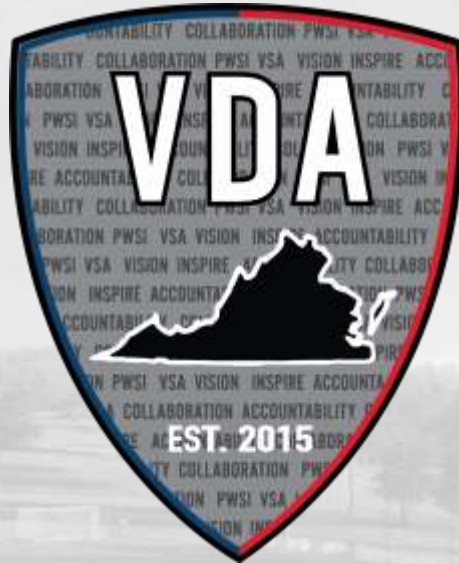


# VDA Pre-ECNL U11/U12 - Program Details

**TRAINING:** Teams will train 3 times a week between August - December and February-May. 1 of these 3 sessions will be a pool session at Howsion or Long Park.

**EVENTS:** Teams will compete in 6-7 (State/Regional) events across the 2023-24 season. These will include national level events like NCFC JR Showcase and Jefferson Cup.

**GAMES:** Teams will compete in the ECNL Regional League against the best local competition from within Virginia. We will also compete in the US CLUB State Championship.



**COACHES:** Teams will be coached by the highest level of licensed coaches within the Northern Virginia area and Beyond. All Pre-ECNL sessions will be run by VDA staff members.

**ADDITIONAL EVENTS:** As part of the VDA Pre-ECNL program we will participate in festivals and events as VDA.

**ADDITIONAL GAMES:** As part of the VDA Pre-ECNL program games will be organized throughout the year to compete as VDA against Regional ECNL clubs, GA clubs or MLS Academies.





***OUR CLUB***

***How We Play and Train!***



**OUT WORK - OUT COMPETE - OUT PLAY**





# Club DNA



**Out *Work* - Out *Compete* - Out *Play***



# Playing DNA



**Pressing** - **Transition** - **Possession**



# Player DNA



**Passionate - Hardworking - Committed - Dedicated**



# Activity DNA



**Dominate 1v1 - Possession/Pressing - Transition to Attack**



# Training DNA



**Competitive - Intensity - Repetition**





***OUR CLUB***

***How We Plan and Coach!***

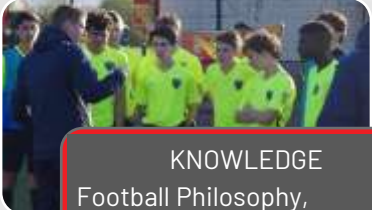


**OUT WORK - OUT COMPETE - OUT PLAY**



# Coaching Methodology (VSA/VDA)

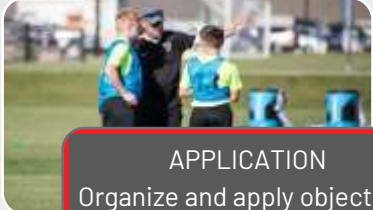
**COACH PROFICIENCY**



**KNOWLEDGE**  
Football Philosophy, Principles of Play, Game Models, Systems of Play, Teaching Method, Stages of Development



**RECOGNITION**  
Understand and recognize teachable moments within football context to develop individuals and teams



**APPLICATION**  
Organize and apply objective based sessions applying teaching and coaching methods specific to individuals and teams



**COMMUNICATION**  
Intention, Reference, Phase, Moment, Interaction between 2 or more players, Opposition, Roles and Responsibilities



**DECISION MAKING**  
Position, Moment, Direction, Speed



**EXECUTION**  
Application of Decision. The technical elements that support the decision making process.

**FOOTBALL THEORY**

**HOLISTIC**  
Developing the individual on and off the field using the team and our club style of play as a vehicle for success

**REALITY BASED**  
The game (11v11) is the starting point and we use the game in simplest form as the catalyst for developing sessions to enhance player development

**EXPERIENTIAL LEARNING**  
At the center of the VDA/VSA way is to use modern teaching methods to create autonomous learners and decision makers on/off the field

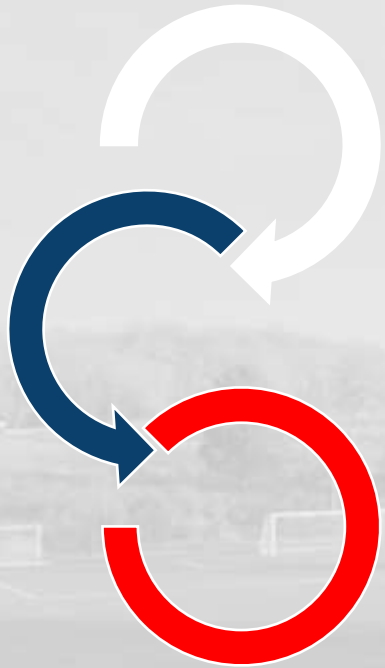
**ACCOUNTABILITY**  
(Objectives and Outcomes for Players/Staff)

**COMPETITION**  
(Intensity, Targets, Winners, goals, Football Fitness, Enjoyment, Repetition)

**COLLABORATION**  
(Delivery of information is a two way process between player and coach)



# Curriculum



## **Introduction**

The objective is new for the players and presented and trained for the first time

## **Focus**

The players are trained to execute the objective in the game without the interference of the coach

## **Master**

The players are capable to execute the objective in the game, in different situations, without the interference of the coach. The coach is capable to put attention on specific details of the objective





# Curriculum I – Technical

Principle	Execution of Decision	U7-U8	U9	U10	U11	U12	U13-14	U15-16	U17-19
Attack	Dribbling	I	F	F	F	F	F	M	M
	Passing	I	F	F	F	F	F	M	M
	Receiving	I	F	F	F	F	F	M	M
	Crossing		I	I	I	I/F	F	F	M
	Finishing	I	F	F	F	F	F	M	M
	Heading					I	I/F	F	M
	Shielding	I	I	F	F	F	F	M	M
	1v1	I	F	F	F	F	F	M	M
	2v1	I	F	F	F	F	F	M	M
	3v2		I	I/F	F	F	F	M	M
Principle	Execution of Decision	U8	U9	U10	U11	U12	U13-14	U15-16	U17-19
Defend	Immediate Press	I	F	F	F	F	F	M	M
	Angle of Approach		I	I/F	F	F	F	M	M
	Body Shape		I	I/F	F	F	F	M	M
	Tackling	I	F	F	F	F	F	M	M
	Anticipation				I	I	F	F	M
	Interception				I	I	F	F	M
	Pressure/Cover		I	I/F	F	F	F	M	M
	Balance			I	I	I/F	F	F	M
	Tracking			I	I	I/F	F	F	M
	1v1	I	F	F	F	F	F	M	M
	1v2	I	I/F	F	F	F	F	M	M
	2v3		I	I/F	F	F	F	M	M

# Curriculum II – Principles of Play

Phase	Principle of Play	U8	U9	U10	U11	U12	U13-14	U15-16	U17-19
Attack	Width	I	I	I/F	F	F	F	M	M
	Depth	I	I	I/F	F	F	F	M	M
	Numerical Advantage		I	I	I/F	F	F	F	M
	Switch Point of Attack			I	F	F	F	F	M
	Movement in Behind					I	I	F	M
	Playing Between Lines					I	F	F	M
	Attack with Numbers	I	I	I/F	F	F	F	M	M
	Anticipate Loss of Possession			I	I	I/F	F	F	M

Phase	Principle of Play	U8	U9	U10	U11	U12	U13-14	U15-16	U17-19
Defend	Compactness	I	I	I/F	F	F	F	M	M
	Press with Numbers	I	I	I/F	F	F	F	M	M
	Create Trap				I	I	F	F	M
	Man for Man				I	I	F	F	M
	Zonal Marking					I	I	F	M
	Track Runners				I	I	F	F	M
	Protect the Goal	I	I	I/F	F	F	F	M	M
	Anticipate rgn* Possession			I	I	I/F	F	F	M

# Zone 1 – Session Structure

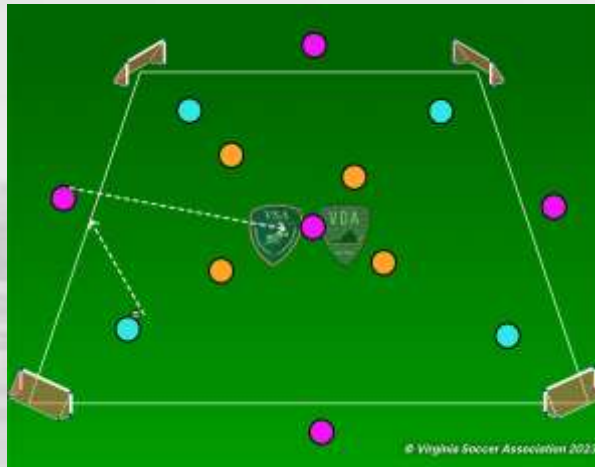
Objective: Teach Principles of Play, Decision Making, and Technical Application in high intensity/high repetition small sided activities

## Dominate 1v1



1v1, 2v1, 2v2, 3v2, 3v3  
Directional to Goal /  
Isolated to activate execution  
actions

## Possession/Pressing



Rondo, Neutrals, Boxes,  
Rectangles  
Directional and Non Directional  
To Goal or to Gates

## Transition to Attack/Defend



Transitional Activities  
Directional to Goal



# Zone 2 & 3 – Session Structure (Individual)

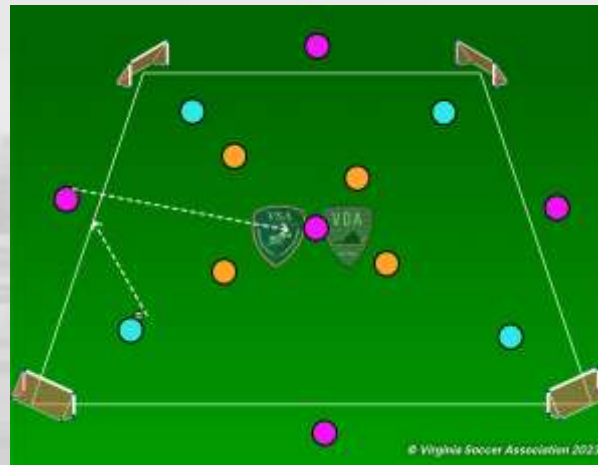
Objective: Teach Principles of Play, **Decision Making**, and **Technical Application** in high intensity/high repetition small sided activities

Dominate 1v1



1v1, 2v1, 2v2, 3v2, 3v3  
Directional to Goal /  
Isolated to activate execution  
actions

Possession/Pressing



Rondo, Neutrals, Boxes,  
Rectangles  
Directional and Non Directional  
To Goal or to Gates

Transition to Attack/Defend



Transitional Activities  
Directional to Goal



# Zone 2 & 3 – Session Structure (Team)

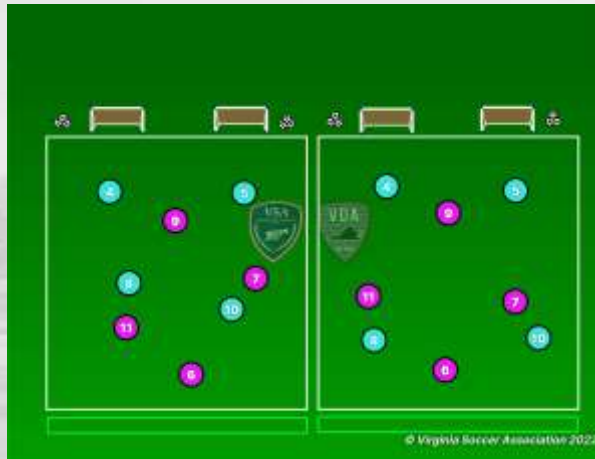
Objective: Teach **Principles of Play**, Decision Making, and Technical Application in high intensity/high repetition small sided activities

Stage 1



Introduction Activity

Stage 2



Small Sided 1

Stage 3



Small Sided 2

Stage 4 - GAME





***OUR CLUB***

***Age Group Objectives***



**OUT WORK - OUT COMPETE - OUT PLAY**



# Training Objectives - Zone 1

## Develop individual players in three key areas:

Dominate 1v1 (Technical/Decision Making)

Possession / Pressing Actions (Individual - Small Group)

Transition to Attack / Defend (Individual - Small Group)

## How:

- High intensity training with accountability, repetition, and correction
- Encourage bravery on the ball and competition in all areas of training and game
- Psychical development to compliment football priorities
- Club style of play - Proactive Possession and Pressing
- Playing time - to develop players
- Winning Culture and Environment



# Objectives - Zone 2 (U13-U16)

## Develop individual players in four key areas:

Dominate 1v1 (Technical/Decision Making)

Possession / Pressing Actions (Small Group-Team)

Transition to Attack / Defend (Small Group-Team)

Team Tactics (Attacking and Defending Structures to encourage style of play)

## How:

- High intensity training with accountability and correction
- Encourage bravery on the ball and competition in all areas of training and game
- Psychological development to compliment football priorities
- Club style of play - Proactive Possession (Variety introduced) and Mid-Block to Pressing (Team orientated)
- Playing time - develop players
- Winning Culture and Environment





# Objectives - Zone 3 (U17-U19)

## Develop individual players in five key areas:

Dominate 1v1 (Functional to position)

Possession / Pressing Actions (Small Group-Team)

Transition to Attack / Defend (Counter Pressing / Counter Attack)

Team Tactics (Attacking and Defending Structures to encourage style of play/increase chances of winning)

Set Pieces (Dominate all dead ball moments)

## How:

- High intensity training with accountability and correction
- Encourage bravery on the ball and competition in all areas of training and game
- Psychological development to compliment football priorities
- Club style of play - Proactive Possession (Variety introduced) and Mid-Block to Pressing (Team orientated)
- Playing time - earned and performance matters / coach manages standards for training
- Winning Culture and Environment





# ***OUR CLUB***

***Resources to support development***



**OUT WORK - OUT COMPETE - OUT PLAY**



# Resources - Player Development

## veo



VSA has partnered with VEO. We will use this throughout the season for games and training sessions. Coaches and Players will have access to all games that are filmed.

## Futsal Club



VSA offers a winter futsal program to supplement player development during the months of December, January, and February. The program provides players with the opportunity to practice and play games in the successful futsal format. Futsal provides players with a good balance of technical and decision making moments to enhance their game.



# Resources - Player Development



Each U11-U19 player will have a personal journal to use for reflection after training sessions and games. VSA will use these as another tool to support individual development.



We are in the pilot phase of our new podcast partnered with TeamTaca, this is part of our commitment to build our communication with parents & players. It is designed with youth development, where you get great insight and advice on soccer youth development from great soccer minds around the world.



# Individual Development Plans

Team		VDA West U12					
Year of Birth		2011					
Primary Position		CM					
Secondary Position		CDM					
Dominate Foot		Right					
Years with VSA		1					
<b>Individual Actions</b>							
Attacking		Defending					
Use Front Foot	Movement in Behind	Press	Track Runners				
Switch Point of Attack	Movement to Create Space	Cover	Anticipation				
Breaking Lines	Find Open Player	Man Marking	Secure Possession				
Scanning	Forward Passing	Zonal Marking	Counter Pressing				
<b>Technical Skills</b>							
First Touch	Passing	Sprint Defending	Emergency Defending				
Finishing	Dribbling	Recovery	Delay				
Turning	Range of Passing	Heading	Tackling				
Weak Foot	Receiving	Body Shape	Interception				
<b>Physical</b>							
Size	Coordination	Balance	Power	Speed	Endurance	Strength	Agility
<b>Mental</b>							
Attitude	Attendance	Learning	Body Language				
Effort	Work Ethic	Focus	Good Teammate				
<b>Group Standing</b>							
Upper end	Middle	Lower end					
Action Plan 1: Emotional Control / Action Plan 2: Train in Winter 1x per week with VDA							

Process:

VSA is dedicated to the individual development of each player and they will receive the following to aide their development:

1- Player Assessment Form - Completed by player in September

2- Individual Development Plan - Completed by coach in December

3- Player/Parent Meeting - December after IDP form



# College - Player Pathway

Between VSA and VDA we have sent 165+ players on to play college since 2015. This is supported by a college preparation program led by Benjy Slator at VSA.

[CLICK HERE FOR MORE INFORMATION](#)



Charlie Kurz - VSA / VDA Alumni



Lauren Gogal - VSA / VDA Alumni .



# Events - Player Pathway

VSA ECNL RL and Premier teams attend national, regional and state events to provide players with the opportunity to progress to college and professional soccer. These include ECNL RL and College Showcase events.



# Resources - Player Development

## GK Academy

The club has two full-time staff GK Directors that implement GK training for players of all levels at the club.

There will be a Zone 1 GK Director and Zone 2-3 GK Director





# Club Concept Night U11-U19

To continue to create oversight and opportunities to move within the club player pathway we have our age groups train once a week in pool sessions. These sessions are run by Zone 2 and Zone 3 Directors and ECNL RL Head Coaches/Directors of Coaching and are used to improve principles of play and club style of play.

## **How do Club Concept Nights Work?**

Age Groups train together and are organized into a number of groups

## **What is taught at Club Concept Night?**

Groups will be run through a number of stations throughout the night that teach dominate 1v1 situations, possession, pressing, and transition to attack/defense.

## **Do players train in mixed groups or their teams?**

The answer is a mix of both. The reason for this is to provide opportunities for players growth in a number of environments (ones they are comfortable with and ones that stretch the individual)





# *Contact Us*

## **2024-2025**



**OUT WORK - OUT COMPETE - OUT PLAY**



# Zone 1 Contact

**Miles Rapp:** U9 – U10 – [mrapp@vsaonline.org](mailto:mrapp@vsaonline.org)

**Nick Foglesong:** U11 – U12 | [nfoglesong@vsaonline.org](mailto:nfoglesong@vsaonline.org)

To Register for Tryouts - [CLICK HERE](#)



# U13-U19 Zone 2 & 3 Contact - Boys/Girls

**Tim Krout:** U13 - U19 girls - tkrou@vsaonline.org

**Benjy Slator:** U13 - U19 boys - bslator@vsaonline.org

To Register for Tryouts - [CLICK HERE](#)



