



***Always Moving Forward***

**2024-2025**



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





# ***U13-U19- ZONE 2 & 3***

## ***Development Plan***



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





# ***U13-U19- ZONE 2 & 3***

***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**





# Player Pathway



# 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



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



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



**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.

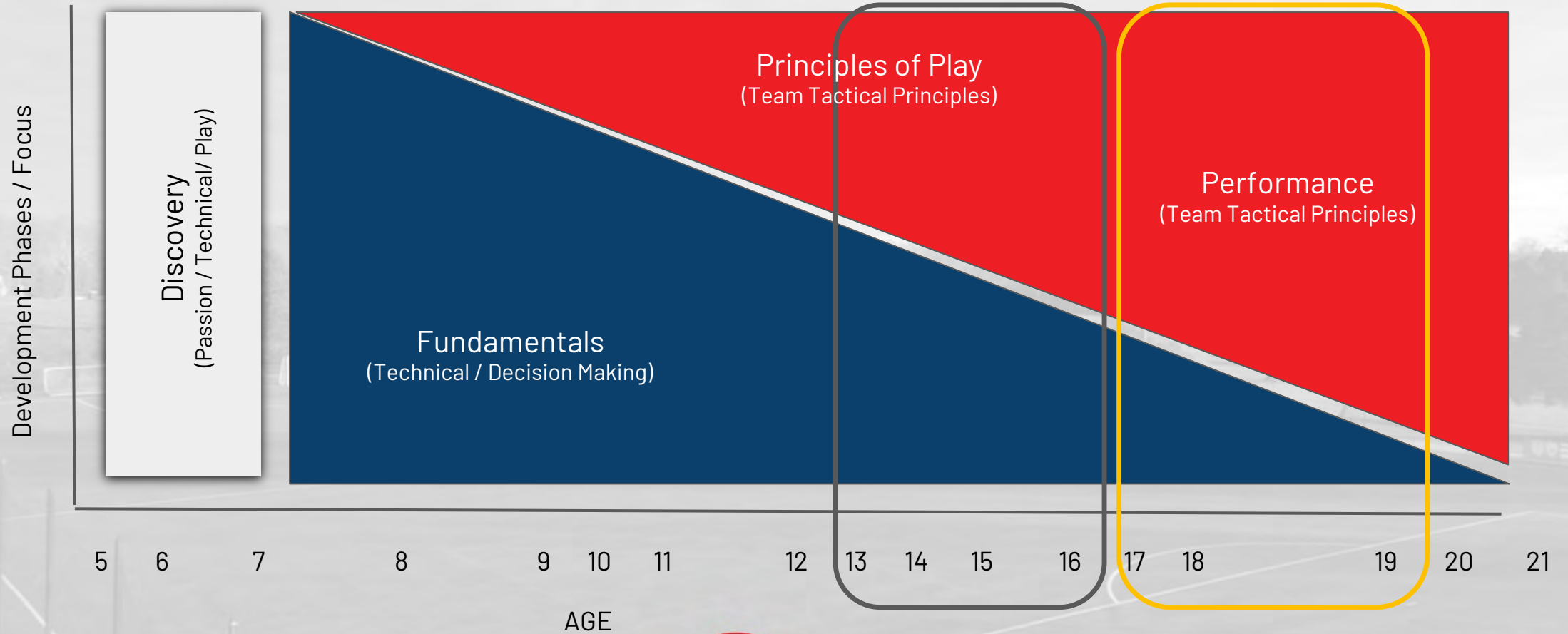


# Phases of Development

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



# 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:

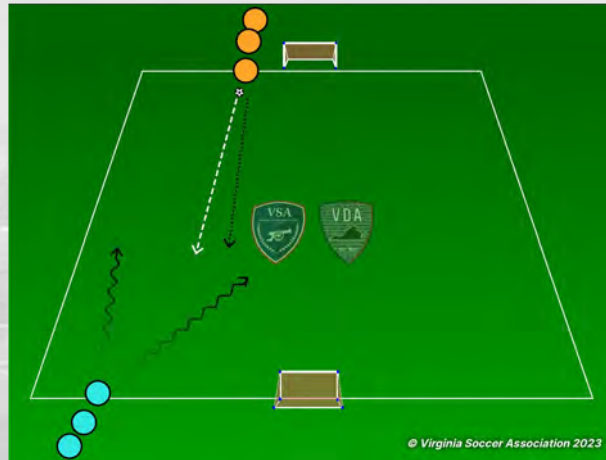
- High intensity training with accountability and correction
- Encourage bravery on the ball and competition in all areas of training and game
- Psychological development to compliment football priorities
- Club style of play - Proactive Possession (Variety introduced) and Mid-Block to Pressing (Team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



# Zone 2 & 3 – Session Structure (Individual)

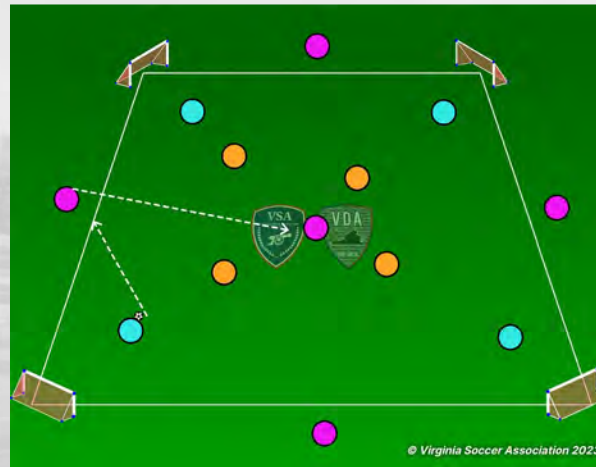
Objective: Teach Principles of Play, **Decision Making**, and **Technical Application** in high intensity/high repetition small sided activities

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



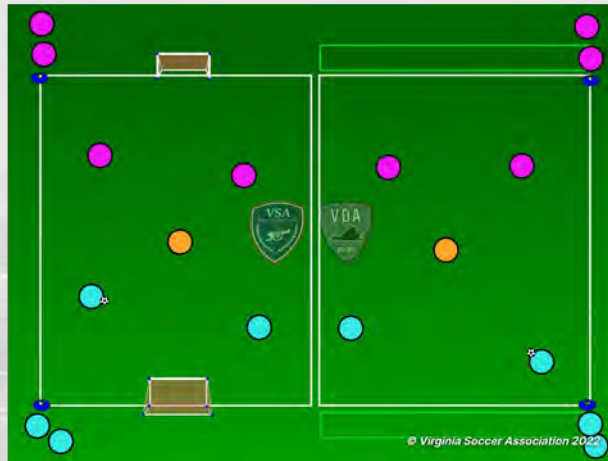
Transitional Activities  
Directional to Goal



# Zone 2 & 3 – Session Structure (Team)

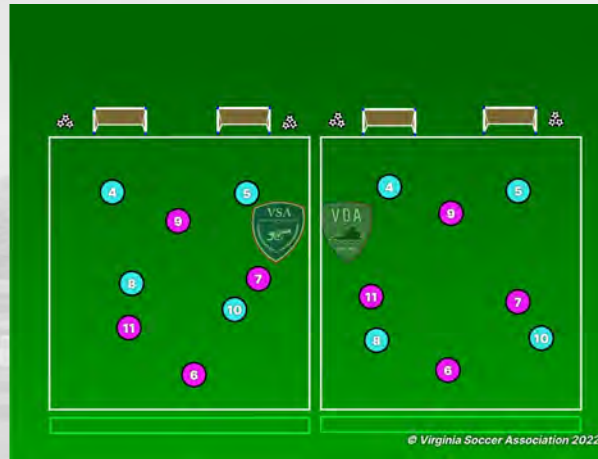
Objective: Teach **Principles of Play**, Decision Making, and Technical Application in high intensity/high repetition small sided activities

Stage 1



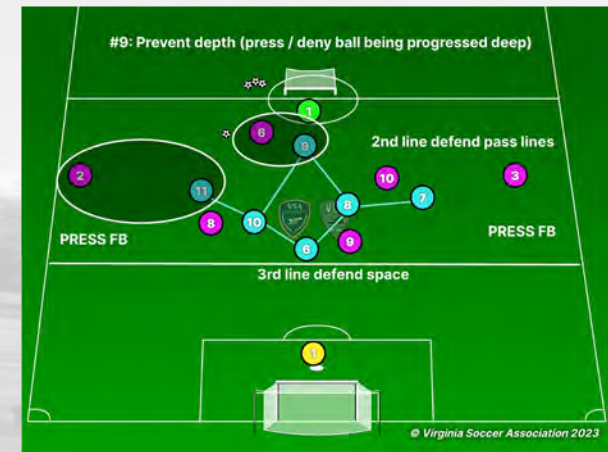
Introduction Activity

Stage 2



Small Sided 1

Stage 3



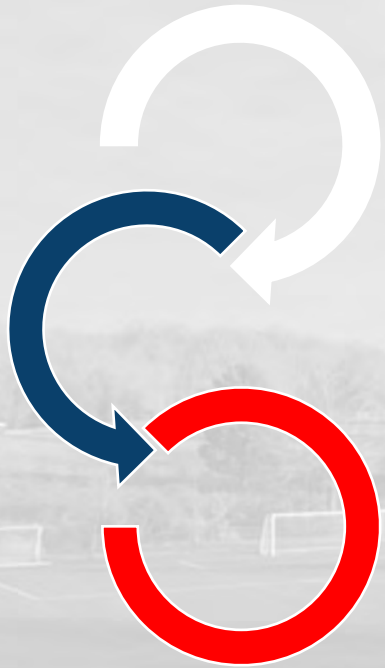
Small Sided 2

Stage 4 - GAME





# 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



# Coaching Methodology (VSA/VDA)

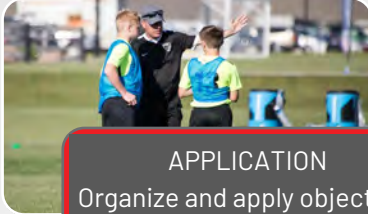
**COACH PROFICIENCY**



**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



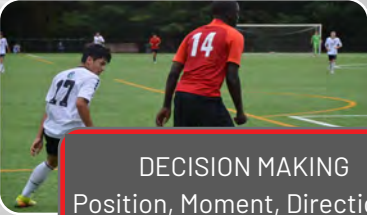
**APPLICATION**  
Organize and apply objective based sessions applying teaching and coaching methods specific to individuals and teams

**PHILOSOPHY**

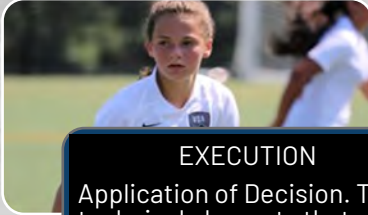
**ENVIRONMENT**



**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)



# 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



# 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 U13-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.



# 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





# ***Team Formation Programming***



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



# Levels of Play - U13-U19

Program	League	Events	Training	Third Session	Time Frame	Coaching	Additional
U13-U19 ECNL RL	Teams Competes ECNL RL	Attend 6 events (Plus 1 potential additional event)	Train 3 Times a week	Third session Club Concept	Fall, Winter, Spring	Head Coach	Futsal Additional Fee
U13-U19 Premier Red and Royal	B and C Team compete in NCSL (Potential ECNL RL)	Attend 4-5 events	Train 3 Times a week	Third session club concept	Fall, Winter, Spring	Head Coach	Futsal Additional Fee

Additional Programming		
GK Academy	Townhall - Guests	Online Lifeskills
College ID Program	IDP	Pre-Season Open Nights
Veo	Clinics	Journals



# Events

\*List of Events that VSA Staff will choose from for teams

## ECNL RL

East Premier Cup

VDA Friendlies

WAGS Tournament

NCFC Boys/Girls Junior Showcase

Bethesda Showcase

ASSIST

VDA Showcase

Jefferson Cup

Easter International Cup

Disney Showcase

USCS Virginia State Cup

ECNL RL Events

## Premier

East Premier Cup

Loudoun Premier Cup

Alexandria Fall Classic

SOCA Blue Ridge Cup

Hunt Country Classic

Stafford St Patrick's Day

Capital Fall Classic

Alexandria Spring Kickoff

Loudoun College Showcase

ASSIST

Virginia Cannon Cup

VYSA Presidents Cup



# Zone 2 & 3 - Weekly Cycle

Day	Day 1	Day 2	Day 3	Weekend
Phase	Club Concept	A-T-D	A-T-D	Game
Focus	Individual	Team	Team	
Topic	Dominate 1v1 Possession / Pressing Actions Transition To Attack Actions	Game Model Principles of Play Team Tactical Principles		



# Periodization (Macro) – U13-U15

Blocks	Time Frame	Frequency (Micro)	Frequency (Meso)	Frequency (Games)
Pre-Season	August	3x Per Week	5 Weeks	3-6 Games
Fall I	September-October	3x Per Week	8 Weeks	6-8 Games
Fall II	November-December	3x Per Week	6 Weeks	6-8 Games
Winter	January-February	2x Per Week	6 Weeks	3-6 Games
Spring I	February-March	3x Per Week	6 Weeks	3-6 Games
Spring II	April-May	3x Per Week	8 Weeks	6-8 Games



# Periodization (Macro) – U16-U19

Blocks	Time Frame	Frequency (Micro)	Frequency (Meso)	Frequency (Games)
Pre-Season	August	3x Per Week	5 Weeks	3-6 Games
Fall I	September-October	3x Per Week	8 Weeks	6-8 Games
Fall II	November-December	3x Per Week	6 Weeks	6-8 Games
Winter	January-February	2x Per Week	6 Weeks	3-6 Games
Spring I	February-March	3x Per Week	6 Weeks	3-6 Games
Spring II	April-May	2x Per Week Pool	8 Weeks	6-8 Games





# Club Concept Night U13-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**



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

**Tim Krout:** U13 - U19 girls - [tkrout@vsaonline.org](mailto:tkrout@vsaonline.org)

**Benjy Slator:** U13 - U19 boys - [bslator@vsaonline.org](mailto:bslator@vsaonline.org)

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

