VSA
VIRGINIA SOCCER ASSOCIATION
Est 1977
NIKE
SOCCER
THE VSA WAY
2018-2019
#WeAreVSA

VSA ON FIELD STANDARDS

PLAYERS

1) GREET COACH AND EACH OTHER WITH HAND SHAKE

2) PLAYERS MUST WEAR CORRECT VSA ATTIRE, BRING A PUMPED UP BALL AND A DRINK TO PRACTICE / VSA CLUB PRACTICE UNIFORM

3) ALL SHIRTS MUST BE TUCKED IN

4) BAGS MUST BE HANGED UP ON FENCE – ORGANIZED AND ATTENTION TO DETAIL

5) GIVE MAXIMUM EFFORT AT EVERY PRACTICE AND EVERY GAME

COACHES

1) COACHES MUST HAVE A SESSION PLAN - NO EXCUSES

2) WHAT ARE YOUR OBJECTIVES FOR YOUR SESSION

3) ALL PRACTICES MUST REFLECT AND REINFORCE CLUB PLAYER DEVELOPMENT PLAN

4) COACHING ATTIRE - ALL COACHES MUST WEAR CLEATS, HAVE VSA ATTIRE ON, LOOK PROFESSIONAL, NO 3/4 LENGTHS, SHIRTS TUCKED IN

5) MUST BE ON TIME TO ALL SESSIONS AND GAMES

VSA STAGES OF DEVELOPMENT

LEARNING TO PLAY

LEARNING TO COMPETE

LEARNING TO WIN

ADP
7U/U8

JR ACADEMY
9U-10U

PRE-ACADEMY
11U-14U

ACADEMY
15U-19U

FOUNDATION PHASE

YOUTH DEVELOPMENT PHASE

COLLEGE/PRO DEVELOPMENT STAGE

THE FOUNDATION PHASE

U7 / U8

U9 / U10

JR ACADEMY

WHO ARE WE?

WE ARE INCLUSIVE TO THE CHILD; ANYONE IS WELCOME!
THE PLAYER IS TAUGHT DECISION MAKING WITHIN PLAYING THE GAME!
THE CLUB PROVIDE A PLATFORM FOR ALL; DREAM BIG!

WHAT ARE OUR VALUES?

BEING A GOOD PERSON.
BEING A PROACTIVE FOOTBALLER - WE CONTROL THE GAME
DECISION MAKING IS THE CORE QUALITY OF BEING A GOOD FOOTBALLER

WHAT DO WE TEACH IN THE FOUNDATION PHASE?

ATTACK / DEFEND / TRANSITION TO ATTACK / TRANSITION TO DEFEND
WE TEACH THE GAME AND THESE PRINCIPLES IN CONTEXT TO THE AGE WE ARE WORKING WITH

YOUTH DEVELOPMENT PHASE

U11-U14

U15-U16

PRE-ACADEMY & ACADEMY

WHO ARE WE?

WE ARE INCLUSIVE TO ALL, HOWEVER NATURAL LEVELS START TO OCCUR
THE PLAYER IS TAUGHT DECISION MAKING WITHIN PLAYING THE GAME!
THE CLUB PROVIDES A PLATFORM FOR ALL; DREAM BIG!

WHAT ARE OUR VALUES?

BEING A GOOD PERSON & COMMITTED FOOTBALLER
BEING A PROACTIVE FOOTBALLER - WE CONTROL THE GAME
DECISION MAKING IS THE CORE QUALITY OF BEING A GOOD FOOTBALLER

WHAT DO WE TEACH IN THE YOUTH DEVELOPMENT STAGE?

WE TEACH THE GAME AND VSA PRINCIPLES BUT INTRODUCE GAME TACTICS TO COMPETE AS THERE ARE MULTIPLE WAYS TO PLAY.
MAIN FOCUS IS ON OUR PERFORMANCE VS RESULT

COLLEGE/PRO DEVELOPMENT PHASE

U17/U19 NPL

ACADEMY

WHO ARE WE?

WE ARE INCLUSIVE TO ALL, HOWEVER NATURAL LEVELS START TO OCCUR
THE PLAYER IS TAUGHT DECISION MAKING WITHIN PLAYING THE GAME!
THE CLUB PROVIDE A PLATFORM FOR ALL; DREAM BIG!

WHAT ARE OUR VALUES?

ACCOUNTABILITY - IT IS NOT WHAT WE SAY, IT IS WHAT WE DO
BEING A PROACTIVE FOOTBALLER - WE CONTROL THE GAME
DECISION MAKING IS THE CORE QUALITY OF BEING A GOOD FOOTBALLER

WHAT DO WE TEACH IN THE YOUTH DEVELOPMENT STAGE?

WE TEACH THE GAME AND VSA PRINCIPLES BUT INTRODUCE GAME TACTICS TO WIN AS THERE ARE MULTIPLE WAYS TO PLAY.
FOCUS REMAINS ON WINNING THE VSA WAY.

VSA PLAYING PHILOSOPHY

ATTACKING

DEFENSIVE

VSA GAME CONCEPTS

MOMENT	CONCEPT	TACTICAL DESCRIPTION
ATTACKING	POSSESSION FORWARD THINKING EXPANSIVE CREATIVE EVERYONE ATTACKS	(FIND OPEN PLAYER) (PENETRATE AS SOON AS POSSIBLE) (WIDTH/DEPTH & ANGLES OF SUPPORT) (CONFIDENCE & UNAFRAID) (OUTSIDE BACKS GET FORWARD)
DEFENDING	EVERYONE DEFENDS PRESSING MAKE FIELD SMALL RELENTLESS DESIRE	(COLLECTIVE AND ORGANIZED) (IMMEDIATE CHASE - WIN IT BACK) (PRESS & SQUEEZE - COMPACT) (INTENSITY IN DEFENDING- WE WANT BALL BACK)
TRANSITION	WIN IT KEEP IT IMMEDIATE PRESSURE DOMINATE RESTARTS	(ESTABLISH POSSESSION IF YOU CANNOT SCORE) (NO DELAY IN RESPONSE TO LOSS OF POSSESSION) (BE PROACTIVE TO CREATE & DENY THE ELEMENT OF SURPRISE)

GAME STRUCTURE (30-40 Games Per Season)

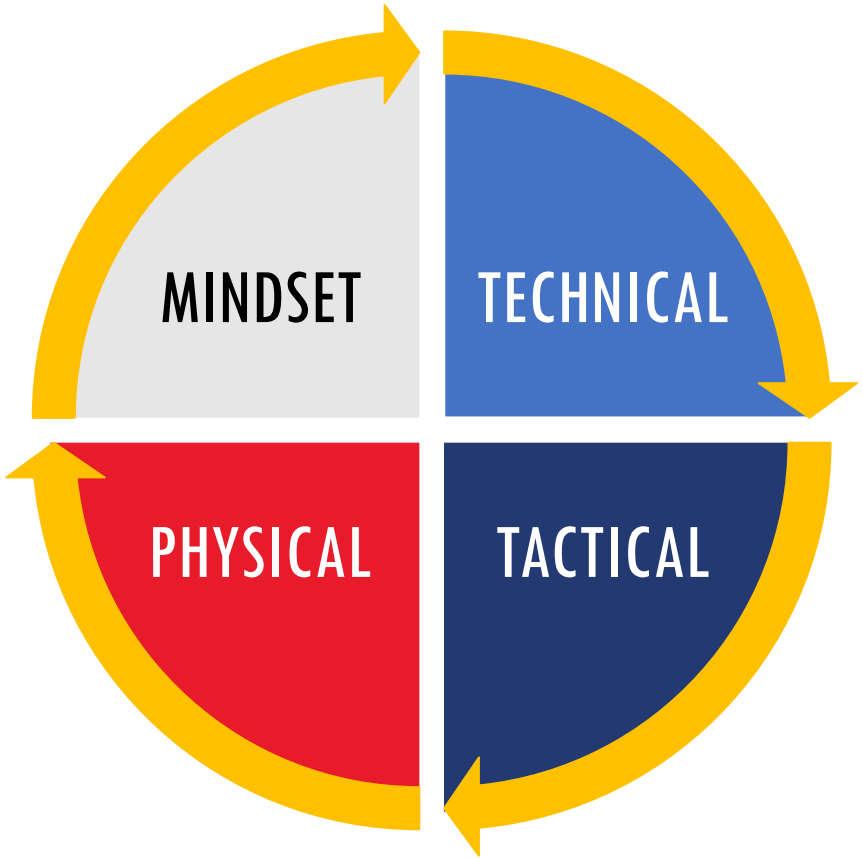
SCRIMMAGES (ADDITIONAL GAMES VS PARTNER CLUBS AND BEYOND)

LEAGUE PLAY (ENPL, NCSL, ODSL)

FESTIVALS (U8-U10S ONLY – DA CLUB FESTIVALS)

TOURNAMENTS (4x SELECT / 5-6x NPL) / STATE CUP (NPL TEAMS ONLY)

PRACTICE STRUCTURE (Annual Schedule)



3 SESSIONS PER WEEK (ALL AGE GROUPS AND LEVELS)

1 TF5IVES SESSION PER WEEK (8U-14U ALL LEVELS)

1 MINDSET SESSION PER MONTH (ALL AGE GROUPS AND LEVELS)

2 PRE-SEASON CAMPS - AUGUST 2017 / FEB 2018

GK TRAINING (1-2 TIMES A WEEK)

ADDITIONAL FUTSAL CLUB WINTER-SUMMER (Recommended)

7V7 - SYSTEM OF PLAY

1-3-2-1 WITH VARIATIONS

1-2-3-1 WITH VARIATIONS

1-3-1-2 WITH VARIATIONS

9V9 - SYSTEM OF PLAY

1-4-3-1 WITH VARIATIONS

1-3-4-1 WITH VARIATIONS

1-3-3-2 WITH VARIATIONS

11V11 - SYSTEM OF PLAY

1-4-3-3 WITH VARIATIONS

1-4-4-2 WITH VARIATIONS

1-3-4-3 WITH VARIATIONS

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SPORTS PERFORMANCE & PERIODIZATION
2018-2019

SPORTS PERFORMANCE PROGRAM

SPARQE

FUNCTIONAL FOOTBALL WARM UP

ACTIVATION & IMPLEMENTATION OF SKILL RELATED COMPONENTS OF FITNESS

SPARQE IS USED TO IMPROVE PHYSICAL ACTIONS, ALLOWING FOOTBALL ACTIONS TO BE EXECUTED

FOOTBALL CONDITIONING

PLAYERS HAVE GAINED THEIR FITNESS THROUGH PLAYING 11V11/7V7/4V4 GAMES OF FOOTBALL

WE HAVE SEEN BASELINE TESTING SCORES OF ELITE ENDURANCE ATHLETES, BY IMPLEMENTING THIS VS ISOLATED RUNNING

BASELINE TESTING

BASELINE TESTING HAS ALLOWED US TO CONTROL THE WORK AND LOAD OF THE INDIVIDUAL

VSA INJURY PROTOCOL HAS BEEN SET IN PLACE TO PROVIDE PLAYERS WITH A SAFE WAY TO BE INTRODUCED BACK INTO TRAINING

.

IN THE FALL,
ONLY 9 PLAYERS WERE INJURED

IN 2018-2019 ALL VSA TEAMS WILL PARTICIPATE IN OUR SPORTS PERFORMANCE PROGRAM

SPORTS PERFORMANCE – DAILY IMPLEMENTATION

WARM UP

FOOTBALL FUNCTIONAL

MULTIDIRECTIONAL

PREPARES BODY FOR FOOTBALL ACTIONS

INJURY PREVENTION MODALITY

SPARQE

PROGRAM FOCUSES ON SKILL RELATED COMPONENTS OF FITNESS:

S.P.A.R.Q.E - SPEED/POWER/AGILITY/REACTION TIME/QUICKNESS/ENDURANCE

SPARQE IS FOOTBALL FUNCTIONAL, INCORPORATING A BALL THROUGHOUT

SPARQE IS USED WITHIN A PERIODIZATION MODEL, GRADUALLY INCREASING TIME AND DISTANCE OVER 6 WEEK BLOCKS

FOOTBALL CONDITIONING

FITNESS IN FOOTBALL = FOOTBALL FITNESS

GAME CONDITIONING = PLAYING FOOTBALL IMPROVES FOOTBALL FITNESS

11V11/7V7/4V4 = GAME CONDITIONING WORKS WITHIN A PERIODIZATION MODEL

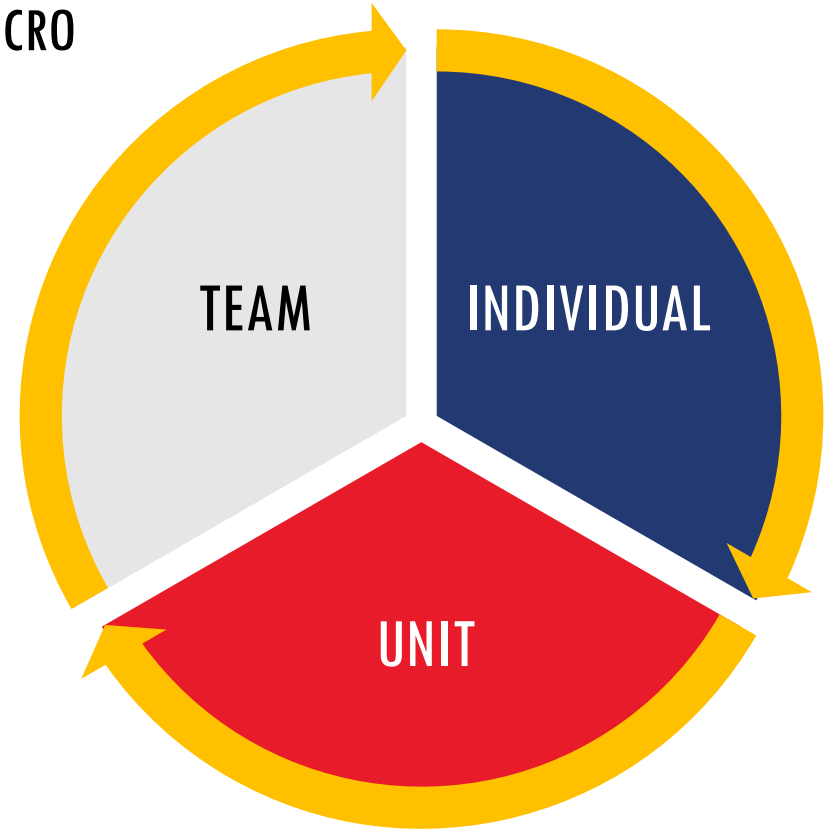
THE GAME CONDITIONING FORMATS INCREASE TIME AND DISTANCE OVER 6 WEEK BLOCKS

FITNESS IMPROVES PROGRESSIVELY AND DECREASES RISK OF INJURY

FITNESS OF ELITE LEVEL ENDURANCE ATHLETES HAVE BEEN ATTAINED

PERIODIZATION – 2018-2019

MICRO

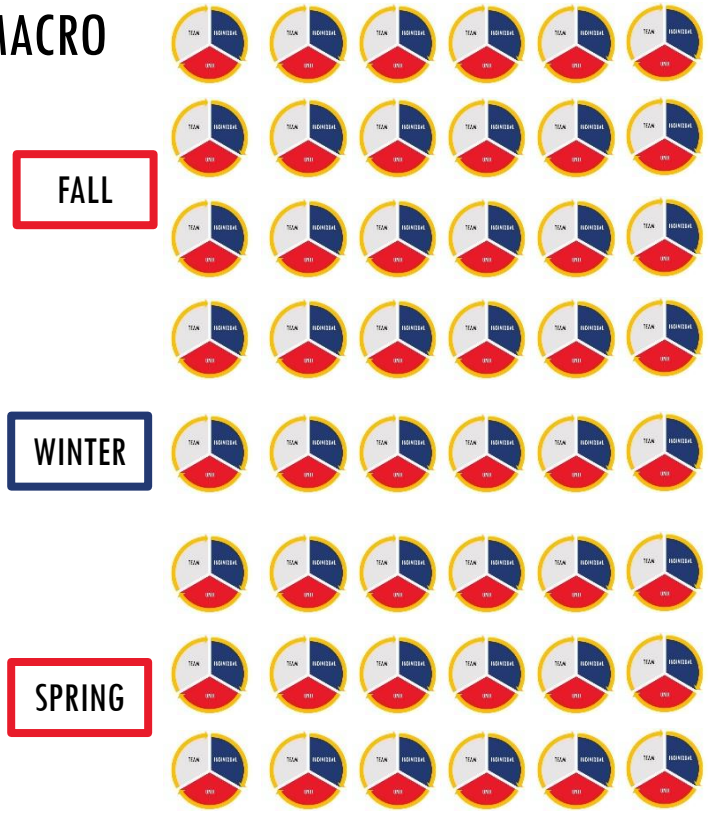


WEEK 1 CYCLE (3 Sessions Per Week)

MESO

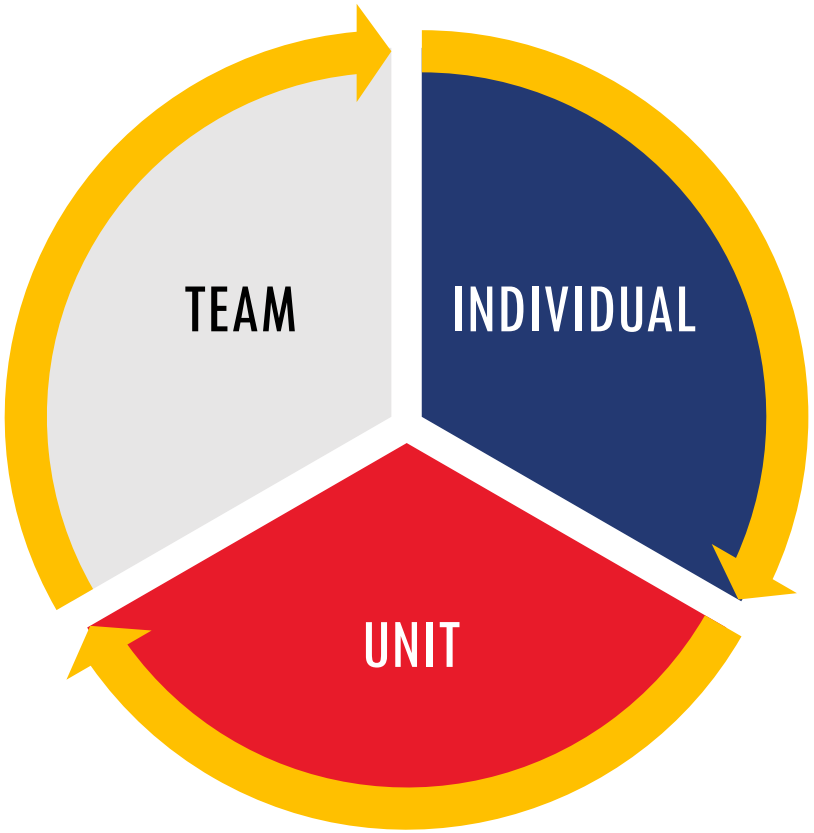
6 WEEK CYCLE

MACRO



10 MONTH CYCLE

PERIODIZATION – MICRO CYCLE



PERIODIZATION – MESO CYCLE

6 WEEK CYCLES

2 WEEK CYCLES

STRENGTH

SPEED

ENDURANCE

1 WEEK CYCLES

ATTACKING

DEFENDING

TRANSITION FROM ATTACK TO DEFENSE

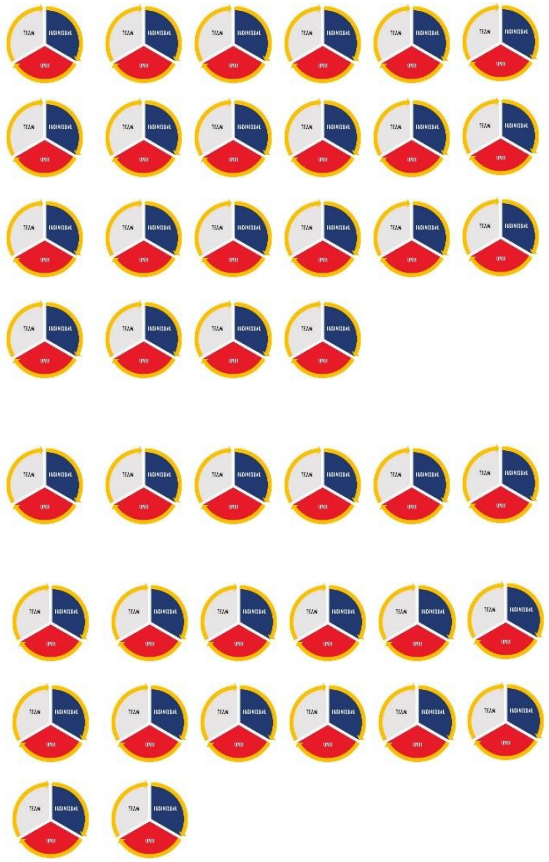
TRANSITION FROM DEFENSE TO ATTACK

4 WEEK CYCLES

MENTAL

PERIODIZATION – MACRO CYCLE

- PRE-SEASON – AUG/SEPT
- FALL CYLE I – SEPT/OCT
- FALL CYLE II – OCT/NOV
- FALL CYLE III – NOV/DEC
- WINTER CYCLE– JAN/FEB
- SPRING CYCLE I – FEB/MAR
- SPRING CYCLE II – APRIL/MAY
- SPRING CYCLE – JUNE



PURPOSE /FACTORS

INDIVIDUAL GROWTH

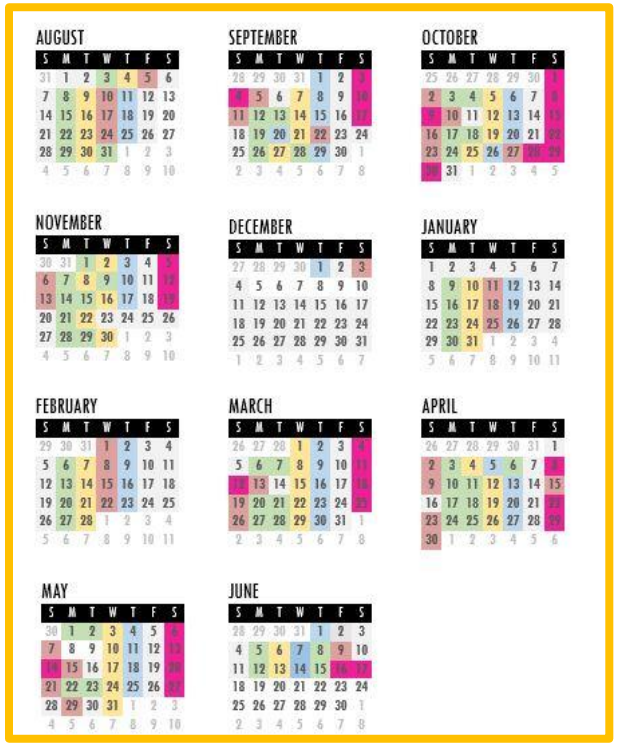
TEAM GROWTH

SOCCER IQ

GRADUAL BUILD UP / LONG TERM FITNESS

FITNESS INCREASES DURING SEASON

DECREASES MUSCULAR INJURIES

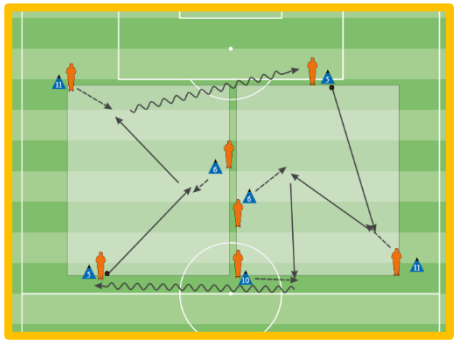


VSA SESSION PLANNING - EXAMPLE

TOPIC: CREATING AND DEVELOPING MIDFIELD OVERLOADS (PRIMARY FOCUS – 6,8,10 SECONDARY FOCUS 7,11) IN A 1-4-3-3

OBJECTIVES: IMPROVE TECHNICAL APPLICATION OF PASS&REC / CUES TO OVERLOAD FOR MID 3&7,11 / DOMINATE 4v3s in MIDDLE THIRDS

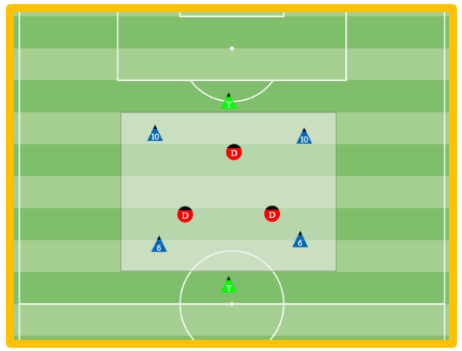
TECHNICAL PHASE



WORK/REST RATIO/DURATION:
3 Min / 2 Min / 15 Mins

COACHING POINTS:
- TECH APPLICATION (PASS/REC)
- FRONT FOOT/BODY POSITION
- PACE OF PASS
- TIMING AND MOVEMENT
- RELATE(MID 3 COMBO)

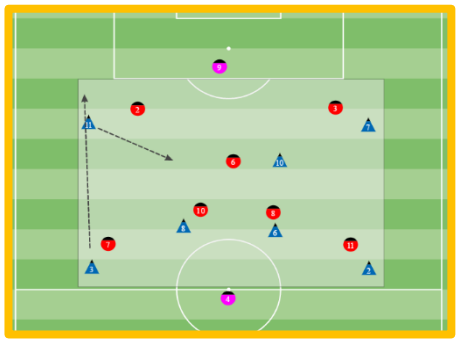
PROGRESSION 1



WORK/REST RATIO/DURATION:
2 Min / 2 Min / 16 Mins

COACHING POINTS:
- HOLDING SHAPE VS ROTATION
- POSSESSION VS FWD PASSES
- SPEED OF PLAY TO BREAK LINES
- DIAGONAL PASS TO BREAK LINES
- RELATE TO 6,8,10, (7,11)

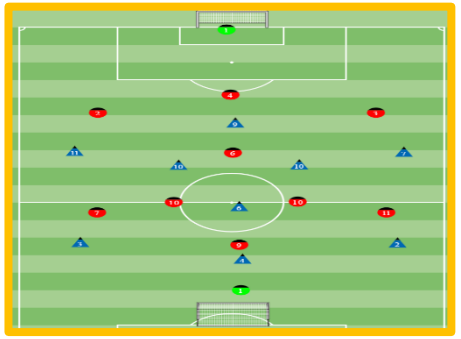
PROGRESSION 2



WORK/REST RATIO/DURATION:
4 Min / 2 Min / 24 Min

COACHING POINTS:
- 7,11 MOVEMENT INSIDE TO CREATE #S UP
- CUES OF WHEN TO OVERLOAD
- SHAPE OF OVERLOAD (BOX VS DIAMOND)
- 2,3 READ CUES TO GET FWD
- USE #s UP TO ADVANCE FORWARD

GAME



WORK/REST RATIO/DURATION:
6 Min / 3 Min / 27 Min

COACHING POINTS:
- ATTACKING SHAPE IN A 1-4-3-3
- CONNECT 3 LINES
- 4.5 – FIND FWD PASSES EARLY
- INTRODUCE FINAL THIRD PHASE (9)

SESSION STRUCTURE

- **TECHNICAL PHASE** – SAQ INCLUDED
- **PROGRESSION 1** – PRESSURE/DIRECTIONAL
- **PROGRESSION 2** – DIRECTIONAL/TO GOAL
- **GAME** – 6v6/8v8/11v11
- **FINISHING** – 5 MINUTE REPETITION

GOALKEEPING PROGRAM

2018-2019

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GOALKEEPING PHILOSOPHY

GOALKEEPING PHILOSOPHY

SHOT-STOPPING

- GAME IQ
- DECISION MAKING
- EXECUTION

POSSESSION

- GAME IQ
- DECISION MAKING
- EXECUTION

CROSSES

- GAME IQ
- DECISION MAKING
- EXECUTION

COMMUNICATION

- GAME IQ
- DECISION MAKING
- EXECUTION

GOALKEEPING PLANNING & CYCLES

JR. ACADEMY GOALKEEPING — U9-U10	
FOUNDATION STAGE	FUN

PRE-ACADEMY GOALKEEPING — U11-U14	
YOUTH DEVELOPMENT STAGE	LEARN TO TRAIN

ACADEMY GOALKEEPING — U15-U19	
COLLEGE/PRO DEVELOPMENT STAGE	LEARN TO WIN

STAGES OF DEVELOPMENT

ANNUAL PLANNING

COMPETITIVE SEASONS (FALL AND SPRING)	• 10-12 WEEK PERIODIZED CYCLE • TRAINING 2X PER WEEK
WINTER PROGRAMMING	• WINTER GK ACADEMY • 6 WEEK PROGRAM — TRAINING 2X PER WEEK
SUMMER PROGRAMMING	• SUMMER GK ACADEMY — 6 WEEK PROGRAM • SUMMER GK CAMP

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COACHING EDUCATION
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COACHING EDUCATION

2 DAY TRAINING COURSE –
FOR ALL NEW STAFF

6 COACHES EDUCATION SESSIONS
THROUGHOUT THE YEAR

VYSA CLINICS

LA LIGA COACHING COURSE

USSF CLINICS

ALL PRACTICE SESSIONS LOGGED BY ALL
STAFF AT ALL LEVELS

IN-HOUSE EVALUATIONS –
ON AND OFF FIELDS

VIDEO FEEDBACK

VSA SESSION PLANNER

WEEKLY FEEDBACK

3x COACHING INSTRUCTORS FOR
VYSA/US SOCCER ON STAFF

CONTACT INFORMATION

2018-2019

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NEED MORE INFORMATION?

CONTACT INFORMATION

IF YOU HAVE ADDITIONAL QUESTIONS PLEASE CONTACT THE FOLLOWING:

BENJY SLATOR	-	U9-U10 BOYS & GIRLS	-	BSLATOR@VSAONLINE.ORG
DALE PARKER	-	U11-U15 BOYS & GIRLS	-	DPARKER@VSAONLINE.ORG
BRONSON GAMBALE	-	U16-U19 BOYS & GIRLS	-	BGAMBALE@VSAONLINE.ORG

WE LOOK FORWARD TO HEARING FROM YOU SOON!

US CLUB STATE CUP U15-U19
7 SEMI FINALIST / 4 FINALISTS
NPL ELITE TEAMS

TOP 3 IN FINAL STANDINGS
01,02,03,05,07 Boys /
02,04,05 Girls

VYSA STATE & DISTRICT ODP
22 STATE PLAYERS
40+ DISTRICT PLAYERS

INTERNATIONAL TRAVEL
2005 GIRLS & 2003 BOYS
SPAIN

300

RECORD NUMBER OF
PLAYERS IN OUR YEAR
ROUND FUTSAL CLUB

ENPL REGIONAL/
NATIONAL QUALIFIER
NPL ELITE 03B, 02B, 01B

RECORD NUMBER (12) OF TEAMS
ACCEPTED TO JEFFERSON CUP

US CLUB PDP STATE
20+ PLAYERS SELECTED

49

TOURNAMENT CHAMPIONS &
FINALISTS / ELITE & SELECT

25 (SELECT & JR ACADEMY)
TEAMS COMPETING IN NCSL

NATIONAL CUP QUALIFIER
NPL ELITE 02G

CASL CHAMPIONS & FINALISTS
06B, 06G, 07B

700

TRAVEL PLAYERS
U9-U19

9

FULL TIME TECHNICAL STAFF

2017/2018 RECAP

A YEAR IN NUMBERS

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