

Interactive Learning

Online Soccer Classroom – CYCLE TWO



#WeAreVSA



VSA

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

VSA's Four Pillars

Develop The Player
Develop The Person
Develop The Club
Develop The Future!



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VSA Player Profile

Who are We!



PASSIONATE

A LOVE FOR LEARNING AND THE GAME



PRO-ACTIVE

TAKES RESPONSIBILITY AND SHOWS INITIATIVE FOR ALL ACTIONS DURING PRACTICE AND GAMES



HARD WORKING

GIVES MAXIMUM EFFORT AND EXECUTES THEIR TASKS FOR FULL LENGTH MINUTES AT TRAINING AND IN GAME



ENGAGED

GIVES MAXIMUM FOCUS AND CONCENTRATION TO EXECUTE THEIR TASK FOR FULL LENGTH MINUTES AT TRAINING AND IN GAME



DOMINATES 1V1

SHOWS ACCOUNTABILITY AND INITIATIVE WITH AND WITHOUT THE BALL



DECISION MAKER

CAN READ AND UNDERSTAND THE GAME WHILE RECOGNIZING THE MOMENT TO EXECUTE DECISIONS



TEAM PLAYER

MAKES DECISIONS THAT HELP THE COLLECTIVE AND UNDERSTANDS THE IMPORTANCE OF WORKING WITH OTHERS



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Interactive Learning

(Online Soccer Guidelines)

Expectations and Guidelines

1- Train each day using Techne App – Between 20-60 minutes per day

Recommended Commitment levels based on team level:

*We would love every player to ALWAYS do more

DA/ECNL	- 60 Minutes – 90 Minutes Per Day
ELITE	- 40 Minutes – 60 Minutes Per Day
PREMIER	- 20 Minutes – 60 Minutes Per Day

2- Pick 1-2 Activities from the [“Virtual Learning Center”](#)

We have options in the Virtual Training Zone and Physical Training Zone
This includes DA and ECNL Daily Challenges

3- Weekly Match Analysis Assignment

4- Facebook Live – technical training session 6PM TUESDAY 6PM THURSDAY

5- 2x Online Classroom sessions per week (20-30 Minute Sessions)

Find your age groups timeslot for online class room sessions

Follow classroom APP registration information on page 5 of this PDF – Download App or Use from your computer

Give yourself 5-10 minute to set up before first class start time

6- Follow VSA Challenges on Social Media

Join in and send your videos to Directors of Coaching to be part of the challenges as they are released on Social Media

You can load your videos directly to the [“Upload your Videos”](#) page so we can share your hard work

Please find information on how you and your family can join in – page 6 and 7



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[“Virtual Learning Center”](#)
Follow Link to Visit Learning Center



Interactive Learning

(Online Soccer Schedule)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Virtual Soccer – Online Technical Training					
AM	Techne Futbol	Techne Futbol	Techne Futbol	Techne Futbol	Techne Futbol
AM	'Learning Center"	'Learning Center"	'Learning Center"	'Learning Center"	'Learning Center"
Interactive Learning– Online Soccer Classroom					
3:00	Match Analysis Assignment set each week from Director of Coaching	U9/U10 Classroom Session Coach Kelsey	U9/U10 Skill Session Coach Benjy	U9/U10 Classroom Session Coach Benjy	U9/U10 Skill Session Coach Benjy
4:00			U11-U14 Classroom Session Coach Tim/Nick F		U11/U12 Technical Session Coach Tim/Nick F
5:00		U15-U19 Classroom Session Coach Bronson/Nick R		U15-U19 Classroom Session Coach Bronson/Nick R	U13/U14 Technical Session Coach Tim/Nick F
6:00			Facebook Live Technical Session (All Age Groups)	Bi Weekly Family Quiz (All Families Welcome)	Facebook Live Technical Session (All Age Groups)



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Interactive Learning

(Online Soccer Classroom)

Topics

		U9/U10	U11/U12	U13/U14	U15/U16	U17/U19
Week 1 5/4/2020	Day 1	Jeopardy – Creating a schedule	Creating Positivity	Creating Positivity	Mindset & Confidence	Mindset & Confidence
	Day 2	Soccer Tactics Quiz	Video Technical Session	Video Technical Session	Q&A Pro/College Guest	Q&A Pro/College Guest
Week 2 5/11/2020	Day 1	Bingo – Eating Healthy	Accountability	Accountability	Handling Pressure	Handling Pressure
	Day 2	Soccer Tactics Quiz	Video Technical Session	Video Technical Session	Q&A Pro/College Guest	Q&A Pro/College Guest
Week 3 5/18/2020	Day 1	Jeopardy - Responsibility	Jeopardy/Soccer Quiz	Jeopardy/Soccer Quiz	Are you doing enough? PDP	Are you doing enough? PDP
	Day 2	Soccer Tactics Quiz	Video Technical Session	Video Technical Session	Q&A Pro/College Guest	Q&A Pro/College Guest
Week 4 5/25/2020	Day 1	Bingo – Growth Mindset	Handling Pressure	Handling Pressure	Giving back to Community	Giving back to Community
	Day 2	Soccer Tactics Quiz	Video Technical Session	Video Technical Session	Q&A Pro/College Guest	Q&A Pro/College Guest
Week 5 6/1/2020	Day 1	Jeopardy - Review	Classroom Review	Classroom Review	Where do we go from here?	Where do we go from here?
	Day 2	Soccer Trivia	Video Technical Session	Video Technical Session	Q&A Pro/College Guest	Q&A Pro/College Guest



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Interactive Learning

(Online Soccer Class Link)

VSA Online Classroom

Please join my meeting from your computer, tablet or smartphone.

<https://www.gotomeet.me/MatthewLacey/vsa-online-classroom>

New to GoToMeeting? Get the app now and be ready when your first meeting starts:

<https://global.gotomeeting.com/install/173620165>



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VSA Fitness Challenge (For Parents and players)

- If you are missing doing your usual laps while the kids train, or your gym has closed down, or your looking to get in shape, this is for you!
- We will be posting a weekly 30-minute workout(Monday's 9am) that you can aim to do every day or just a few times a week.
- A weekly winner will be selected by sending in a highlight clip of the workout(up to 20 seconds) based on the following criteria: Good form, Intensity level, Motivational quote, Bonus points for costume/ choreography.
- To submit your entry, videos need to be uploaded with #vsafitnesschallenge and tag @vsasoccer(Instagram & Facebook) @soccervsa(Twitter).



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VSA Weekly Skills Challenge

- Our weekly skills challenge(released Tuesday's at 9am) will focus on the skills learnt through Techné Futbol, with an added twist to really test our players.
- The main focus' will be juggling, dribbling, first touch, and passing.
- All ages will be able to participate and attempt these challenges.
- A weekly winner will be awarded(Saturdays 2pm) based on the quality of technique and completion of the challenge. (1 winner for U11 and younger, 1 winner for U12 and older).
- To submit your entry, videos need to be uploaded with #vsaskillschallenge and tag @vsasoccer(Instagram & Facebook) @soccerusa(Twitter)

SKILLS CHALLENGE 2



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