Club Development Plan
2020-2021
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

Always Moving Forward
VSA’s Four Pillars

Who are We!

**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!
Player First Club
National Recognition

Being a member of a Players First club signifies that VSA are a part of a club that is providing support in five key areas: Club Development, Coaching Development, Player Development, Parent Engagement & Education and Player Health & Safety. It also means that VSA creates a positive, holistic experience for every child participating in the club.

VSA Meets the Philosophical Commitments of a Players First club:

· **Players First™** represents a club’s commitment to placing the long-term interests of each individual player at the heart of every decision in structuring, operating, and managing a club.
· **Players First™** represents a club’s commitment to providing a holistic approach in player development for all of your players, recognizing that the soccer experience must include lessons and opportunity both on the field and off.
· **Players First™** represents a club’s commitment as professionals in youth development to expect ongoing learning, education and development from all staff members in order to ensure that players have the benefit of best-in-class information and resources in teaching and training young athletes.
· **Players First™** represents a club’s commitment to engage with and educate parents to help them understand and embrace the appropriate expectations and roles for them in their child’s overall soccer and athletic development experience.
Player Development Objectives

Who are We!

**Collective SOCCER Objectives of the player pathway**
- Create a Champions League Player
- Create Professional Players (MLS) and (NWSL)
- Create College Players
- Create High School Players

**Collective LIFE objectives of the player pathway**
- Create good people
- Create people with a deep passion for the game
- Create people who have a love for learning
- Create people who have an ability to work hard in the face of adversity
Club Structure

Who are We!

Board of Directors
- Executive Director

Admin Staff
- Director of Administration and Finance
- Club Administrator
- Director of Operations
- Travel Administrator
- Director of Business Development
- Office Manager
- Director of Recreation
- Assistant Recreation Director
- Adult Admin
- SFL Admin

Technical Staff
- U8-U10 Director of Player Development (B/G)
- U11-U14 Director of Coaching (Boys)
- U11-U14 Director of Coaching (Girls)
- U15-U19 Director of Coaching (Boys)
- U15-U19 Director of Coaching (Girls)
- U11-U19 Director of Player Development
- Coaches (Boys)
- Director of Sports Performance
- Director of Player Education
- Goalkeeping Coaches
- Coaches (Girls)
- Director of Coaching Education

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#WeAreVSA
VSA Admin Staff

Our Family

For Profiles Click - Here

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VSA Coaching Staff

Our Family

Coaching Slate Click - Here
Club Mindset

Who are We!

VSA GROWTH MINDSET

BELIEF IN HARD WORK CREATES TALENT

DOES NOT FEAR FAILURE

POTENTIAL IS UNKNOWN AND A JOURNEY

SEEKS FEEDBACK

SEEKS GROWTH OPPORTUNITIES

DESIRE TO LEARN

EMBRACE CHALLENGES

DOES NOT FEAR FAILURE

AVOIDS GROWTH OPPORTUNITIES

AVOIDS CHALLENGES

AVOIDS FEEDBACK

AVOIDS FAILURE

DESIRED TO LOOK SMART

HAPPY IN COMFORT ZONE

BELIEF THAT TALENT IS INNATE

LIMITED EFFORT TO LEARN

Always Moving Forward

#WeAreVSA
The ‘VSA’ Way
2020-2021
Virginia Development Academy

Who are We!

VDA Mission:
The Virginia Development Academy is a collaboration between 2 Northern Virginia clubs (Prince William Soccer Inc, & Virginia Soccer Association) to provide the highest level of competition for their players in the Elite Clubs National League (Boys) and Elite Clubs National League (Girls).

VDA VISION:
Virginia Development Academy (VDA) will be the destination for all soccer players of Northern and Central Virginia. We will identify and help develop a Champions League Player. The VDA Vision drives the daily culture and environment for both VDA and VSA.

FOR MORE INFORMATION:
www.vdasoccer.org
VSA Player Profile

What we are developing!

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
Playing Philosophy
What we are developing!

Our Fundamental football philosophy is to be PROACTIVE in everything we do. We compete each week with the goal of winning by playing positive football. We want all teams that we play to know we have left everything on the field and competed until the very last kick of the game win, lose or draw.

We believe that playing the VSA way will lead to eventual long-term success versus short term gains chasing results only. It does not matter who we play, WE WILL TRY TO IMPLEMENT THE VSA STYLE OF PLAY.

In attack we aim to dominate using PROGRESSIVE POSSESSION through the thirds using a variety of passing ranges to move the ball forward with numbers to create chances and score goals. When we lose the ball we want IMMEDIATE PRESSURE to win the ball back.

We aim to PRESS HIGH in the opponents half to force a mistake to regain the ball. When we win the ball back our first action is to play the ball forward to COUNTER ATTACK with numbers to create chances and score goals.
Playing Philosophy
What we are developing!

ATTACK
We aim to dominate using progressive possession through the thirds using a variety of passing ranges

ATTACK TO DEFEND
Immediate pressure to win the ball back

DEFENDING
We aim to press high in the opponents half

DEFEND TO ATTACK
First action can we play forward to counter attack
Phases of Development

What we are developing!

- **Discovery Phase**: 6-7 Year old's
- **Foundation Phase**: 8-12 Year old's
- **Development Phase**: 13-15 Year old's
- **Performance Phase**: 16-19 Year old's

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VSA Standards

Who are We!

1) Greet Coach And Each Other
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) Must have clear learning objectives at each 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

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Discovery and Foundation Phase

U8-U12 - Objectives

What we are looking for: 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 we Value: Being a good person. Being a proactive footballer - we control the game decision making is the core quality of being a good footballer

What we teach on the field: Attack / defend / transition to attack / transition to defend we teach the game and these principles in context to the age we are working with
Development Phase
U13-U15 - Objectives

What we are looking for: 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 we Value: Being a good person. Being a proactive footballer - we control the game decision making is the core quality of being a good footballer

What we teach on the field: We teach the game and vsa principles but introduce game tactics to compete by implementing our style on the opponent. Main focus is on performance vs result
Performance Phase

U16-U19 - Objectives

What we are looking for: 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 we Value: 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 we teach on the field: We teach the game and vsa principles but introduce game tactics to win by implementing our style on the opponent. Focus remains on winning the vsa way.
VSA Playing Systems

Preferred - Style over Systems

7v7

9v9

11v11

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# Curriculum

## Example - Attacking Phase

### Introduction

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

### Development

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

### Maintain

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.

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### TABLE

<table>
<thead>
<tr>
<th>Phase</th>
<th>Discovery</th>
<th>Foundation</th>
<th>Development</th>
<th>Performance</th>
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<tr>
<td>MOVE BALL FIND (VERTICAL OR DIAGONAL PASS)</td>
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<td>SWITCHING THE POINT OF ATTACK</td>
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<td>FIND RUNS -- (PRODUCTIVE RUNS IN BEHIND)</td>
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<td>1v1 ATTACKS FRONT POST, THREE ZONES OCCUPIED</td>
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<td>DIAGNOSTIC RUNS FROM WALL PLAYERS</td>
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<td>DEF LINE CONTROL THE COUNTER (5 V SPACE 3v1)</td>
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## Always Moving Forward

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Phases of Play
How we teach the game!

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Periodization
Planning for Success!

Focus
Technical Development
Tactical Development (Principle)
Game Simulation (4v4-9v9)
Game Model (Tactical work)

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## Foundation Phase

### U9-U12 - Planning for Success!

<table>
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<tr>
<th>Pre-Season</th>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
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We Are VSA

Commitment We Are VSA

Character We Are VSA

Community We Are VSA

We Are VSA

Collaboration We Are VSA

#WeAreVSA

Facebook

Instagram

YouTube

Twitter
Performance Phase

U16-U19 - Planning for Success!

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# Foundation Phase

**U9-U12 - Planning for Success!**

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Teaching Philosophy

Who are We!

Our teaching philosophy is focused around creating an environment that develops soccer players and people. We hold players accountable by demanding hard work and ownership in their development as a person and player. By doing this we strive to create a competitive platform where all players take responsibility for their individual growth and the team.

We aim to be a player centered club by focusing on an holistic approach to individual growth. We understand that development is not linear and by understanding each players needs we can have a greater impact on their own unique pathway. In order to implement a player centered approach we must develop a competitive team training culture that delivers reality based training to mirror game specific moments to enhance individual decision making and team cohesion.

We deliver information using age specific learning objectives that use the game as the teacher. We collaborate in the process by asking players questions and encouraging them to be active in the learning process. We believe experiential learning is fundamental in developing autonomous people who experience, self reflect, and ultimately improve.
Teaching Philosophy

Who are We!

PLAYER CENTERED
Holistic

REALITY BASED
Game

EXPERIENTIAL LEARNING
Autonomous

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Training Environment

Bringing Football Model to life!

ACCOUNTABILITY  COMPETITION  COLLABORATION
Staff Education
Teaching the coaches!

Coaches Development
- Monthly Coaching Education Sessions (5 Fall/5 Spring)
- US Soccer Pathway – VSA pays for all coaches to attend USSF Courses
- 3 US Soccer Grassroots Instructors On Staff
- VYSA Clinics
- Guest Speakers and Coaches

Coaches Development
- Weekly CED sessions
- 1 Formal Evaluation Per Season
  - Self Evaluation
  - Collaborative Feedback
- 1 Formal Evaluation of Session Plan planning per season
  - Implementation of VSA Principles / teaching methods
- 1 Game day evaluation
- Weekly Informal Feedback

Better Coaches = Better Players

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Development Philosophy

Who are We!

Our development philosophy is to provide a holistic approach to individual growth to develop the players physical and psychological needs. We believe that there is more to a player’s growth than the hours that they spend training during the week and playing games at the weekend.

Understanding the needs of each players’ physical capabilities specific to their growth allows the club to take a long term approach towards player development. We believe that to further physical development, engagement and support from the parents is key. Parent education seminars supporting club values, nutrition recommendations and recovery are integral parts of the club.

We believe that we have a duty to make all players feel valued. We provide all players with Individual Development Plans, College Preparation, Physical Training, and Video Analysis as they progress through the club.
Performance Program
Objectives and Components of Program

COMPONENTS OF PROGRAM

AVAILABILITY
PREVENTION
EFFICIENCY

TESTING
ACTIVATION
SPARQE
CONDITIONING

Lead by Benjy Slator

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WeAreVSA
Each VSA Player will receive a 1 year subscription to Techne Futbol App. This will encourage much needed technical training at home for our players.

To learn more about Techne Futbol – Click Here
VSA will be working with VEO technology to continue to add to the clubs match filming efforts in our college recruiting age groups.

For more information on Veo – Click Here
College Program

Who are We!

VSA employs a College Director to support all players in the college recruitment process.

Our College Director and Head Coaches provide 1 on 1 support for players during the college process.

We hold 2 meetings per year on the college recruitment process.

We attend College Showcase events to create additional opportunities.

Lead by Bronson Gambale

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College Program

Who are We!

Streamline And Standardize Our Approach
- Email Template
- Personal Player Resume
- Team Resume (Digital And Hardcopy For Showcases)
- Personal Follow Up With Director
- Database Established For Player Communications
- College Education To Replace Player Education 1/Month
- Scholarship Links On Website
- Divisions, Scholarships, And FAQs

Presentation Available Online

Match Analysis And Film
- Introduction Of Meeting Space
- Will Mean Onsite Match Analysis
- Games Will Be Filmed
- Opportunities For Games To Be Filmed And Broken Down By Coaches
- Players Will Be Able To Download Games For College Video

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College Successes
2020

59 Players Placed within VDA Model
Contact Information

Jr Academy Director (U8-U10) - Benjy Slator - bslator@vsaonline.org
Director of Coaching U11-U14 Girls - Tim Krout - tkrout@vsaonline.org
Director of Coaching U11-U14 Boys - Nick Foglesong - nfoglesong@vsaonline.org
Director of Coaching U15-U19 Girls - Bronson Gambale - bgambale@vsaonline.org
Director of Coaching U15-U19 Boys - Nick Rich - nrich@vsaonline.org

Register for Tryouts - Here