



ALWAYS MOVING FORWARD

2023-2024

www.vsaonline.org

Decorative wavy lines in red and blue colors sweep across the bottom of the page, starting from the left and right edges and curving towards the center.



We are VSA!

2023-2024

www.vsaonline.org



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!

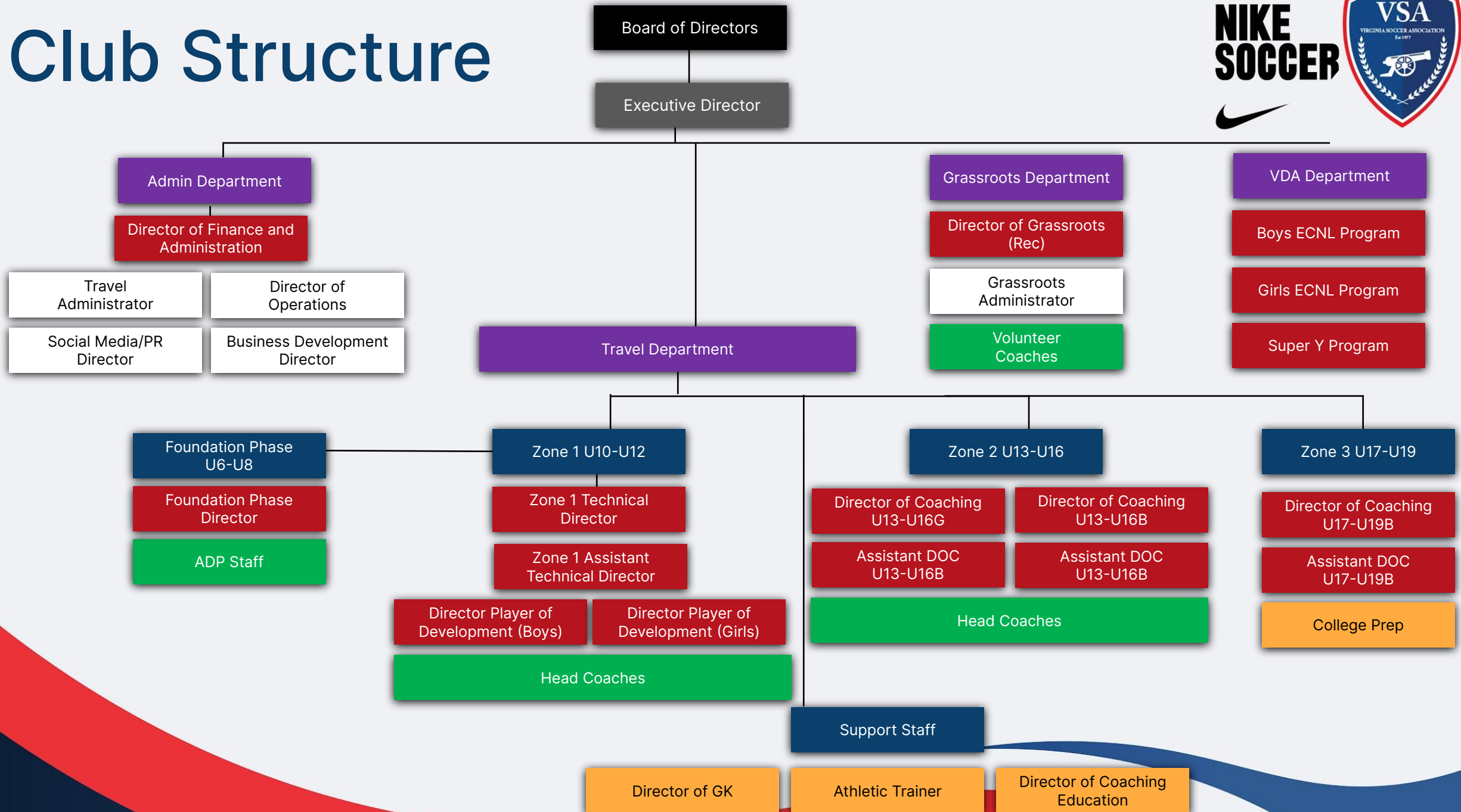


Club Foundations



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

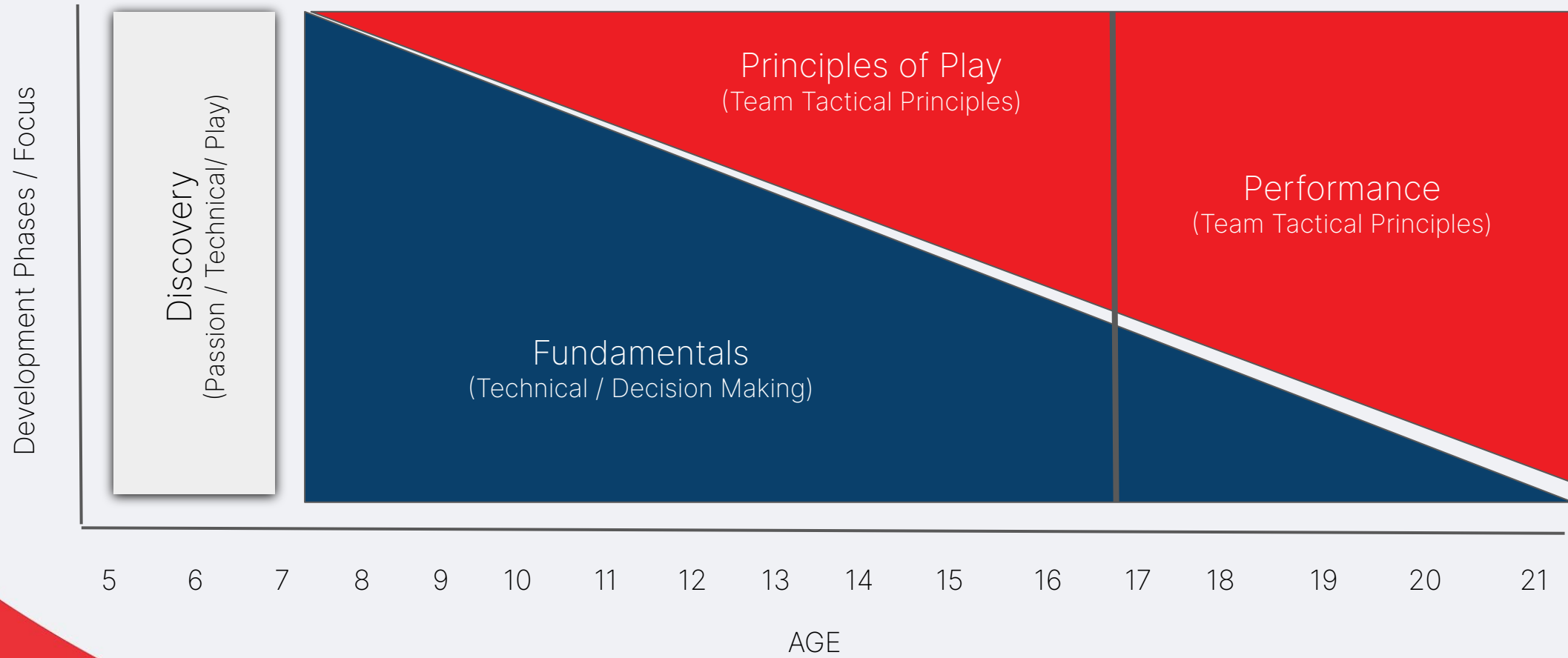


Phases of Development

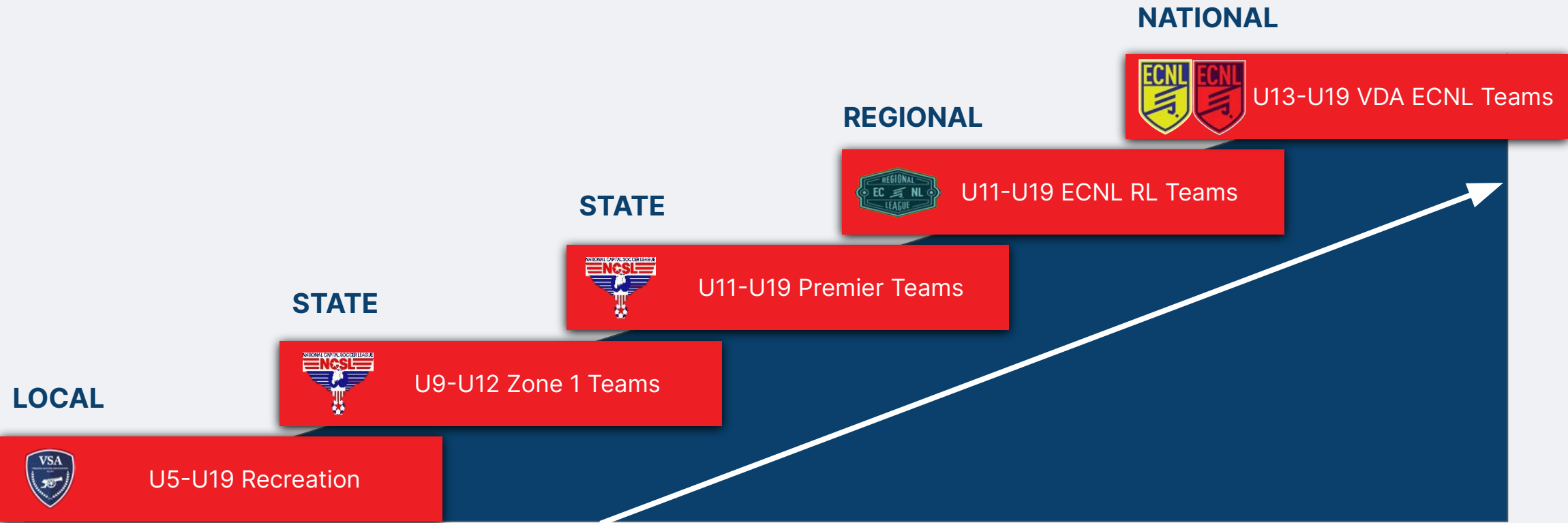


Phase	Age	Focus	
Introduction Phase	4-6 years of age	PLAY	
Discovery Phase	6-8 years of age	INDIVIDUAL DEVELOPMENT / PASSION / BALL MASTERY / PLAY	
Foundation Phase	8-12 years of age	INDIVIDUAL DEVELOPMENT / DECISION MAKING / TECHNICAL / PLAY	
Development Phase	13-16 years of age	INDIVIDUAL DEVELOPMENT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

Developmental Focus



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



Kyla Kaczmaczyk
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)



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.

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.



VSA Player Pathway Success 2022-23



VDA Development Players

27 VSA Boys - VDA Development Players

18 VSA Girls - VDA Development Players

2011 VSA Boys - 11-12 Players selected to VDA 2023-24 Team

2011 VSA Girls - 4-5 Players selected to VDA 2023-24 Team

*Selection process still ongoing

College

5 Players committed to colleges for 2023-24

4 Players selected to ECNL RL Selection Game

1 Coach selected to ECNL RL Selection Game

Teams

U14 Girls - US Club National Champions (2021-22)

U15 Girls - US Club National Runner Ups (2021-22)

U15 Girls State Cup Champions / U16 Girls ECNL RL Champions

U15 Boys State Cup Finalists / U15 Girls ECNL RL Finalists

U17 Boys ECNL RL Finalists

U12, U14, U17 Boys ECNL RL Fall League 1st Place Finish

U11, U13, U15, U16 Girls ECNL RL Fall League 1st Place Finish



VDA Player Pathway Success 2022-23



International

- 10+ Boys and Girls Internationals (CONCACAF)
- 2 USYNT International Caps
- 11 US Soccer Training Center Invites (Girls)
- 7 US Soccer Training Center Invites (Boys)

Professional

- 1 NWSL Pre-Season Invitee
- 1 USL Pro Contract / 2 Europe Pro Contract
- 14 DC United Academy P2P Invites
- 4 DC United Academy - VDA Graduates

College

- 2021 - 22
- 2022 - 28
- 2023 - 35
- (ACC, PAC, Big 12, Big 10, SEC)



Resources - Player Development

**NIKE
SOCCER**



veo



VSA has uses the VEO Camera. We will use this primarily for our college preparation age groups but will also 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



Starting 2023-24 each U11-U16 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.

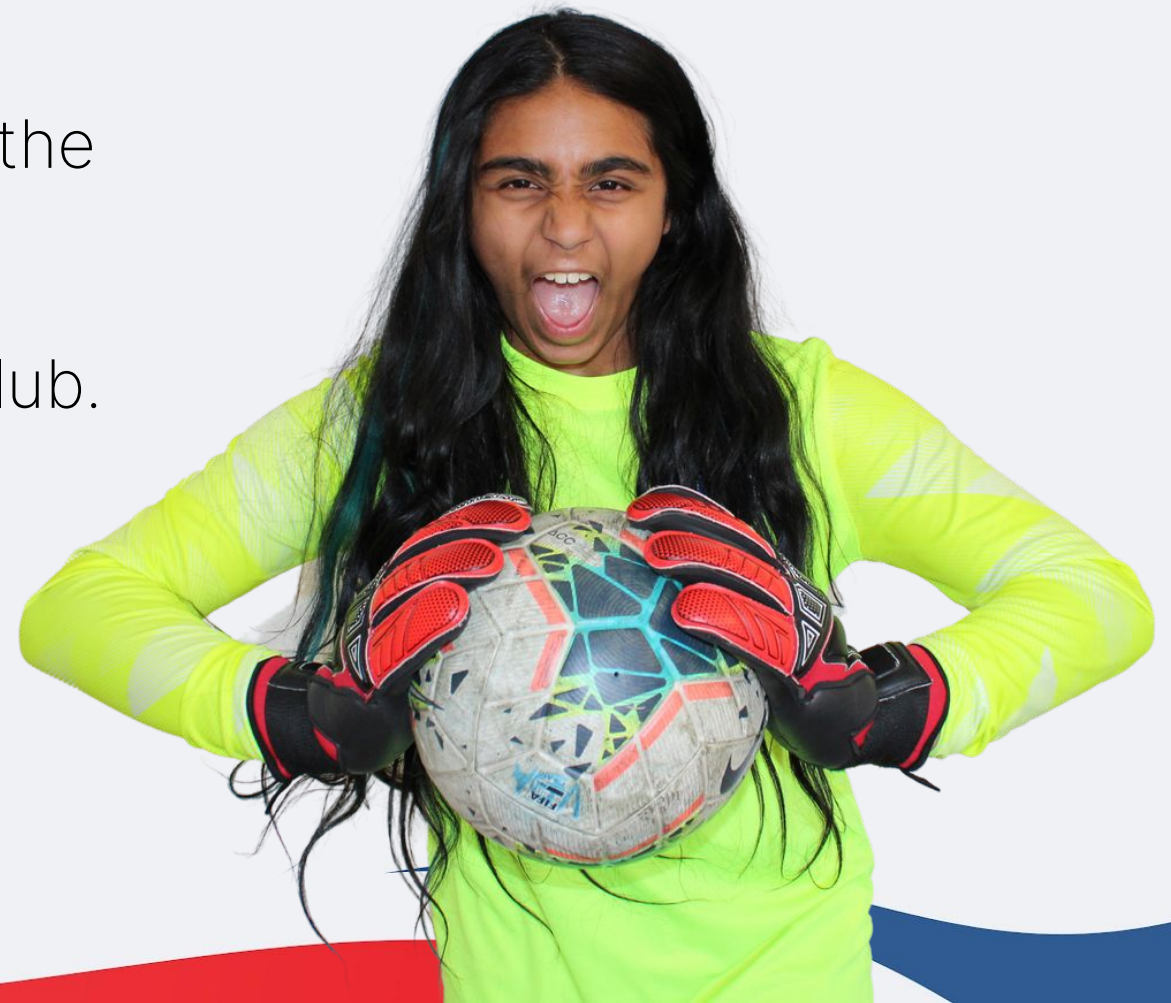


We are in the pilot phase of our new podcast partnered with TeamTaca, this is part of our commitment to build our communication with parents & players. It is designed with youth development, where you get great insight and advice on soccer youth development from great soccer minds around the world.

Resources - Player Development

New and Improved GK Academy

VSA is excited to announce the introduction of the GK Academy for 2023-24. The club will be announcing the introduction of two full-time staff GK Directors that will introduce more GK training for players of all levels at the club.



Resources - Player Development

Club Concept Night U11-U19s



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 VSA 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)



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



How we **PLAY** and **TRAIN**

2023-2024

www.vsaonline.org



Club DNA



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

Player DNA



Passionate - Hardworking - Committed - Dedicated

Playing DNA



Pressing - Transition - Possession

Activity DNA



Dominant 1v1 - Possession/Pressing - Transition to Attack

Training DNA



Competitive – Intensity – Repetition

Objectives - Zone 1 (U9-U12)



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 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)

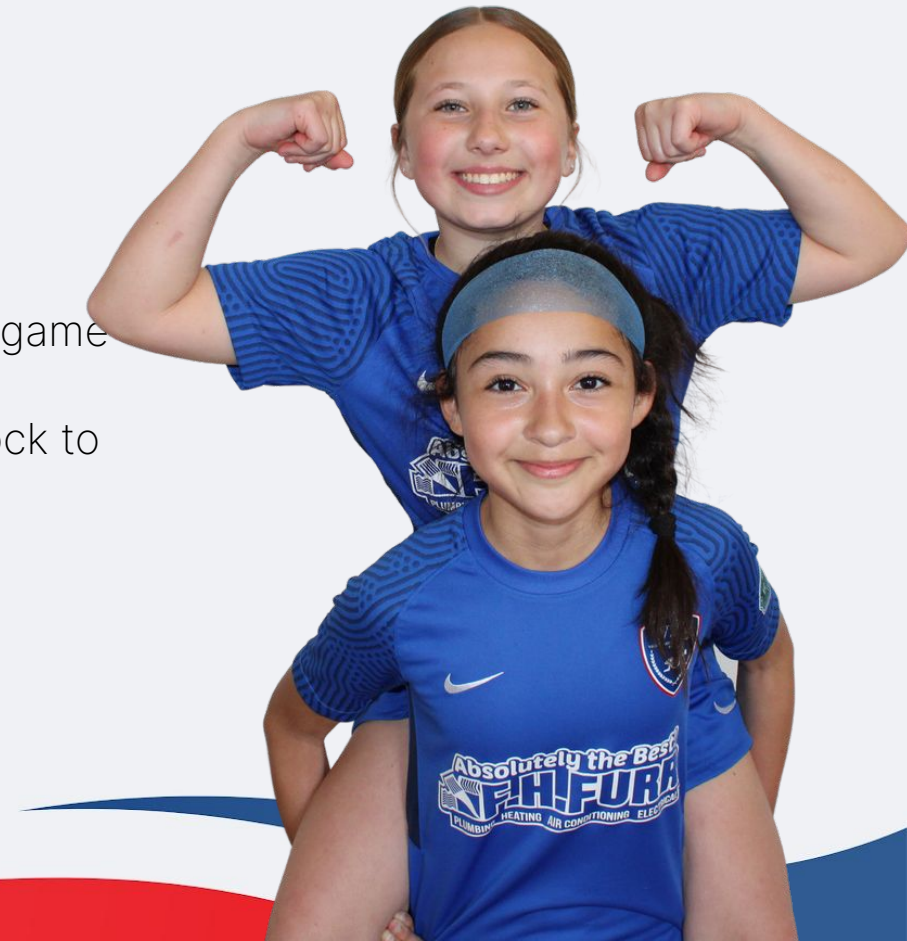
Possession / Pressing Actions (Small Group-Team)

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
- Psychical 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)

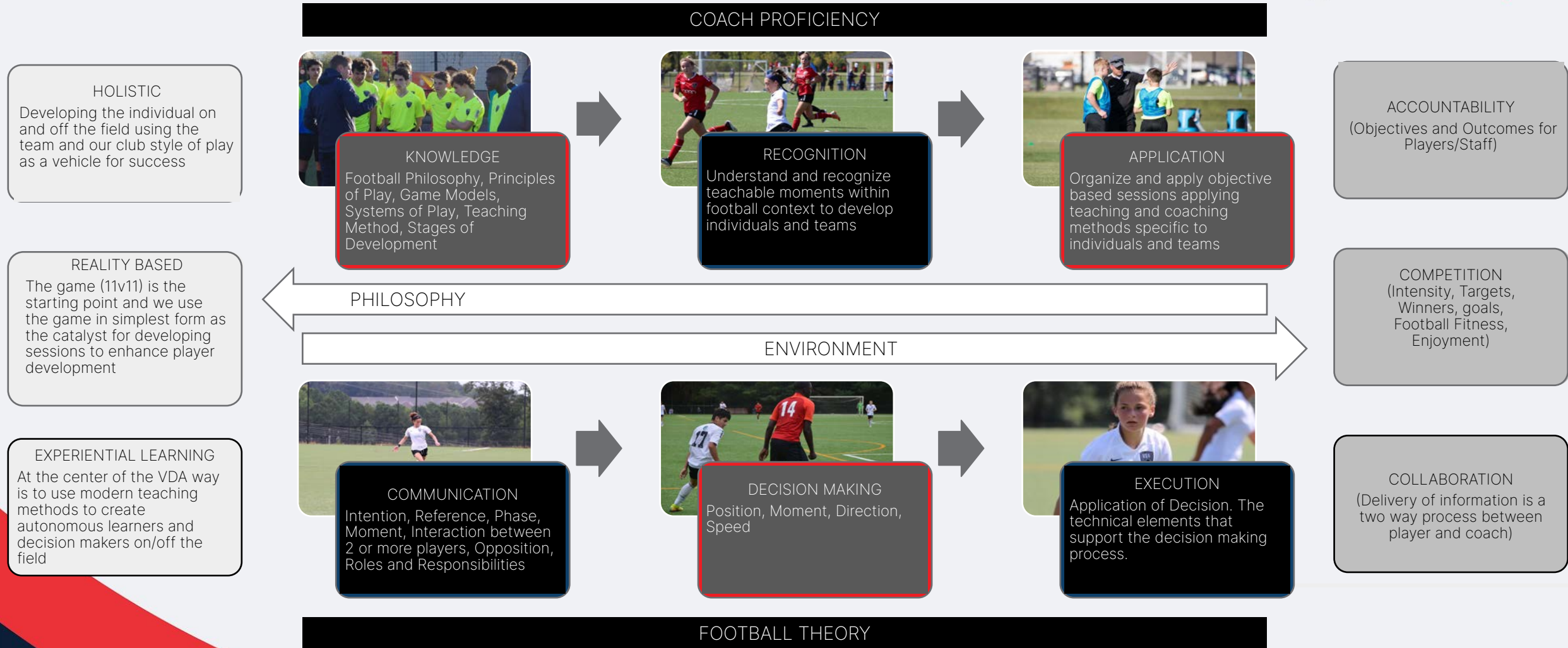
Set Pieces (Dominate all dead ball moments)

How:

- High intensity training with accountability and correction
- Encourage bravery on the ball and competition in all areas of training and game
- Psychical 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



Coaching Methodology (VSA/VDA)





Club Contacts

2023-2024

www.vsaonline.org



Club Contacts



Jov Hall: U9 - 2015 year of birth | jhall@vsaonline.org

Nick Foglesong: U10 - U12 boys & girls - 2014, 2013, 2012 year of birth | nfoglesong@vsaonline.org

Tim Krout: U13 - U16 girls - 2011, 2010, 2009, 2008 year of birth | tkrout@vsaonline.org

Steve Hoover: U13 - U16 boys - 2011, 2010, 2009, 2008 year of birth | shoover@vsaonline.org

Benjy Slator: U17 - U19 boys & girls - 2007, 2006, 2005 year of birth | bslator@vsaonline.org

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