



ALWAYS MOVING FORWARD

2023-2024

www.vsaonline.org

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U13-U16 Zone 2

2023-2024

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

2023-2024

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Club DNA



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

Playing DNA



Pressing – Transition – Possession

Player DNA



Passionate - Hardworking - Committed - Dedicated

Activity DNA



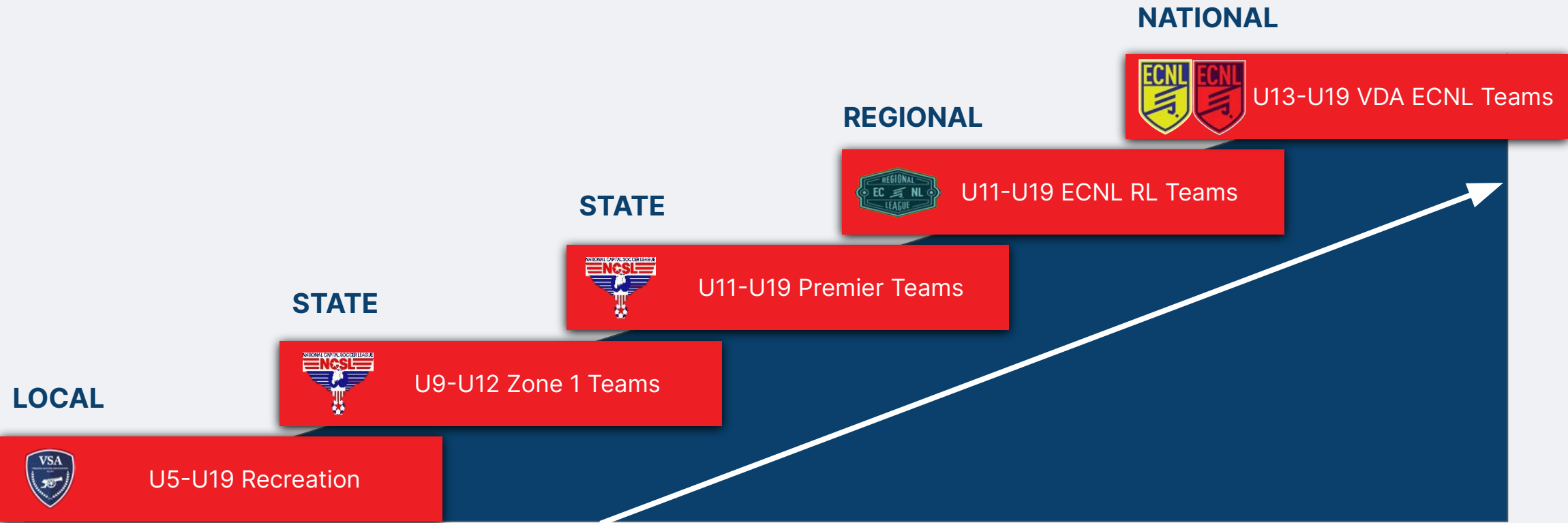
Dominate 1v1 – Possession/Pressing – Transition to Attack

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



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.

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	

Zone 2 **CORE** Objectives



PRINCIPLES AND STYLE

Implement VSA Playing philosophy and style of play

COMPETE

Provide players with a competitive environment

MINDSET

Develop a VSA Growth Mindset

INDIVIDUAL

Develop the Individual within the Team

CLUB CONCEPT

Implement club principles of play through club concept night



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)

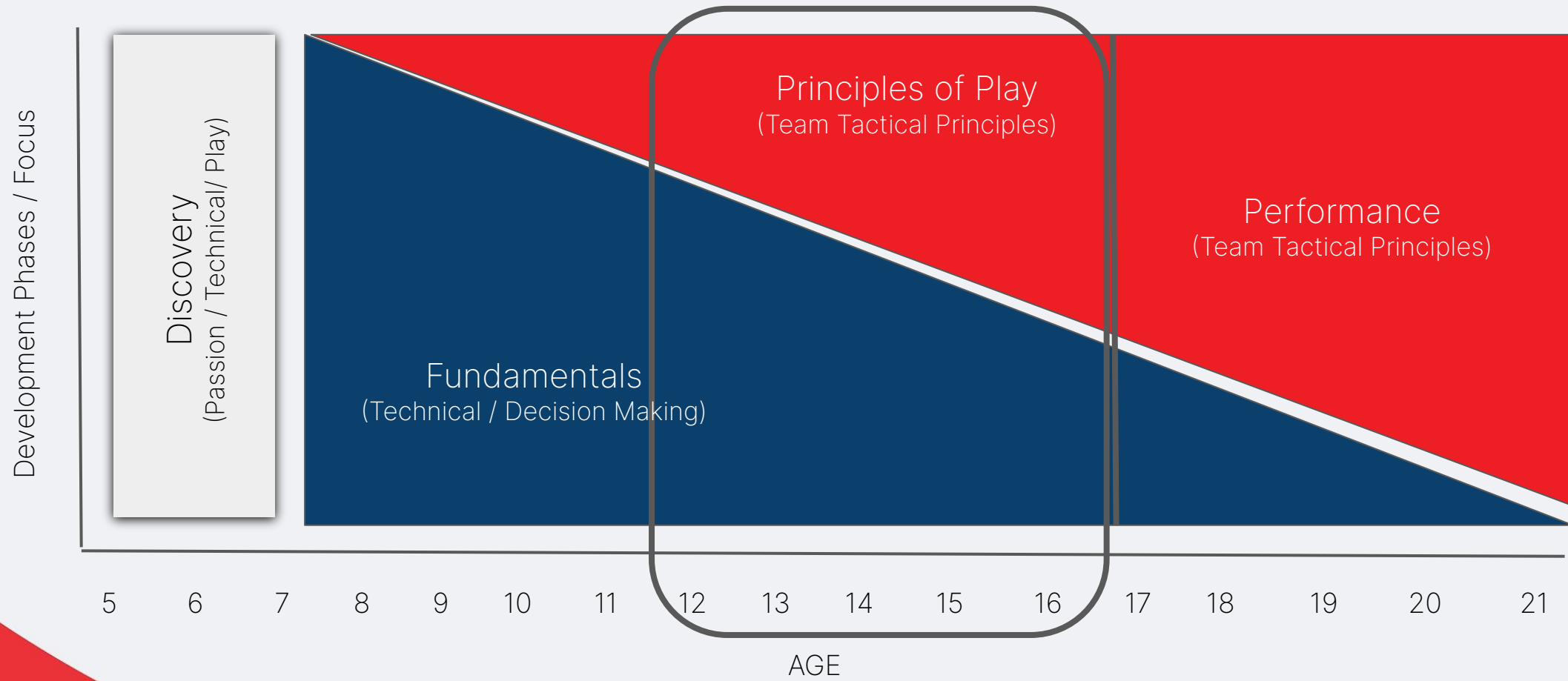
Team Tactics (Attacking and Defending Structures to encourage style of play)

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



Developmental Focus

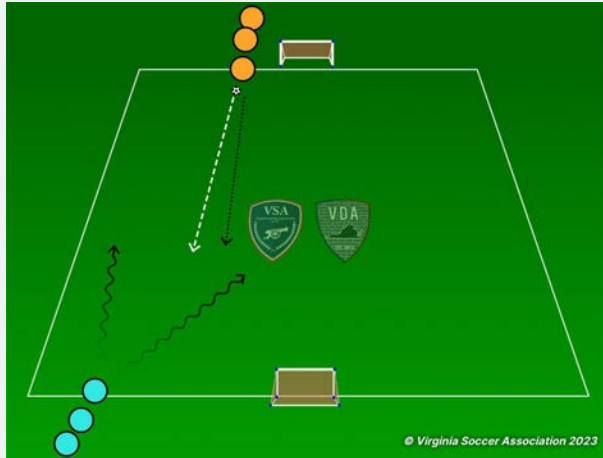


Zone 2 – Session Structure (Individual)



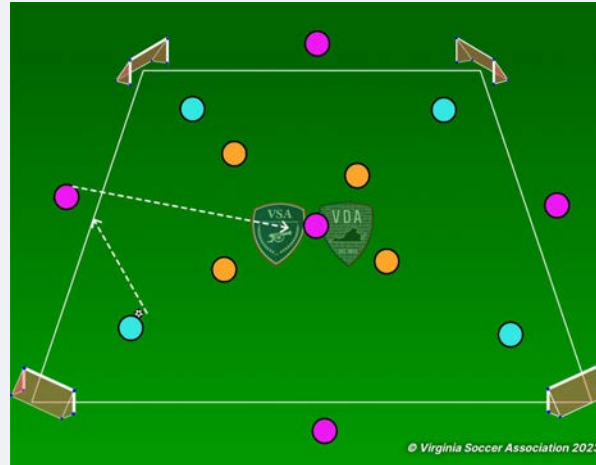
Objective: Teach Principles of Play, **Decision Making**, and **Technical Application** in high intensity/high repetition small sided activities

Dominate 1v1



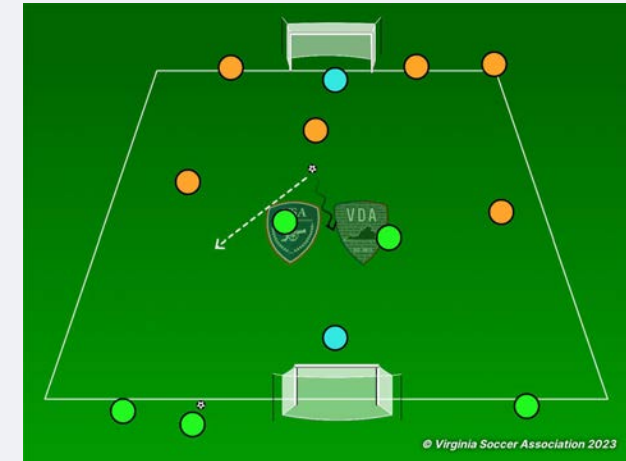
1v1, 2v1, 2v2, 3v2, 3v3
Directional to Goal /
Isolated to activate execution actions

Possession/Pressing



Rondo, Neutrals, Boxes, Rectangles
Directional and Non Directional
To Goal or to Gates

Transition to Attack/Defend



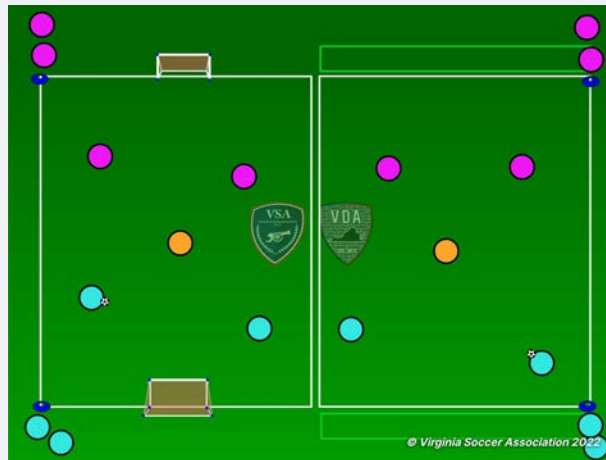
Transitional Activities
Directional to Goal

Zone 2 – Session Structure (Team)



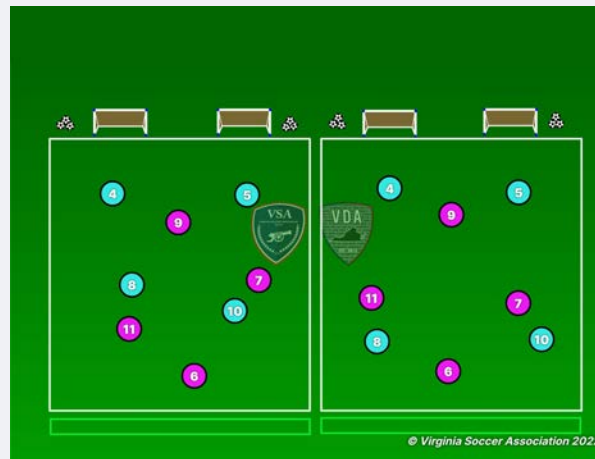
Objective: Teach **Principles of Play**, Decision Making, and Technical Application in high intensity/high repetition small sided activities

Stage 1



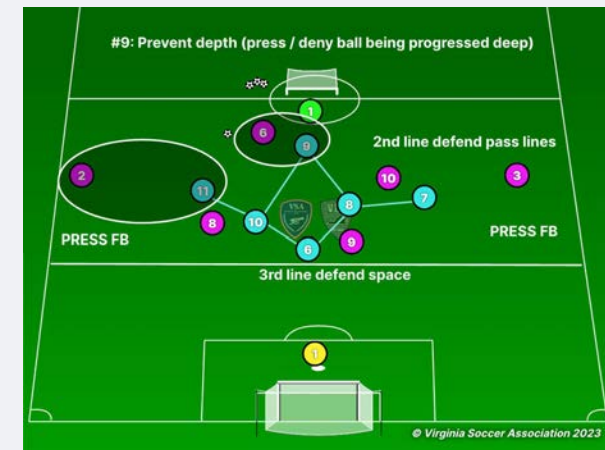
Introduction Activity

Stage 2



Small Sided 1

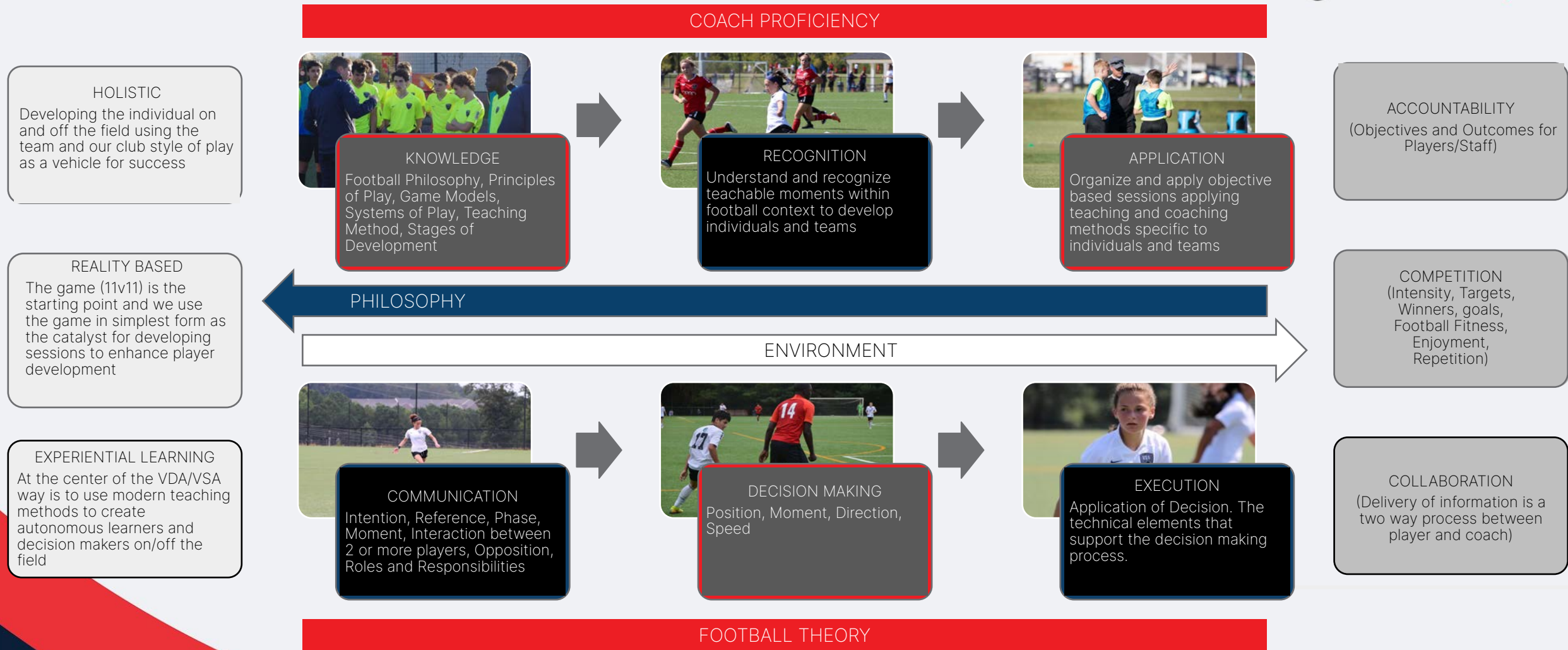
Stage 3



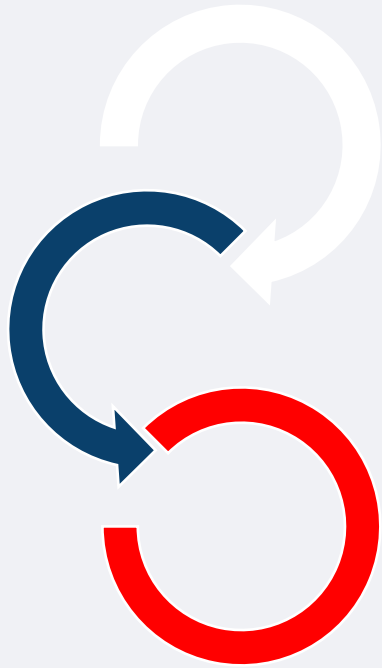
Small Sided 2

Stage 4 - GAME

Coaching Methodology (VSA/VDA)



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

Individual Development Plans



VDA		VDA	
Team	VDA West U12		
Year of Birth	2011		
Primary Position	CM		
Secondary Position	CDM		
Dominate Foot	Right		
Years with VSA	1		
Individual Actions			
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
Technical Skills			
First Touch	Passing	Sprint Defending	Emergency Defending
Finishing	Dribbling	Recovery	Delay
Turning	Range of Passing	Heading	Tackling
Weak Foot	Receiving	Body Shape	Interception
Physical			
Size	Coordination	Balance	Power
	Speed	Endurance	Strength
			Agility
Mental			
Attitude	Attendance	Learning	Body Language
Effort	Work Ethic	Focus	Good Teammate
Group Standing			
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

**NIKE
SOCCER**



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



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.

There will be a Zone 2 and 3 Director.





Team Formation / Program

2023-2024

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Levels of Play - U13-U16



Program	League	Events	Training	Third Session	Time Frame	Coaching	Additional
U13-U16 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-U16 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
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 - Weekly Cycle



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

Club Concept Night U13-U16

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 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)



Periodization (Macro)



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

U13-U16 Zone 2 Contact - Boys/Girls



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

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