VSA ACADEMY U15-U19
TRAVEL TRYOUT BROCHURE

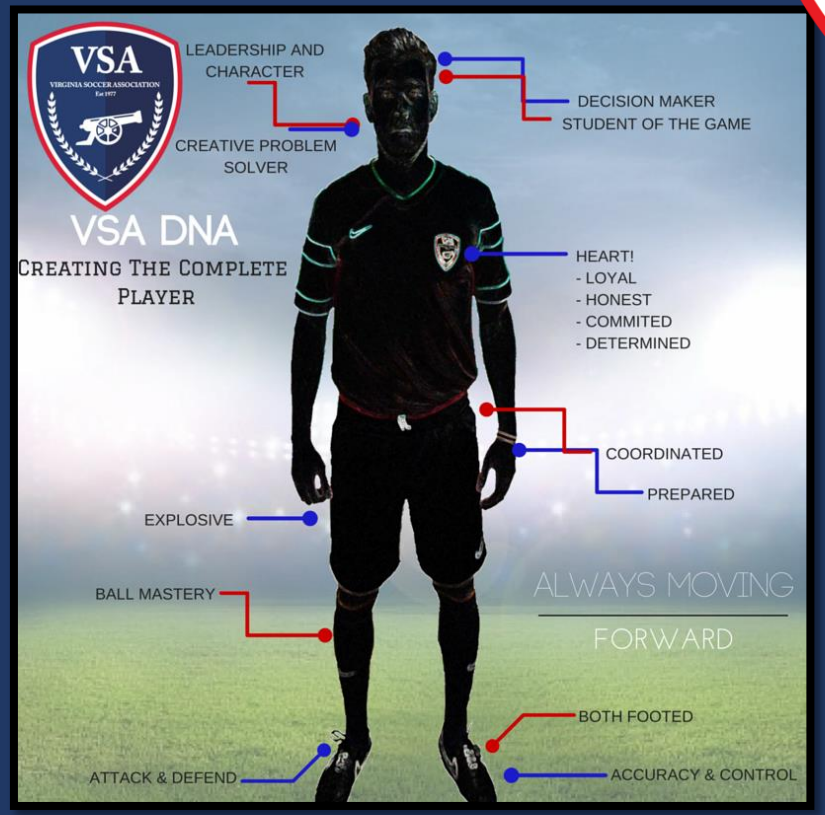
VSA – WHO ARE WE

CULTURE OF LEARNING

CULTURE OF EXCELLENCE

CULTURE OF TOGETHERNESS

CULTURE OF A BELIEF IN YOUNG PEOPLE



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VSA – WHO ARE WE

BOYS STAFF

02B NPL ACADEMY (U15)	SHAY BELL	USSF A, USSF NATIONAL YOUTH LICENSE, NSCAA PREMIER, VYSA ODP STATE AND DISTRICT COACH, VSA ASSISTANT ACADEMY DIRECTOR
02B VSA SELECT NCSL	TBC	
01B NPL ACADEMY (U16)	GRAHAM MACLEAN	USSF A, USSF NATIONAL YOUTH LICENSE, NSCAA PREMIER, VYSA ODP STATE AND DISTRICT COACH, USSF GK LICENSE, NSCAA DIRECTOR OF COACHING, VSA ACADEMY DIRECTOR
01B VSA SELECT NCSL	SHAKA BANGURA	USSF E, PROFESSIONAL PLAYER NASL/USL, USSF DIVISION 2 PRO LEAGUE CHAMPION, FORMER COLLEGE PLAYER
00B NPL ACADEMY (U17)	GRAHAM MACLEAN	USSF A, USSF NATIONAL YOUTH LICENSE, NSCAA PREMIER, VYSA ODP STATE AND DISTRICT COACH, USSF GK LICENSE, NSCAA DIRECTOR OF COACHING, VSA ACADEMY DIRECTOR
99/98B NPL ACADEMY (U19 A)	BRONSON GAMBALE	USSF C, FORMER COLLEGE PLAYER, FORMER COLLEGE COACH, FORMER HIGH SCHOOL COACH, VSA DIRECTOR OF PLAYER EDUCATION
99/98B NPL ACADEMY (U19 B)	DUSTIN BUTCHER	USSF C INSTRUCTIONAL, USSF NATIONAL YOUTH LICENSE, NCSAA GK LEVEL 3, FORMER D1 COLLEGE PLAYER, FORMER PROFESSIONAL, VSA ASSISTANT PRE ACADEMY DIRECTOR

VSA – WHO ARE WE

GIRLS STAFF

02G NPL ACADEMY (U15)	DAVE EDWARDS	NSCAA PREMIER, NSCAA COACHING EDUCATION STAFF, FORMER COLLEGE COACH, HND IN SPORTS SCIENCE AND SPORTS INJURY, MASTERS DIPLOMA IN SPORTS THERAPY
02G VSA SELECT WAGS	BRONSON GAMBALE	USSF C, FORMER COLLEGE PLAYER, FORMER COLLEGE COACH, FORMER HIGH SCHOOL COACH, VSA DIRECTOR OF PLAYER EDUCATION
01G NPL ACADEMY (U16)	SHAY BELL	USSF A, USSF NATIONAL YOUTH LICENSE, NSCAA PREMIER, VYSA ODP STATE AND DISTRICT COACH, FORMER COLLEGE PLAYER, NSCAA REGIONAL GK, VSA ASSISTANT ACADEMY DIRECTOR
01G VSA SELECT WAGS	ALEX HERRERA	USSF NATIONAL YOUTH LICENSE, FORMER D1 COLLEGE PLAYER, FORMER YOUTH USMNT, VSA ASSISTANT JR ACADEMY
00G NPL ACADEMY (U17)	DAVE EDWARDS	NSCAA PREMIER, NSCAA COACHING EDUCATION STAFF, FORMER COLLEGE COACH, HND IN SPORTS SCIENCE AND SPORTS INJURY, MASTERS DIPLOMA IN SPORTS THERAPY
99/98G NPL ACADEMY (U19)	KEVIN HILTON	USSF D LICENSE, BATTLEFIELD HIGH SCHOOL GIRLS HEAD COACH, 6A STATE CHAMPIONS 2x, DISTRICT CHAMPION x5, TOP 10 NATIONAL HS RANKINGS x2, VA AAA HS COACH OF THE YEAR

VSA ACADEMY MODEL

WHAT IS AN ACADEMY MODEL?

"A PLACE OF STUDY OR TRAINING IN A SPECIAL FIELD"

"A CLUB DEDICATED TO LEARNING AND A DEFINED PROCESS OF DEVELOPMENT"

"A CULTURE AND ENVIRONMENT THAT SPECIALIZES IN EXCELLENCE"

"A PROVEN SOCCER MODEL ACROSS TOP CLUBS IN EUROPE"

WHY

INCREASED BALL CONTACT TIME

INCREASED OVERSIGHT

INCREASED FOCUS ON AREAS OF DISCIPLINE

INCREASED COMMUNICATION LINES

INCREASED FOCUS ON PLAYER AND COACH DEVELOPMENT

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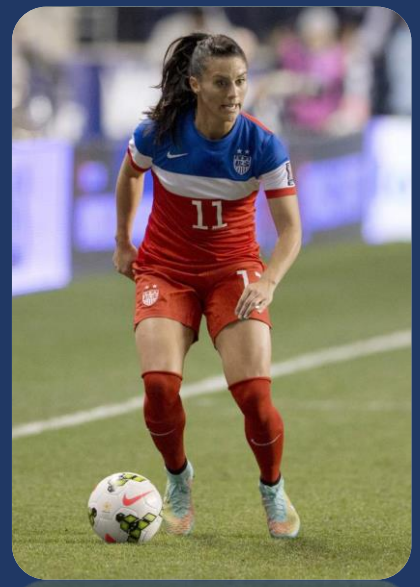
OUR AIMS

OUTSET

- CREATE A CHAMPIONS LEAGUE PLAYER
- CREATE PROFESSIONAL PLAYERS
- CREATE COLLEGE PLAYERS
- CREATE HIGH SCHOOL PLAYERS

INTRINSIC FACTORS

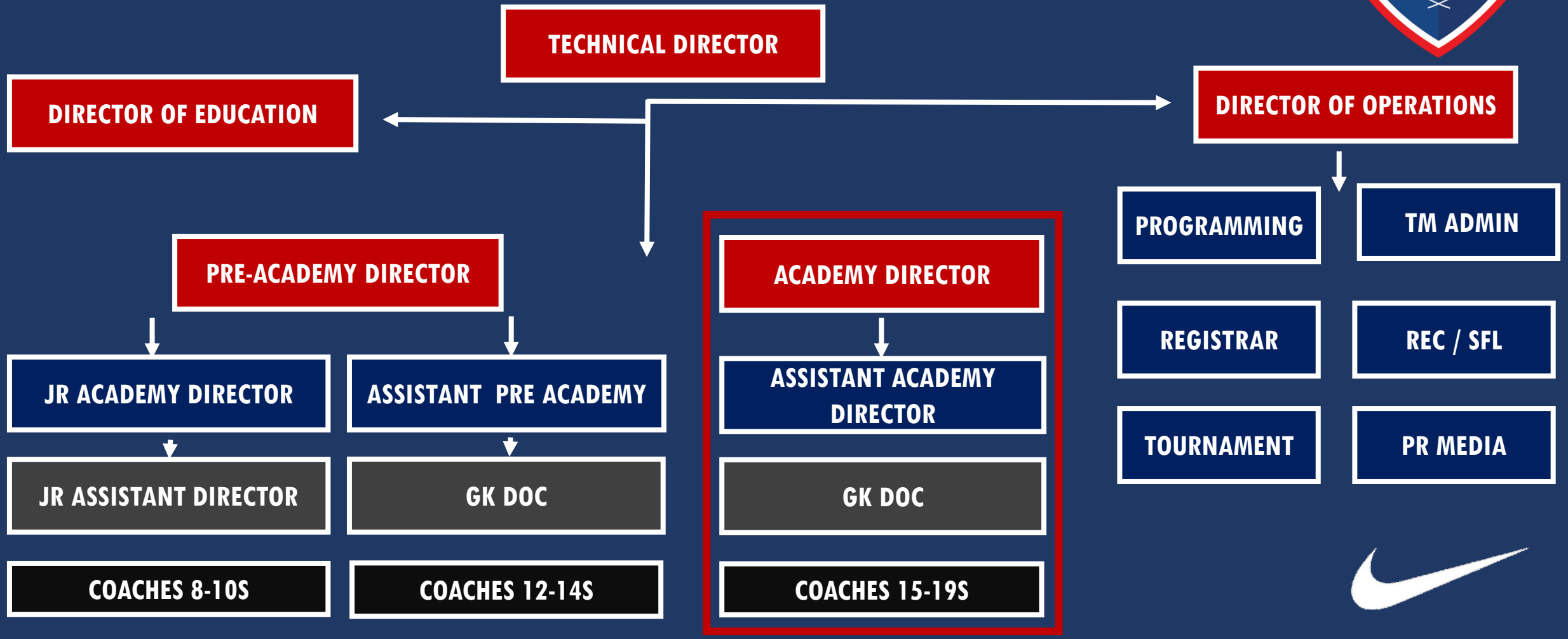
- CREATE PLAYERS WITH A DEEP PASSION FOR THE GAME
- CREATE PLAYERS WHO HAVE A LOVE FOR LEARNING
- CREATE PLAYERS WHO HAVE AN ABILITY TO WORK HARD IN THE FACE OF ADVERSITY



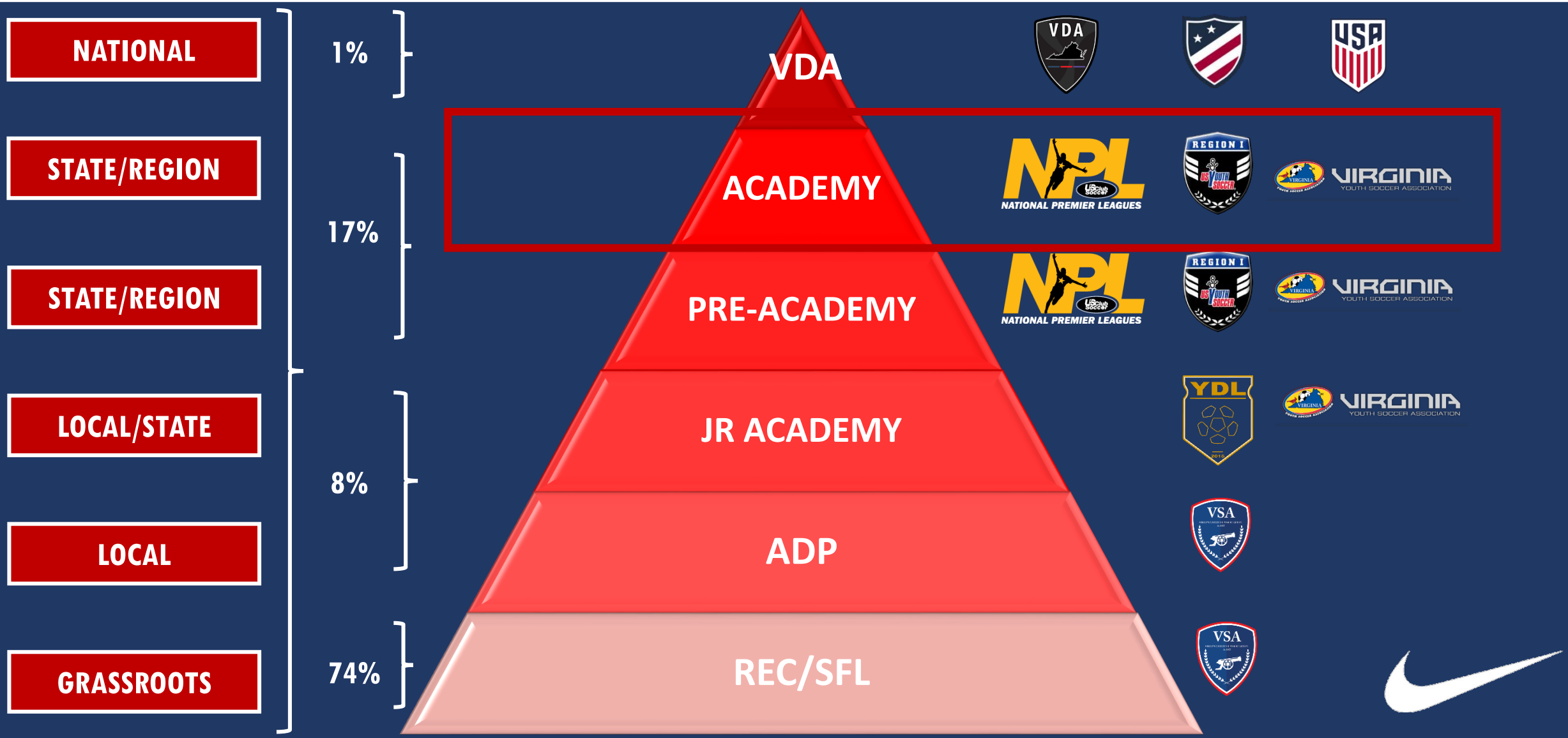


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VSA ACADEMY STRUCTURE



PLAYER DEVELOPMENT PATHWAY



ACADEMY TEAM CLASSIFICATION

US DEVELOPMENT ACADEMY – VDA ACADEMY TEAMS

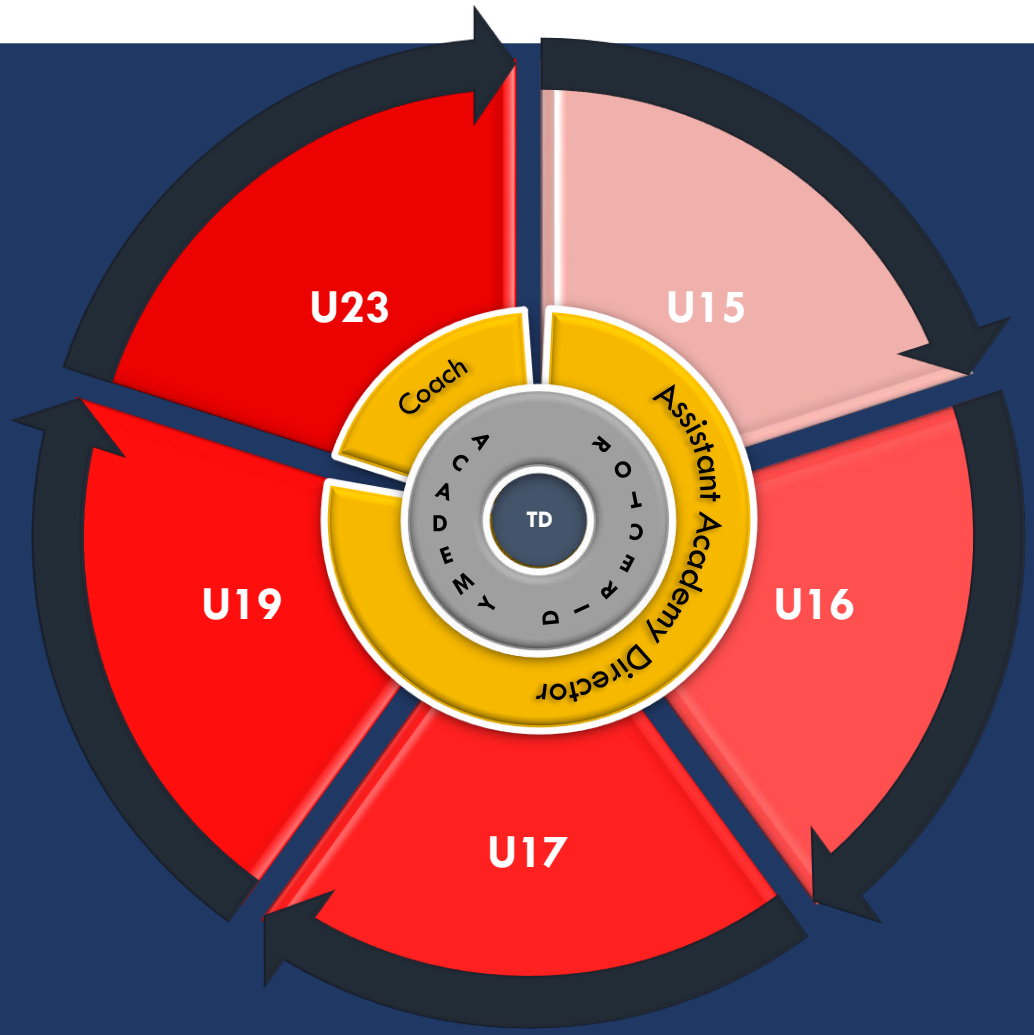
NATIONAL PREMIER LEAGUE – VSA ACADEMY TEAMS

NCSL/WAGS – VSA SELECT TEAMS

YOUTH DEVELOPMENT LEAGUE – VSA JR ACADEMY TEAMS

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ZONE 2 STRUCTURE – U15-U19



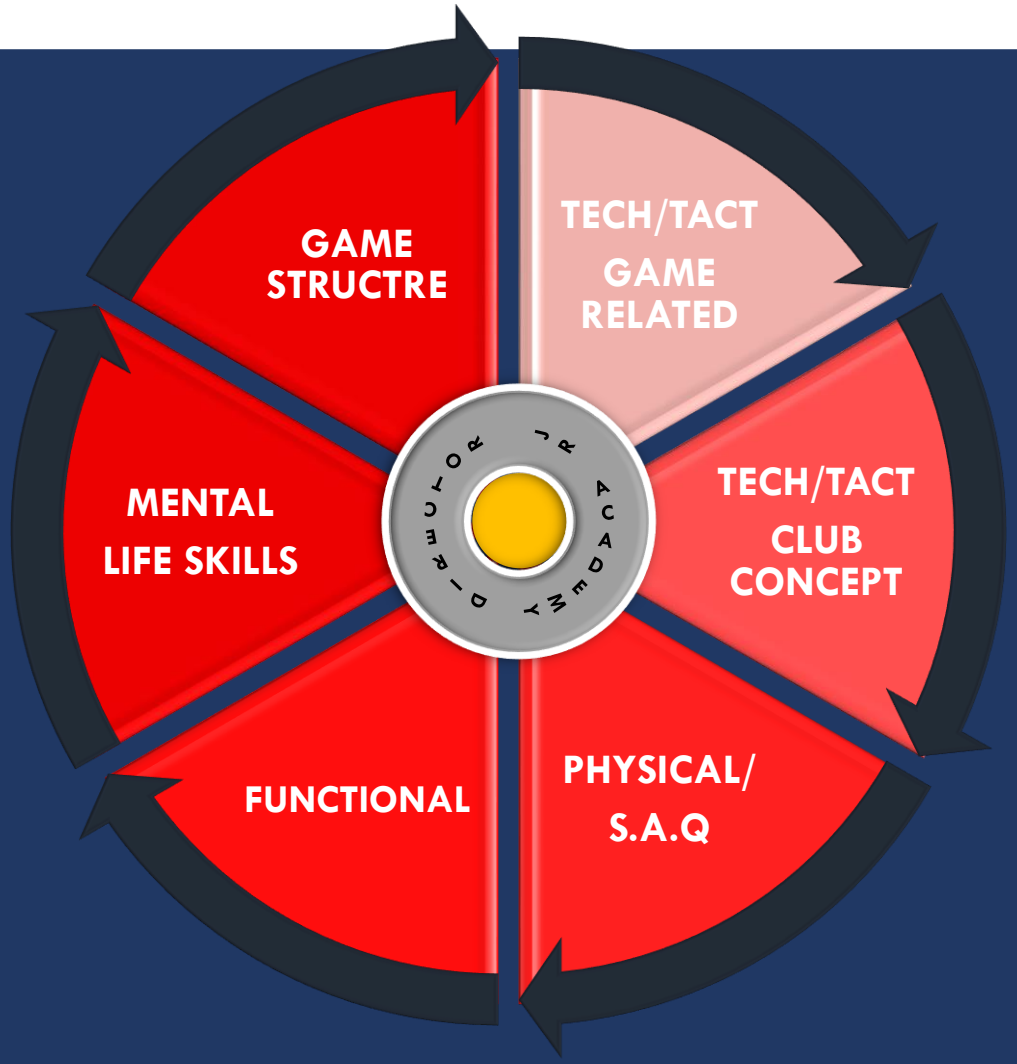
ACADEMY
PRACTICE TIME: 156 HOURS
GAME TIME: 56 HOURS

ACADEMY DIRECTOR
GRAHAM MACLEAN

ASSISTANT PRE-ACADEMY DIRECTOR
SHAY BELL

PERIODIZATION – ACADEMY

ACADEMY TEAM NAME CLASSIFICATION – VSA NPL ACADEMY AND VSA SELECT



PRACTICE STRUCTURE

3 NIGHTS PRACTICE PER WEEK

- 3 MANDATORY

2 NIGHTS OF WINTER PRACTICE – JAN-FEB

2 PRE SEASON MINI CAMPS – AUG (4 Days) / FEB (4 Days)

GK TRAINING

LIFE SKILLS SESSION

- 1X LIFESKILLS SESSION PER MONTH

GAME STRUCTURE

1 LEAGUE GAME PER WEEK

- SEASON TOTAL 12-18

STATE CUP U15-U19 – NPL ACADEMY TEAMS

5 TOURNAMENTS FOR ACADEMY / 4 FOR SELECT

- 18-20 GAMES AT EVENTS

TOTAL GAME COUNT

- 38-40

LIFE SKILLS SESSIONS

WHAT ARE LIFE SKILL SESSIONS?

- THESE ARE SESSIONS TEACHING OUR PLAYERS IMPORTANT MENTAL SKILLS TO BE SUCCESSFUL ON THE FIELD
- EACH AGE GROUP AT THE CLUB WILL GET ONE CLASSROOM SESSION A MONTH
- THESE WILL BE LED BY OUR DIRECTOR OF PLAYER EDUCATION WHO WILL IMPLEMENT AND DELIVER A MONTHLY CURRICULUM
- COACHES WILL REINFORCE LIFE SKILL LESSON ON THE FIELD DURING PRACTICES AND GAMES
- WE WILL COVER THE FOLLOWING TOPICS:
    - HARD WORK, GROWTH MINDSET, RESPECT, RESPONSIBILITY ETC

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FUNCTIONAL TRAINING

WHAT IS FUNCTIONAL TRAININNG?

- THESE ARE SESSIONS THAT WILL WORK ON SPECIFIC TECHNICAL AND TACTICAL SKILLS NEEDED TO PLAY IN A SPECIFIC POSITION ON THE FIELD (EX DEF, MID, FWD)
- PLAYERS WILL BE SPLIT INTO THEIR POSITIONS AND WORK WITHIN A SESSION FRAMEWORK THAT IS DESIGNED TO DEVELOP SPECIALIZATION FOR AN INDIVIDUAL AND TEAM UNIT (EX CENTER BACKS IN A BACK FOUR)
- FUNCTIONAL TRAINING WILL RUN ALONGSIDE OUR FITNESS NIGHTS WITHIN OUR U15-U19 PERIODIZATION

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PRE-SEASON TRIP

WHAT WILL THE TRIP BE AND WHAT IS PURPOSE OF IT?

- EACH TEAM AT THE ELITE LEVEL WILL PARTICIPATE
- THE TRIP WILL LIKELY BE FRI EVENING – SUN AFTERNOON
- TEAM WILL TRAIN AT LOCATION AND WORK ON BUILDING TEAM SPECIFICS
- STYLE OF PLAY, TEAM BONDING, FITNESS WORK, COLLEGE PREPARATION
- COLLEGE VISIT/TOUR TO LOCAL SCHOOL
- FRIENDLY/TOURNAMENT GAMES
- EVENING ACTIVITIES PLANNED

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COLLEGE PREP PROGRAM

THE PROGRAM IS DESGINED TO HELP PLAYERS AT VSA MAKE INFORMED DECISIONS ABOUT THE COLLEGE PROCESS. EACH TEAM WILL HAVE A SPECIFIC STRUCTURE TO ENABLE THEM TO APPROACH THE RECRUITING PROCESS WITH CONFIDENCE AND KNOWLEDGE.

- U15-U19
- TEAM BROCHURE
- INDIVIDUAL RESUMES
- HELP IN IDENTIFYING COLLEGE CHOICES
- TEAM MEETINGS
- INDIVIDUAL MEETINGS ON REQUEST
- COLLEGE VISITS
- COLLEGE ID CAMP/CLINIC NOTIFICATIONS
- WINTER 2017 COLLEGE ID PROGRAM

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ATTACKING PHILOSOPHY

1- ATTACKING POSSESSION TO SCORE

2- RISK VS SAFETY – CONFIDENCE/SHAPE

3- ATTACKING SHAPE TO COVER 5 ZONES OF THE FIELD – EXPAND

4- BUILD THROUGH THE THIRDS OF THE FIELDS – FINAL 3RD IMPROVISATION

5- ENCOURAGE TEAM + INDIVIDUAL DECISION MAKING – INDIVIDUAL MUST ENJOY THE BALL

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ATTACKING PHILOSOPHY

1- BUILDING OUT THE BACK

- #1 TO FWD/MID LINE
- #1 TO #2/#3
- #1 TO #4/#5- #6/#2/#3

KEY POINTS:
ATT SHAPE
TECH APP
TACT AWARENESS
TRANSITION- #'S UP



2- COMBINE/CONNECT/CREATE :

- PLAYING THROUGH THE #6/#8/#10
- FLANK PLAY WITH #2/#7, #3/#11
- DIRECT THROUGH #9
- POSSESS TO CREATE - BACK WARDS AND SIDEWAYS

KEY POINTS:
ANGLES OF SUPPORT
BREAKING LINES
COMBO
SWITCH PT OF ATTACK
IND MUST WANT THE BALL- WE NEVER FAIL

3- IMPROVISATION, MOBILITY, DISGUISE

- PLAYING THROUGH #9/#10
- FLANK PLAY
- FREEDOM

DEFENSIVE PHILOSOPHY

1- STARTS WITH INDIVIDUAL MINDSET; AGGRESSIVE, PRO-ACTIVE, POSTITIVE

2- STEP TO THE BALL

3- DEFEND TO WIN THE BALL BACK AND ATTACK

4- MENTALITY- "WE HATE TO LOSE THE BALL 1V1/ WE HATE TO CONCEDE"

5- AS A TEAM

DEFENSIVE PHILOSOPHY

DEFENSIVE 3RD:
- #'S DOWN
- ZONAL VS MAN
- DENY/DELAY/PREP?
- DEFENDING IN THE 18 YARD BOX
- FORCE WIDE OR CENTRAL
- WIDE AREAS
- OFFSIDE



MIDFIELD 3RD:
- PRESS
- PRESS MIDFIELD 3
- DENY/DELAY MIDFIELD 3
- FORCE INTO WIDE OR CENTRAL AREAS USING MIDFIELD 3
- DEFENDING #'S DOWN
- ZONAL VS MAN

ATTACKING 3RD:
- PRESS FRONT 3
- DENY/DELAY FRONT 3
- FORCE INTO WIDE OR CENTRAL AREAS USING FRONT 3
- DEFENDING USING OVERLOAD- #'S UP

VSA – UNIFORMS



VSA – TRYOUT DATES

CLICK HERE FOR TRYOUT DATES

EACH AGE GROUP HAS TWO/THREE TRYOUTS YOU MUST ATTEND - IF YOU CAN ONLY MAKE 1 TRYOUT, PLEASE LET YOUR AGE GROUP'S DOC KNOW IN ADVANCE. CONTACT GMACLEAN@VSAONLINE.ORG

REGISTER AT WWW.VSAONLINE.ORG

VSA – KEY CONTACTS

IF YOU HAVE ANY QUESTIONS REGARDING ANY OF THE INFORMATION PRESENTED PLEASE CONTACT THE FOLLOWING:

ACADEMY DIRECTOR
GRAHAM MACLEAN
GMACLEAN@VSAONLINE.ORG

REGISTER AT WWW.VSAONLINE.ORG