VSA JR ACADEMY U8-U10
TRAVEL TRYOUT BROCHURE

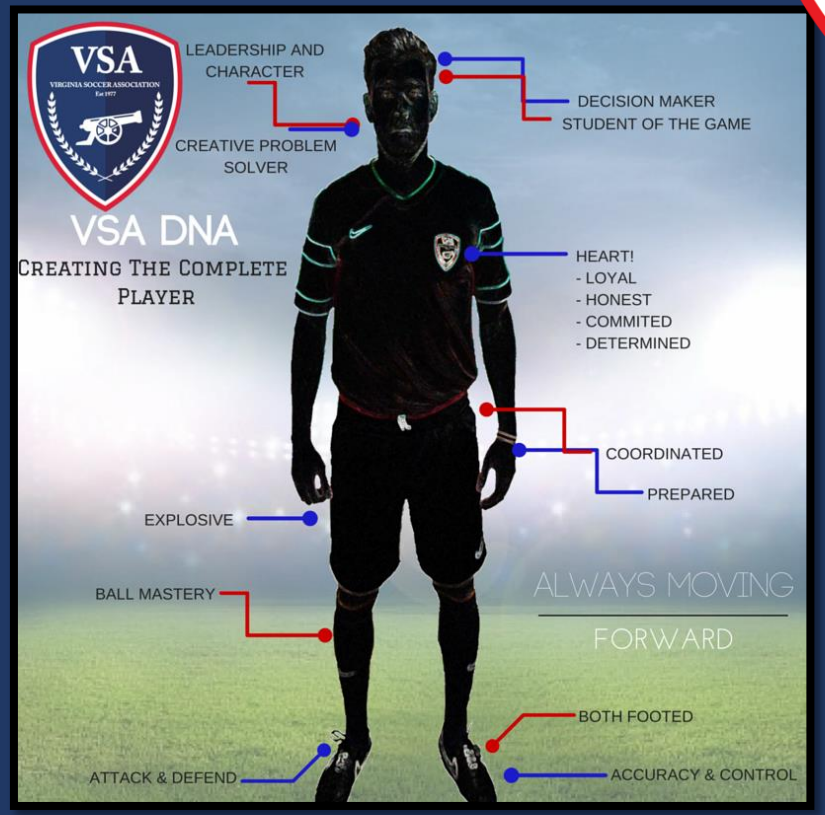
VSA – WHO ARE WE

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

08B YDL JR ACADEMY (U9) YDL	FRO ADU	USSF C, USSF NATIONAL YOUTH LICENSE, FORMER D1 COLLEGE PLAYER, ODP DISTRICT COACH, VSA JR ACADEMY DIRECTOR
08B YDL JR ACADEMY (U9) YDL	JAMES SCHUPP	USSF E, FORMER COLLEGE D1 STANDOUT, ACC VIRGINIA TECH, FORMER USMNT YOUTH U20 PLAYER
08B JR ACADEMY (U9) ODSL	BRANDON HARTMAN	USSF E, FORMER COLLEGE D1 PLAYER, VMI- VIRGINIA MILITARY INSTITUTE
07B YDL JR ACADEMY (U10) YDL	FRO ADU	USSF C, USSF NATIONAL YOUTH LICENSE, FORMER D1 COLLEGE PLAYER, ODP DISTRICT COACH, VSA JR ACADEMY DIRECTOR
07B YDL JR ACADEMY (U10) YDL	JAMES SCHUPP	USSF E, FORMER COLLEGE D1 STANDOUT, ACC VIRGINIA TECH, FORMER USMNT YOUTH U20 PLAYER
07B JR ACADEMY (U10) ODSL	BRANDON HARTMAN	USSF E, FORMER COLLEGE D PLAYER, VMI- VIRGINIA MILITARY INSTITUTE

VSA – WHO ARE WE

GIRLS STAFF

08G YDL JR ACADEMY (U9) YDL	ALEX HERRERA	USSF NATIONAL YOUTH LICENSE, FORMER D1 COLLEGE PLAYER, FORMER YOUTH USMNT, VSA ASSISTANT JR ACADEMY DIRECTOR
08G YDL JR ACADEMY (U9) YDL	FABIEN LEWIS	USSF B, USSF NATIONAL YOUTH LICENSE, FORMER D1 COLLEGE PLAYER, FORMER PROFESSIONAL PLAYER, VSA FUTSAL DIRECTOR
07G YDL JR ACADEMY (U10) YDL	GARRETT BUDD	USSF A, USSF NATIONAL YOUTH LICENSE, FORMER COLLEGE PLAYER, ODP STATE/DISTRICT COACH, VYSA COACHING EDUCATION STAFF
07G YDL JR ACADEMY (U10) YDL	GARRETT BUDD	USSF A, USSF NATIONAL YOUTH LICENSE, FORMER COLLEGE PLAYER, ODP STATE/DISTRICT COACH, VYSA COACHING EDUCATION STAFF

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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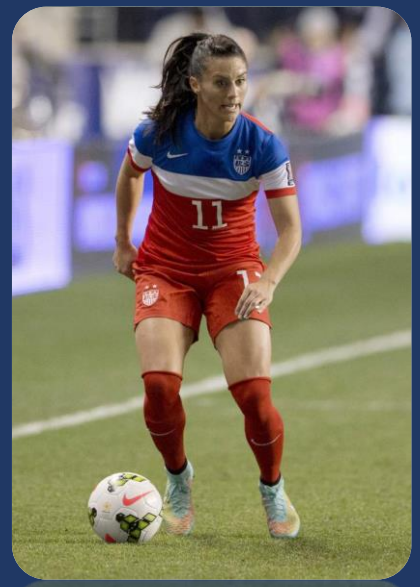
OUR AIMS

OUTSET

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

INTRINSIC FACTORS

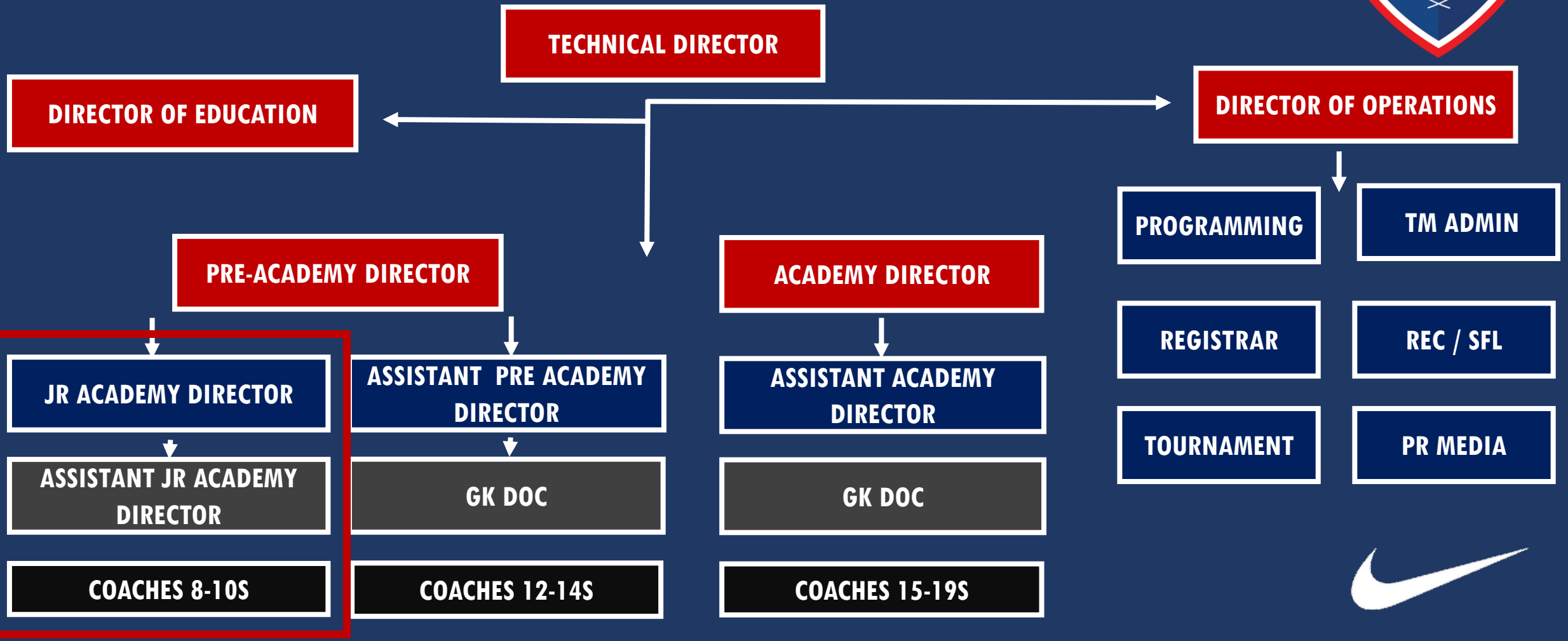
- CREATE PLAYERS WITH A DEEP PASSION FOR THE GAME
- CREATE PLAYERS WHO HAVE A LOVE FOR LEARNING
- CREATE PLAYERS WHO HAVE AN ABILITY TO WORK HARD IN THE FACE OF ADVERSITY



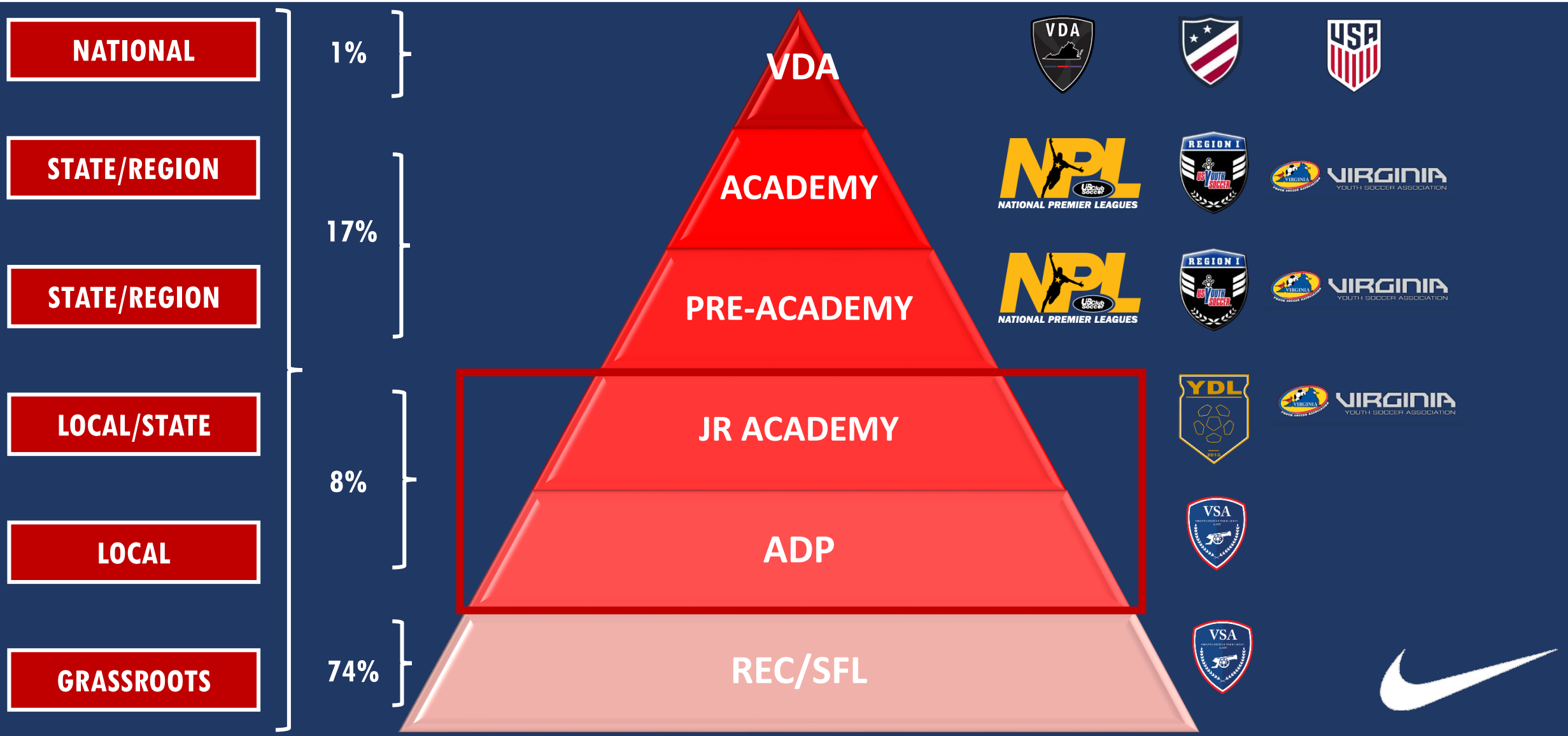


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VSA ACADEMY STRUCTURE



PLAYER DEVELOPMENT PATHWAY

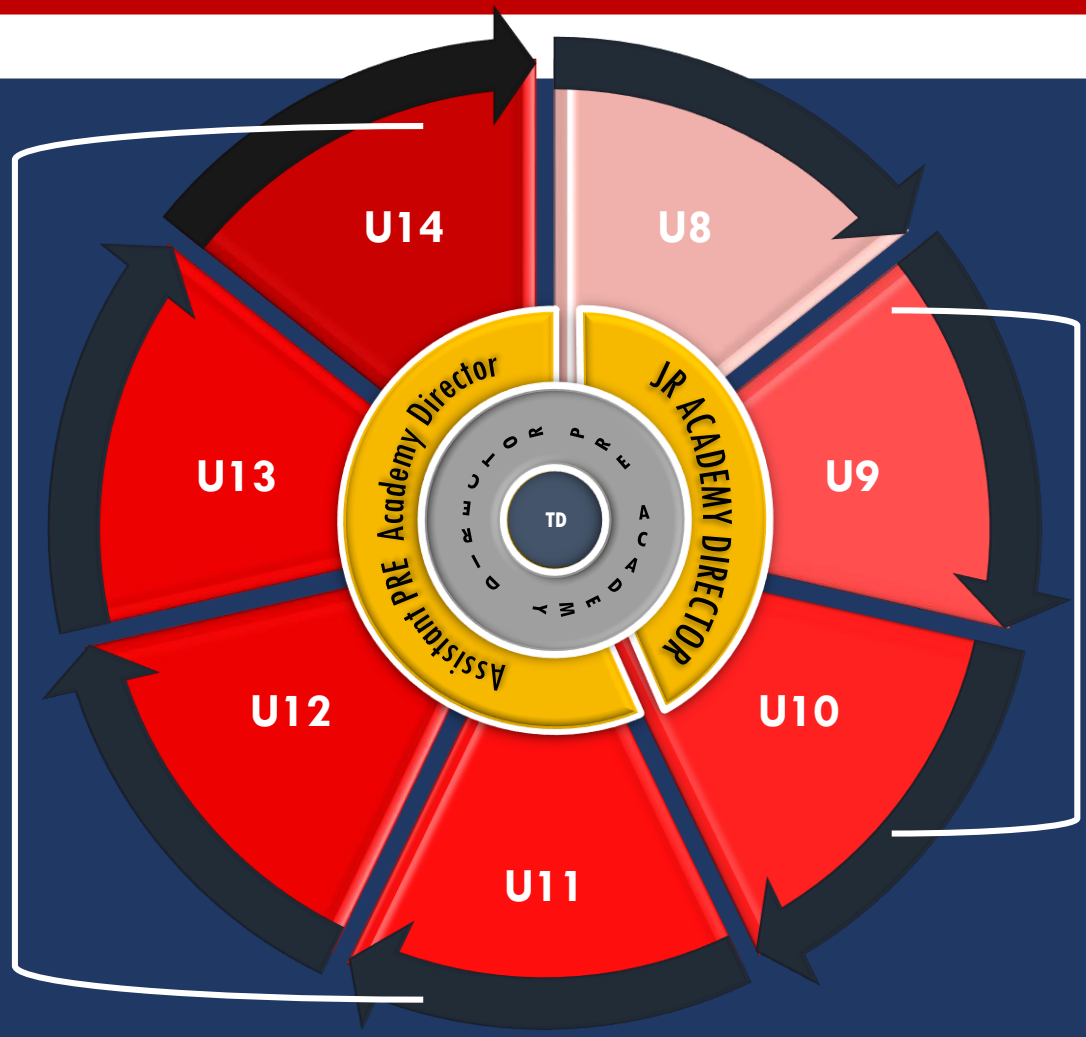


ZONE 1 Structure – U8 – U14

PRE-ACADEMY
Practice Time: 156 Hours
Game Time: 47.5 Hours

PRE-ACADEMY DIRECTOR
DALE PARKER

ASSISTANT PRE-ACADEMY DIRECTOR
DUSTIN BUTCHER



JR ACADEMY
Practice Time: 142 Hours
Game Time: 34 Hours

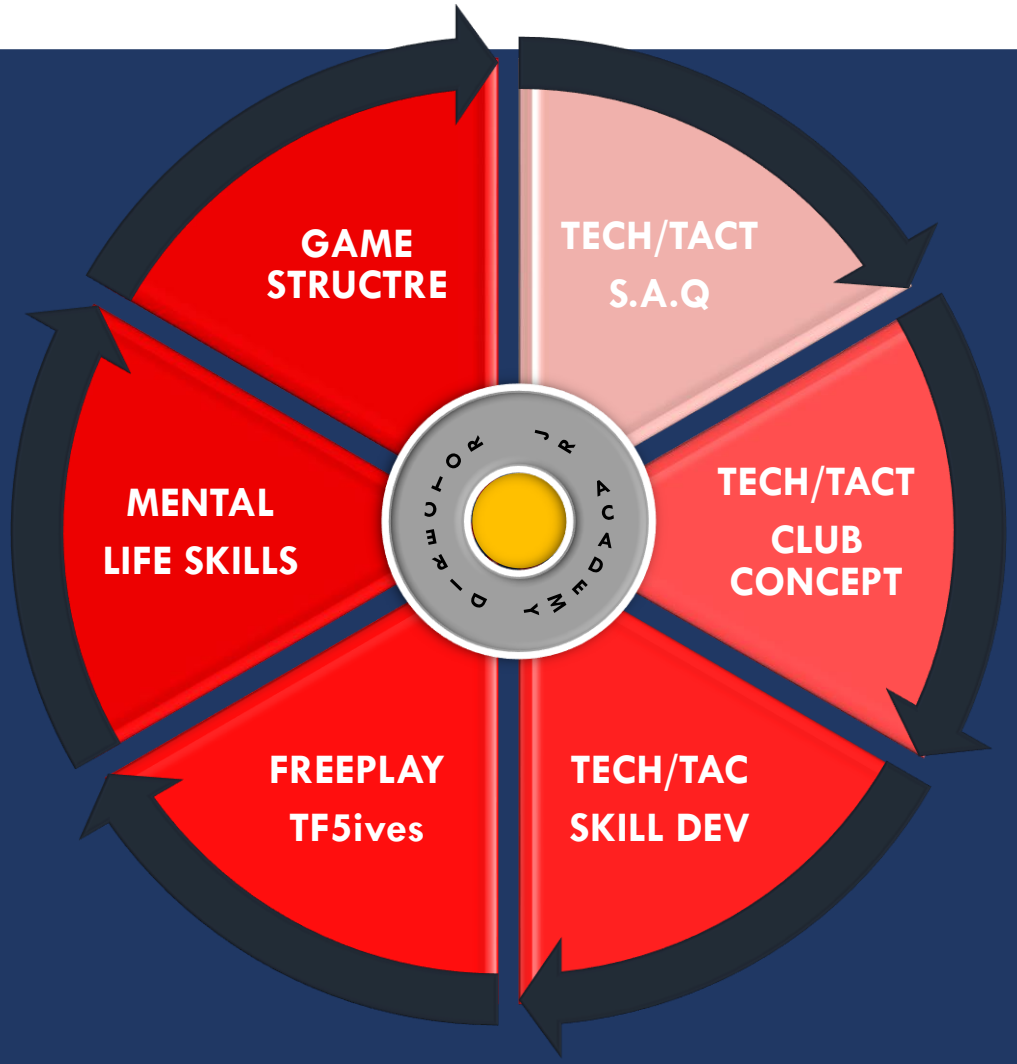
JR ACADEMY DIRECTOR
FRO ADU

ASSISTANT JR ACADEMY DIRECTOR
ALEX HERRERA

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PERIODIZATION – JR ACADEMY

JR ACADEMY TEAM NAME CLASSIFICATION – VSA YDL JR ACADEMY AND VSA SELECT



PRACTICE STRUCTURE

4 NIGHTS PRACTICE PER WEEK - AUG – NOV / MAR - JUNE

- 3 MANDATORY
- 1 OPTIONAL (TF5IVES)

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 18-20

4 TOURNAMENTS

- 18-20 GAMES AT EVENTS

JR ACADEMY TEAM CLASSIFICATION

US DEVELOPMENT ACADEMY – VDA ACADEMY TEAMS

NATIONAL PREMIER LEAGUE – VSA PRE ACADEMY AND VSA ACADEMY TEAMS

YOUTH DEVELOPMENT LEAGUE – VSA JR ACADEMY TEAMS

ODSL – VSA JR ACADEMY TEAMS

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TOTAL FUTBOL FIVES – TF5ives

WHAT IS TF5ives?

- AN ADDITIONAL NIGHT OF TRAINING IN A STREET SOCCER ENVIRONMENT TO ENCOURAGE FREE PLAY AT VSA IN THE U.S.
- BEST PLAYERS IN THE WORLD HAVE BEEN DEVELOPED IN FREE PLAY ENVIRONMENTS
- VSA COACHES WILL SET UP FIELDS AND ALLOW FOR PLAYERS TO PLAY SMALL SIDED GAMES (5V5,6V6 ETC)
- THERE WILL BE LITTLE COACHING INPUT TO ALLOW PLAYERS THE ABILITY TO LEARN CREATIVITY AND DECISION MAKING
- MORE TOUCHES, MORE FUN, MORE OPPORTUNITIES!!! (EVERYONE IS A WINNER)

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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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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, POSITIVE

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 – TRYOUT DATES

BOYS AND GIRLS

AGE GROUP	1st TRYOUT	2nd TRYOUT
08 BOYS (U9)	WEDNESDAY 25 MAY – 5:30PM – 6:45PM @ LONG PARK FIELD 5	FRIDAY 27 MAY – 5:30PM – 6:45PM @ LONG PARK FIELD 5
08 GIRLS (U9)	WEDNESDAY 25 MAY – 5:30PM – 6:45PM @ LONG PARK FIELD 6	FRIDAY 27 MAY – 5:30PM – 6:45PM @ LONG PARK FIELD 6
07 BOYS (U10)	WEDNESDAY 25 MAY – 6:45PM – 8:00PM @ LONG PARK FIELD 5	FRIDAY 27 MAY – 6:45PM – 8:00PM @ LONG PARK FIELD 5
07 GIRLS (U10)	WEDNESDAY 25 MAY – 5:30PM – 6:45PM @ LONG PARK FIELD 6	FRIDAY 27 MAY – 5:30PM – 6:45PM @ LONG PARK FIELD 6

INFORMATION

EACH AGE GROUP HAS TWO TRYOUTS YOU MUST ATTEND - IF YOU CAN ONLY MAKE 1 TRYOUT, PLEASE LET YOUR AGE GROUP'S DOC KNOW IN ADVANCE.

CONTACT fadu@vsaonline.org

REGISTER AT WWW.VSAONLINE.ORG

VSA – UNIFORMS



VSA – KEY CONTACTS

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

JR ACADEMY DIRECTOR
FRO ADU
FADU@VSAONLINE.ORG

ASSISTANT JR ACADEMY DIRECTOR
ALEX HERRERA
AHERRERA@VSAONLINE.ORG

REGISTER AT WWW.VSAONLINE.ORG