VSA PRE ACADEMY U11-U14 TRAVEL TRYOUT BROCHURE

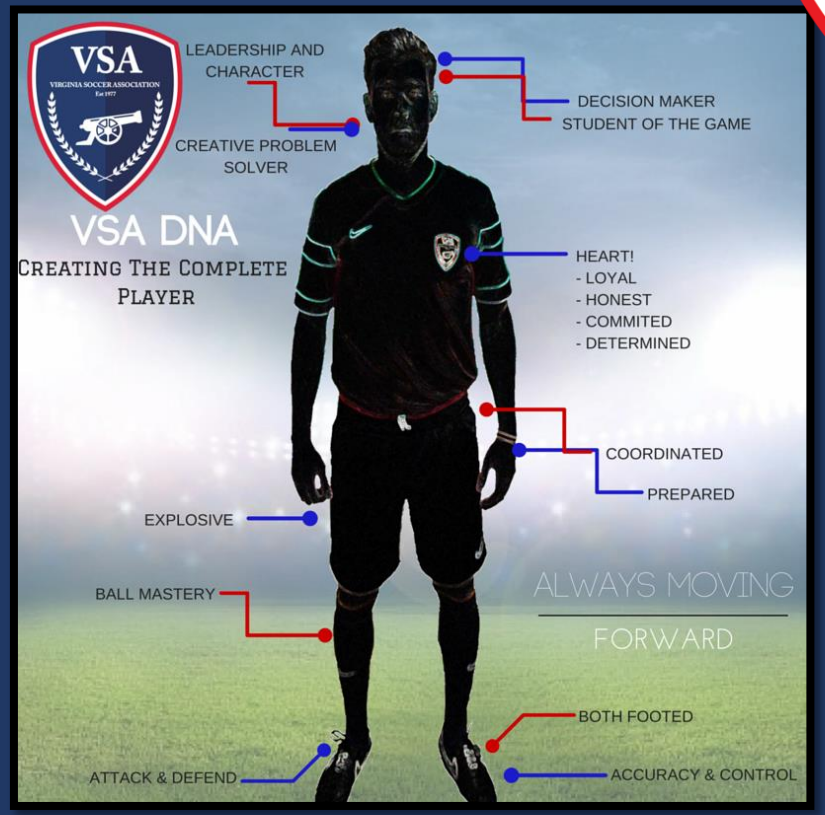
VSA – WHO ARE WE

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

06B NPL PRE ACADEMY (U11) NPL	FABIEN LEWIS	USSF B, USSF NATIONAL YOUTH LICENSE, FORMER D1 COLLEGE PLAYER, FORMER PROFESSIONAL PLAYER, VSA FUTSAL DIRECTOR
06B NCSL PRE ACADEMY (U11) NCSL	CHRISTIAN SEFAH	USSF E, USSF F LICENSES, FORMER COLLEGE PLAYER
06B VSA SELECT (U11) ODSL	GREG BROCK	USSF E, USSF F LICENSES, FORMER COLLEGE PLAYER
05B NPL PRE ACADEMY (U12) NPL	DALE PARKER	USSF A, FORMER COLLEGE PLAYER, FORMER PROFESSIONAL PLAYER, VSA PRE-ACADEMY DIRECTOR, VDA ASSISTANT 02B, VYSA ODP STATE/DISTRICT COACH
05B NCSL PRE ACADEMY (U12) NCSL	SHAKA BANGURA	USSF E, PROFESSIONAL PLAYER NASL/USL, USSF DIVISION 2 PRO LEAGUE CHAMPION, FORMER COLLEGE PLAYER
05B VSA SELECT (U12) ODSL	GREG BROCK	USSF E, USSF F LICENSES, FORMER COLLEGE PLAYER
04B NPL PRE ACADEMY (U13) NPL	TIM KROUT	USSF A, NSCAA ADVANCED, VYSA ODP STATE/DISTRICT HEAD COACH, FORMER COLLEGE PLAYER, BRAZILIAN ISTITUTO BRASILEIRO DE FUTBOL COURSE
04B VSA SELECT (U13) NCSL	DAVID QUINN	UFEA C, FORMER D1 COLLEGE PLAYER, FORMER U18 IRELAND YOUTH INTERNATIONAL PLAYER, FORMER PROFESSIONAL PLAYER, FORMER COLLEGE ASSISTANT COACH GMU
03B NPL PRE ACADEMY (U14) NPL	DALE PARKER	USSF A, FORMER COLLEGE PLAYER, FORMER PROFESSIONAL PLAYER, VSA ASSISTANT TD/PRE-ACADEMY DIRECTOR, VDA ASSISTANT 02B
03B VSA SELECT (U14) NCSL	DAVID QUINN	UFEA C, FORMER D1 COLLEGE PLAYER, FORMER U18 IRELAND YOUTH INTERNATIONAL PLAYER, FORMER PROFESSIONAL PLAYER, FORMER COLLEGE ASSISTANT COACH GMU

VSA – WHO ARE WE – GIRLS STAFF

06G NPL PRE ACADEMY (U11) NPL	TIM KROUT	USSF A, NSCAA ADVANCED, VYSA ODP STATE/DISTRICT HEAD COACH, FORMER COLLEGE PLAYER, BRAZILIAN ISTITUTO BRASILEIRO DE FUTBOL COURSE
06G WAGS PRE ACADEMY (U11) WAGS	TODD MAGIN	USSF E, USSF F LICENSES, FORMER COLLEGE PLAYER
06G VSA SELECT (U11) ODSL	RODRIGO CASTERIANA	USSF E, USSF F LICENSES, FORMER COLLEGE PLAYER, VSA ASSISTANT GK COACH
05G NPL PRE ACADEMY (U12) NPL	TIM KROUT	USSF A, NSCAA ADVANCED, VYSA ODP STATE/DISTRICT HEAD COACH, FORMER COLLEGE PLAYER, BRAZILIAN ISTITUTO BRASILEIRO DE FUTBOL COURSE
05G WAGS PRE ACADEMY (U12) WAGS	CHRISTIAN SEFAH	USSF E, USSF F LICENSES, FORMER COLLEGE PLAYER
05G VSA SELECT (U12) ODSL	RODRIGO CASTERIANA	USSF E, USSF F LICENSES, FORMER COLLEGE PLAYER, VSA ASSISTANT GK COACH
04G NPL PRE ACADEMY (U13) NPL	FABIEN LEWIS	USSF B, USSF NATIONAL YOUTH LICENSE, FORMER D1 COLLEGE PLAYER, FORMER PROFESSIONAL PLAYER, VSA FUTSAL DIRECTOR
04G VSA SELECT (U13) WAGS	ALEX HERRERA	USSF NATIONAL YOUTH LICENSE, FORMER D1 COLLEGE PLAYER, FORMER YOUTH USMNT, VSA ASSISTANT JR ACADEMY
03G VSA SELECT NAVY (U14)	SARAH ADAMS	USSF E, USSF F LICENSES, FORMER COLLEGE PLAYER
03G NPL PRE ACADEMY (U14) NPL	STEVE SMITH	USSF A, FORMER COLLEGE PLAYER, VYSA COACH OF THE YEAR 2015, US YOUTH SOCCER NATIONAL CHAMPIONSHIP WINNING COACH
03G VSA SELECT RED (U14) WAGS	DUSTIN BUTCHER	USSF C INSTRUCTIONAL, USSF NATIONAL YOUTH LICENSE, NCSAA GK LEVEL 3, FORMER D1 COLLEGE PLAYER, FORMER PROFESSIONAL, VSA ASSISTANT PRE ACADEMY DIRECTOR
03G VSA SELECT NAVY (U14)	SARAH ADAMS	USSF E, USSF F LICENSES, FORMER COLLEGE PLAYER

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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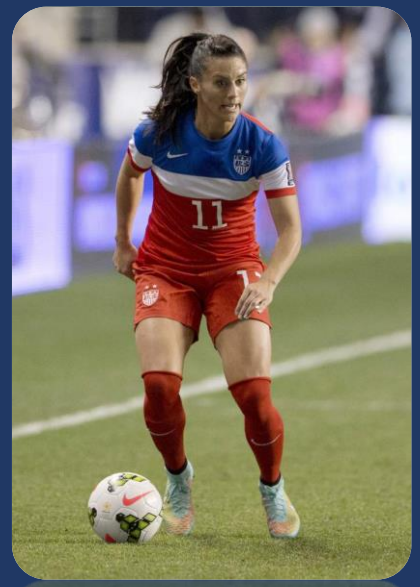
OUR AIMS

OUTSET

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

INTRINSIC FACTORS

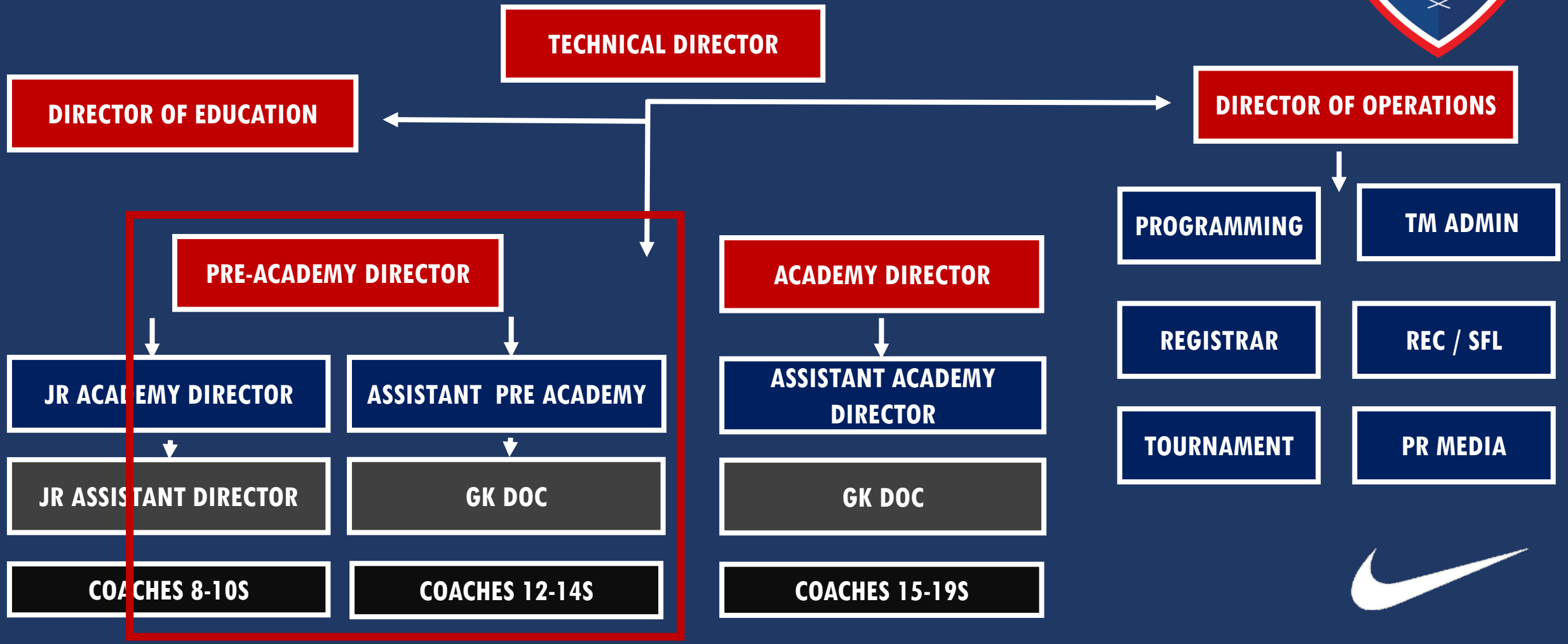
- CREATE PLAYERS WITH A DEEP PASSION FOR THE GAME
- CREATE PLAYERS WHO HAVE A LOVE FOR LEARNING
- CREATE PLAYERS WHO HAVE AN ABILITY TO WORK HARD IN THE FACE OF ADVERSITY



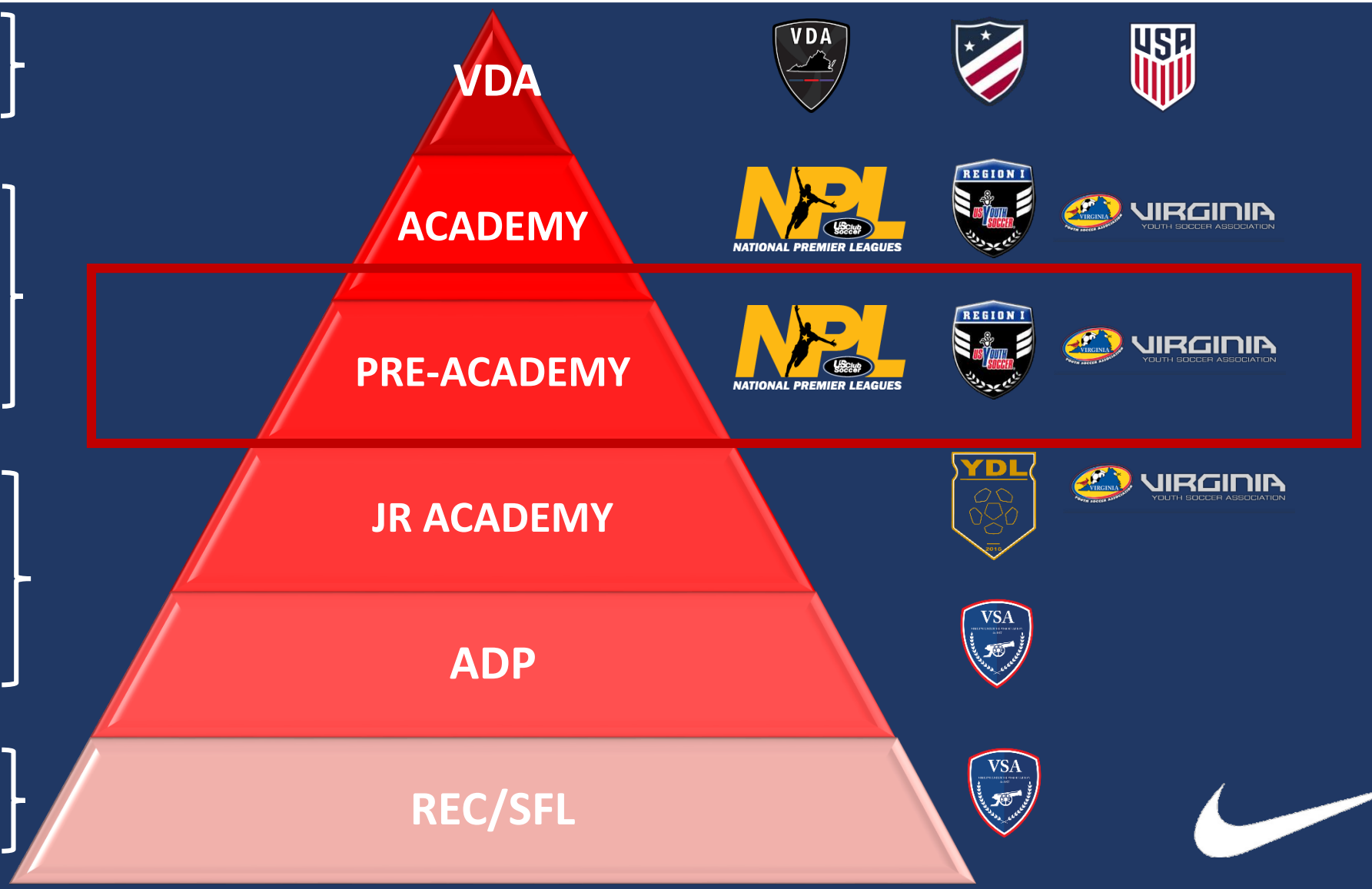


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VSA ACADEMY STRUCTURE



PLAYER DEVELOPMENT PATHWAY

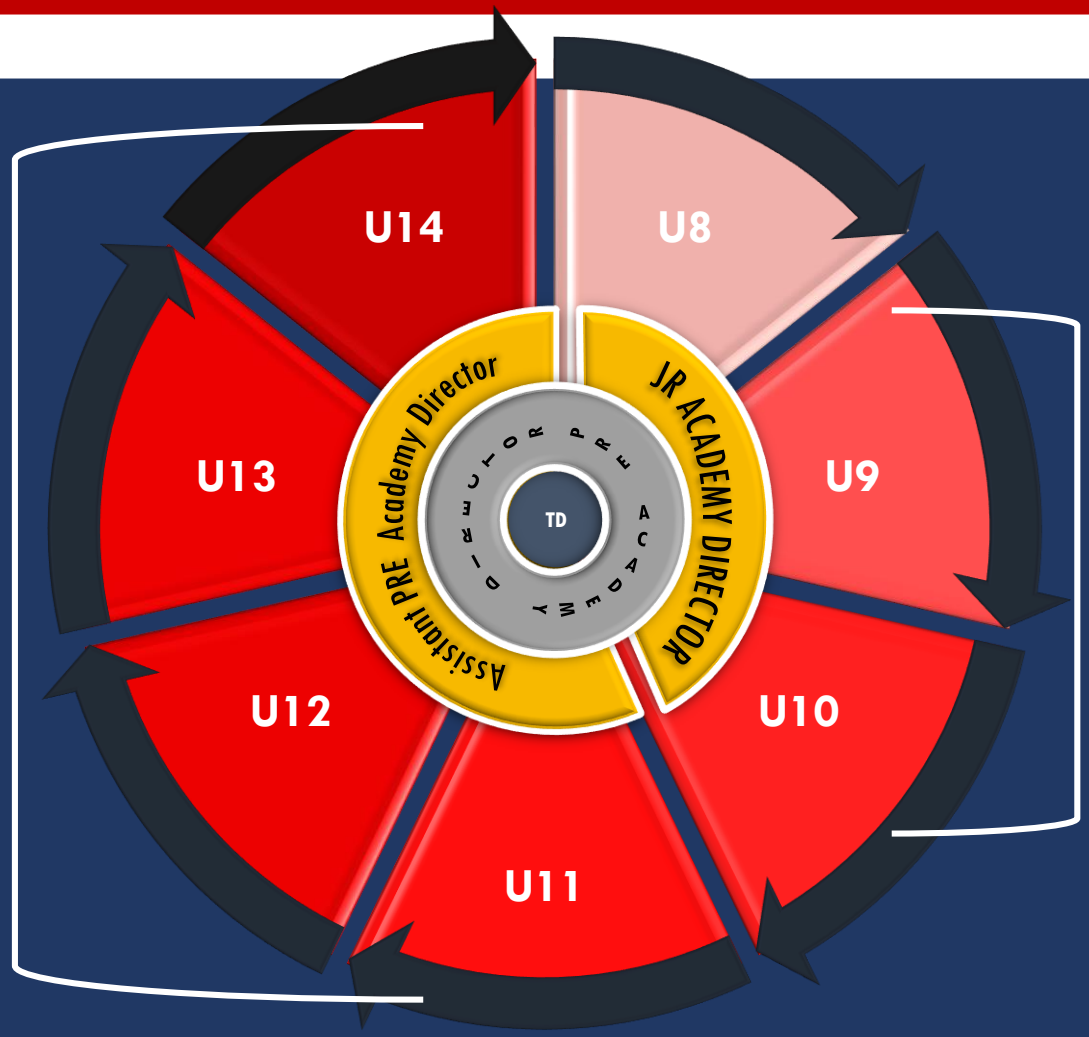


ZONE 1 Structure – U8 – U14

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

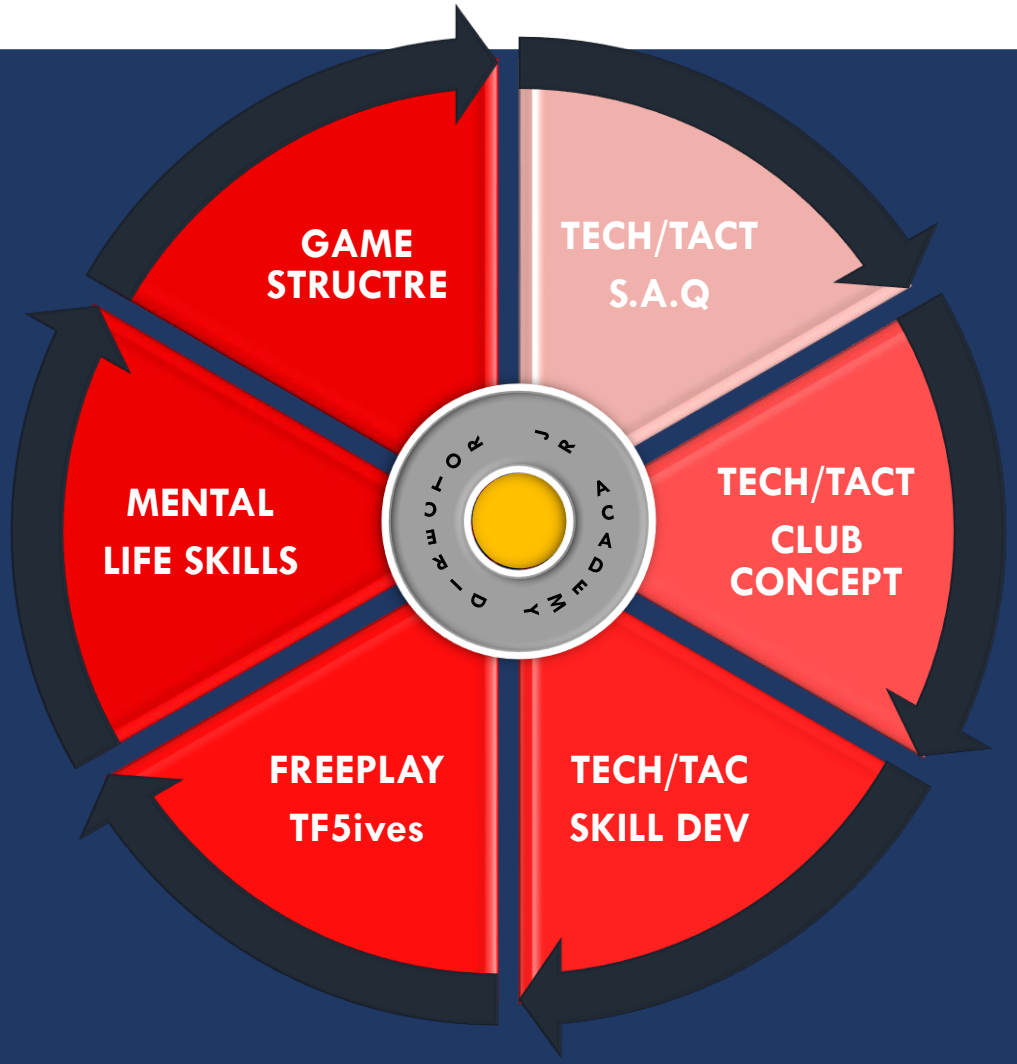
JR ACADEMY DIRECTOR
FRO ADU

ASSISTANT JR ACADEMY DIRECTOR
ALEX HERRERA

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PERIODIZATION – PRE-ACADEMY

PRE- ACADEMY TEAM NAME CLASSIFICATION – VSA NPL PRE-ACADEMY AND VSA SELECT



PRACTICE STRUCTURE

4 NIGHTS PRACTICE PER WEEK

- 3 MANDATORY
- 1 OPTIONAL (TF5IVES) / ELITE – FUTSAL

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

STATE CUP U12-U14

5 TOURNAMENTS FOR PRE-ACADEMY / 4 FOR SELECT

- 18-20 GAMES AT EVENTS

TOTAL GAME COUNT

- 36-40

PRR- ACADEMY TEAM CLASSIFICATION

US DEVELOPMENT ACADEMY – VDA ACADEMY TEAMS

NATIONAL PREMIER LEAGUE – VSA PRE ACADEMY AND VSA ACADEMY TEAMS

ODSL/NCSL/WAGS – VSA SELECT

YOUTH DEVELOPMENT LEAGUE – 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, 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 – TRYOUT DATES

AGE GROUP	1st TRYOUT	2nd TRYOUT
2006 BOYS (U11)	TUESDAY 31 MAY – 5:30PM-7:00PM @ LONG PARK FIELD 6	THURSDAY JUNE 2– 5:30PM-7:00PM @ LONG PARK FIELD 6
2006 GIRLS (U11)	TUESDAY 31 MAY – 5:30PM-7:00PM @ LONG PARK FIELD 5	THURSDAY JUNE 2– 5:30PM-7:00PM @ LONG PARK FIELD 5
2005 BOYS (U12)	TUESDAY 31 MAY – 7:00PM-8:30PM @ LONG PARK FIELD 6	THURSDAY JUNE 2– 7:00PM-8:30PM @ LONG PARK FIELD 6
2005 GIRLS (U12)	TUESDAY 31 MAY – 7:00PM-8:30PM @ LONG PARK FIELD 5	THURSDAY JUNE 2– 7:00PM-8:30PM @ LONG PARK FIELD 5
2004 BOYS (U13)	WEDNESDAY JUNE 1 – 5:30PM-7:00PM @ LONG PARK FIELD 6	FRIDAY JUNE 3 – 5:30PM-7:00PM @ LONG PARK FIELD 6
2004 GIRLS (U13)	WEDNESDAY JUNE 1 – 5:30PM-7:00PM @ LONG PARK FIELD 5	FRIDAY JUNE 3 – 5:30PM-7:00PM @ LONG PARK FIELD 5
2003 BOYS (U14)	WEDNESDAY JUNE 1 – 7:00PM-8:30PM @ LONG PARK FIELD 6	FRIDAY JUNE 3 – 7:00PM-8:30PM @ LONG PARK FIELD 6
2003 GIRLS (U14)	WEDNESDAY JUNE 1 – 7:00PM-8:30PM @ LONG PARK FIELD 5	FRIDAY JUNE 3 – 7:00PM-8:30PM @ LONG PARK FIELD 5

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 DPARKER@VSAONLINE.ORG

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VSA – UNIFORMS



VSA – KEY CONTACTS

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

PRE ACADEMY DIRECTOR
DALE PARKER
DPARKER@VSAONLINE.ORG

ASSISTANT PRE ACADEMY DIRECTOR
DUSTIN BUTCHER
DBUTCHER@VSAONLINE.ORG

REGISTER AT WWW.VSAONLINE.ORG