

player qualities

- **Coachable:** Are they able to take in information from the coach, process it, and apply it in training and games?
- **Committed:** Are they making every effort to own their development? Attending all training and games, watching games, going to extra training, etc.
- **Interactive:** Are they looking to form relationships with their teammates and coaches? Are they bought in the culture of the club?

training priorities

- **Technical:** Overall comfort on the ball. Dribbling, receiving, passing, striking the ball - can we do this under pressure?
- **Physical:** Dynamic movements, speed, strength, game-like fitness
- **Tactical:** Create an understanding of the game. Attacking, defending, set plays, transition moments.
- **Mental:** Ability to compete, ability to be composed, ability to overcome no matter the circumstance.



Culture and Commitment

AT VIRGINIA LEGACY WE WANT TO CREATE A CULTURE THAT FOSTERS THE DEVELOPMENT OF THE PLAYER BOTH ON AND OFF THE FIELD THAT ALLOWS THEM TO REACH THEIR FULL POTENTIAL. WE WANT PLAYERS WHO ARE COMMITTED TO THEIR OWN DEVELOPMENT, THEIR TEAM, AND THEIR CLUB. OUR DIRECTORS AND COACHES ARE FULLY COMMITTED TO OUR PLAYERS. OUR STAFF MAKES SURE TO CREATE AN ENVIRONMENT THAT ENGAGES AND CHALLENGES OUR PLAYERS, NO MATTER WHAT LEVEL THEY ARE PLAYING. WE WANT PLAYERS WHO ARE FULLY BOUGHT INTO OUR CLUB CULTURE AND ARE WILLING TO MAKE THE EXTRA EFFORT.



STEPS to success

SPEED | TECHNIQUE | ENTHUSIASM | PERSONALITY | SPEED OF THOUGHT

The Virginia Legacy STEPS of talent identification is an easy way for both players and parents to understand what our staff looks for in players. These areas encompass the whole player and is a reason our players experience success as they move through our club. Player development is a process that takes place over the course of a player's Virginia Legacy career. We strongly believe that these five areas are key to the development of the whole player.

CLUB ACCOMPLISHMENTS



#LEAVEYOURLEGACY

PLAYER PATHWAY

Introduction classes that emphasize creative and fun games to focus on a love for the game and basic soccer skills.

1

Little Legacy
Preschools U3-U5



Player-centric program that promotes learning, creative thinking, problem solving, skill development, and a love for the game.

2

ADP U6-U10



Development of soccer players who are technically proficient and ready to join the ranks of our travel teams. U9/10 Academy helps transition our players from ADP into our travel program.

3

ACADEMY U9-U11



ECNL RL/VSL teams consist of the top players in an age group. The goal is to provide a meaningful, competitive environment through a customized schedule of games and tournaments.

4

ECNL RL/VSL



Our goal is to help to support our players beyond their time at Virginia Legacy. Whether they have dreams of playing at the collegiate level or in the pros, we look to find ways to give them every opportunity to succeed.

5

COLLEGE &
BEYOND

About our Staff

Technical Director: Bobby O'Brien
obrien@valegacysoccer.com
USSF "A" License, USC Premier Diploma
Former VA Legacy Director of Coaching,
VYSA ODP District and State Staff, HC
Jamestown HS State Champions (08,12,15),
3 time NSCAA Virginia Coach of the Year,
Played 4 Years at Virginia Tech

Boys Director: Brendan Cook
cook@valegacysoccer.com
USSF "C" License, Current HS Coach
(Walsingham), Former VA Legacy Club
player, Former Collegiate Player -
Christopher Newport University

U9-U12 Boys Director: Jonny Kamara
William and Mary Mens Asst. Coach,
Former Williamsburg Legacy USL PDL,
Former HS Coach, Former Legacy ADP
Coach/Director, US Soccer National Youth
License, United Soccer Coaches - Regional
License, Former College Player with
William and Mary Men, Former Pro Player
with Richmond Kickers

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CREATE YOUR FUTURE

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VIRGINIA LEGACY BOYS

DEVELOP THE PLAYER | DEVELOP THE TEAM
DEVELOP THE CLUB