

# INTRODUCING ADP FRIDAY NIGHT LIGHTS 2021-22



## PROGRAM FORMAT

### Practices

Fall/Spring 2x Practices per week  
Winter 1x Practice per week

### Practice Locations

Haymarket, Gainesville, and Bristow

### Games

Mixture of 3v3/4v4 games on Friday  
Nights with a small amount on Saturday

### Friday Night Lights

New to the fall we will be playing games  
now at Long Park on a Friday evening  
inviting local clubs to participate in this  
new initiative.

### Coaches

VSA Coaches are all USSF licensed  
with a variety of playing backgrounds  
ranging from international,  
professional and college.

## WHO ARE WE!



### Benjy Slator

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### Jov Hall

ADP Director / Assistant  
Director of Player Development  
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### Alyssa Tallent

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### Miles Rapp

Assistant Director of Player  
Development (Grassroots)  
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# ADP

## ALWAYS MOVING FORWARD







# WHAT WE TEACH

- Being a good person (positive, respectful and hard working!)
- A lifelong love of the game, through fun small sided formats!
- Technical Development through repetition of 1v1, 2v1, 2v1, 3v2, 3v3 games and activities.
- Basic decision making within principles of play!

# WHY ADP?

- To provide a fun environment, where your child can fall in love with the game.
- Introduction on how to play the games.
- Receive professional coaching (in an appropriate environment) to maximize player development.



# BUILDING FOR THE FUTURE

Since 2014 our ADP program has become a vital part of the clubs DNA. We believe that in order to have a successful club we must invest time and energy into developing our 5-8 year olds.

This has ensured that we have developed teams that have gone on to win multiple state championships but more importantly players that have progressed individually to the next level.

We currently have a number of players who started in our ADP program playing for our Elite program Virginia Development Academy and Youth National Teams.



# PLAY-PRACTICE-PLAY FORMAT

The VSA ADP methodology is to use the game as the main vehicle for developing decision making and technical skills.

The Manchester United pilot scheme evaluated the comparison between small sided games of 4v4 versus 7v7/9v9.

On Average 4v4/5v5 versus 7v7/8v8 had:

1. 135% more passes
2. 260% more Scoring Attempts
3. 500% more Goals Scored
4. 225% more 1v1 Encounters
5. 280% more Dribbling Skills (tricks)

Why? Ultimately smaller games increase contact time on the ball for the player and allows for hundreds of decisions to be made within training sessions and in games!