



VDA PRE-ECNL PROGRAM

VDA WEST



OUT WORK - OUT COMPETE - OUT PLAY



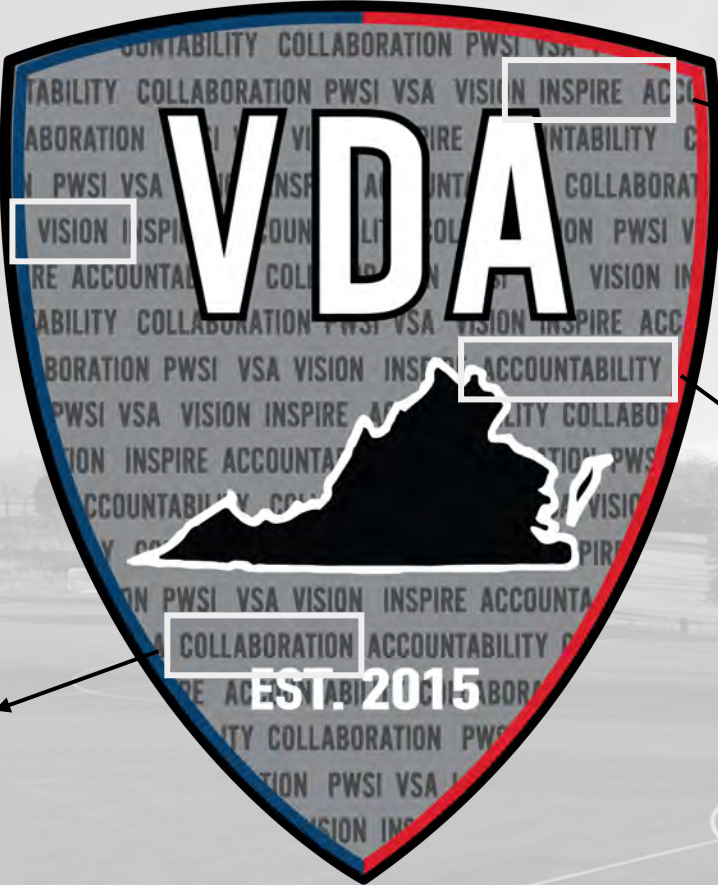
Virginia Development Academy

WHO ARE WE: Virginia Development Academy is the summit of the elite player pathway for Herndon Youth Soccer, Prince William Soccer and Virginia Soccer Association. Formed in 2015, the collaborative partnership represents more than 9,000 players and participates in the Elite National Platform Boys' and Girls' ECNL (Elite Clubs National League).



CLUB VISION: Virginia Development Academy (VDA) will be the destination for all soccer players of Northern and Central Virginia. We will identify and help develop a Champions League Player.

Core Values



Our **VISION** is to be the destination for all soccer players of Northern and Central Virginia.

The platform ignites and **INSPIRES** players from an early age to dream big and chase their goals through passion, sacrifice and accountability.

We pride ourselves on an inclusive and diverse environment that welcomes coaches, players, and parents from all backgrounds to work together and **COLLABORATE** in the pursuit of excellence on and off the field.

We hold players **ACCOUNTABLE** by demanding hard work and ownership in their development as a person and player.

Partner Clubs



VSA
Western Prince William County
501(c)3 non-profit organization
Recreation – 2000
Travel - 900
Full-Time Technical Staff

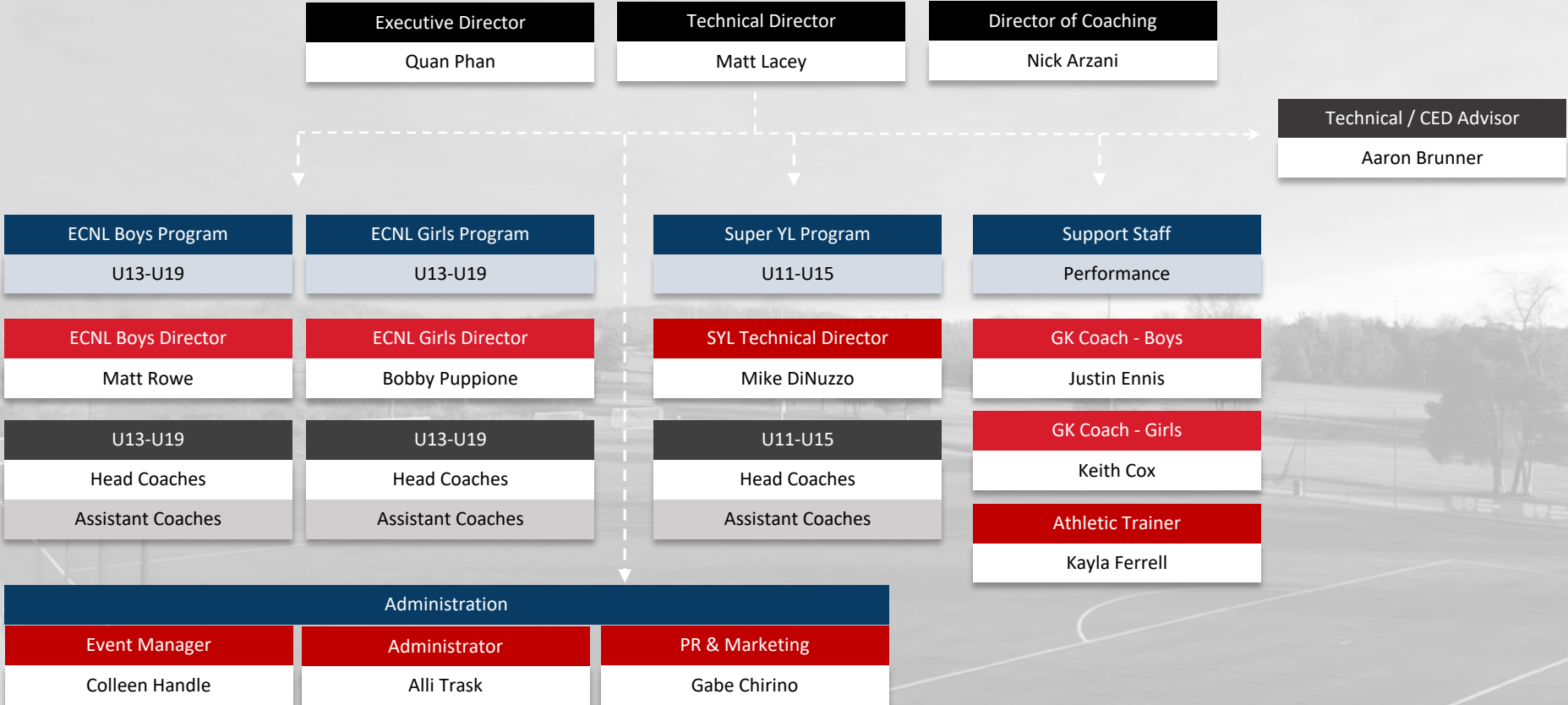


Herndon
North-West Fairfax County
501(c)3 non-profit organization
Recreation – 1000
Travel – 410
Full-Time Technical Staff



PWSI
Eastern Prince William County
501(c)3 non-profit organization
Recreation – 2200
Travel – 800
Full-Time Technical Staff

Club Structure



Club Objectives



Develop Professionals



Develop USYNT Players



Develop College Players



Compete for Playoffs

Applying the Vision



International

25+

MLS Academies

85+

College

200+

ECNL Play

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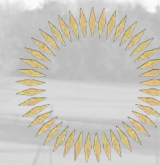
*4 Girls / 4 Boys Teams on course for playoffs

Applying the Vision – Recognition

- ECNL Player of the Year
- ECNL All Americans
- ECNL All Conference
- ECNL National Selection Game
- ECNL National Selection Camp Best 11
- USYNT Caps (x 2 Women / x2 Men's)
- USYNT Training Center Call Ups
- UEFA Youth International
- Concacaf Youth Internationals
- MLS Academy Trials and Selections
- DC United Academy Selection
- Loudoun United
- DC United First Team Training
- NWSL Pro Team Training



NATIONAL WOMEN'S SOCCER LEAGUE



Concacaf

Applying the Vision – College Progression



Boys - Individual Success

Griffin Yow



VDA TO DC UNITED

Jackson Hopkins



PWSI TO VDA TO DC UNITED

Girls - Individual Success

Peyton McGovern



VSA TO VDA TO FLORIDA STATE

Kami Winger



PWSI TO VDA TO UCLA

VDA Pre-ECNL - Why is it Important?

The goal of Virginia Development Academy **is to produce players that can compete at the highest level of youth soccer to propel themselves to the next level** (College, Professional, National Team etc). Within this main objective for the club, it is **vital that we develop and prepare players for the demands of VDA at the U11 and U12 age groups.**

The expectations and standards within VDA are set high to meet the demands to create an environment to enhance individuals and team aspirations. It is imperative now that our players are taught the same standards and soccer methods. We want to identify as many players with High Potential as soon as possible and having two pools of players allow us to do this.



2011B VDA - 100% Homegrown

VDA Pre-ECNL -How does it work?

VDA West U11/U12

VSA (VDA West) U11/U12 ECNL RL Boys and Girls will compete in the ECNL Regional League. They will also train once a week in a pool session with PWSI (VDA East) and HYS (VDA North) ECNL RL teams. These teams will also mix to compete in additional games through the season in friendly games and events.

VDA East U11/U12

PWSI (VDA East) U11/U12 ECNL RL Boys and Girls will compete in the ECNL Regional League. They will also train once a week in a pool session with VSA (VDA West) and HYS (VDA North) ECNL RL teams. These teams will also mix to compete in additional games through the season in friendly games and events.



VDA North U11/U12

HYS (VDA North) U11/U12 ECNL RL Boys will compete in the ECNL Regional League. They will also train every other week in a pool session with PWSI (VDA East) and VSA (VDA West) ECNL RL teams. These teams will also mix to compete in additional games through the season in friendly games and events.

VDA Pre-ECNL - Program Details

TRAINING: Teams will train 3 times a week between August – December and February-May. 1 of these 3 sessions will be a pool session at Howsion or Long Park.

EVENTS: Teams will compete in 5 (State/Regional) events across the 2023-24 season. These will include national level events like NCFC JR Showcase and Jefferson Cup.

GAMES: Teams will compete in the ECNL Regional League against the best local competition from within Virginia. We will also compete in the US CLUB State Championship.



COACHES: Teams will be coached by the highest level of licensed coaches within the Northern Virginia area and Beyond. All Pre-ECNL sessions will be run by VDA staff members.

ADDITIONAL EVENTS: As part of the VDA Pre-ECNL program we will participate in festivals and events as VDA.

ADDITIONAL GAMES: As part of the VDA Pre-ECNL program games will be organized throughout the year to compete as VDA against Regional ECNL clubs, GA clubs or MLS Academies.

VDA Pre-ECNL - Style of Play

ATTACK

We aim to dominate using progressive possession through the thirds using a variety of passing ranges

ATTACK TO DEFEND

Immediate pressure to win the ball back

DEFENDING

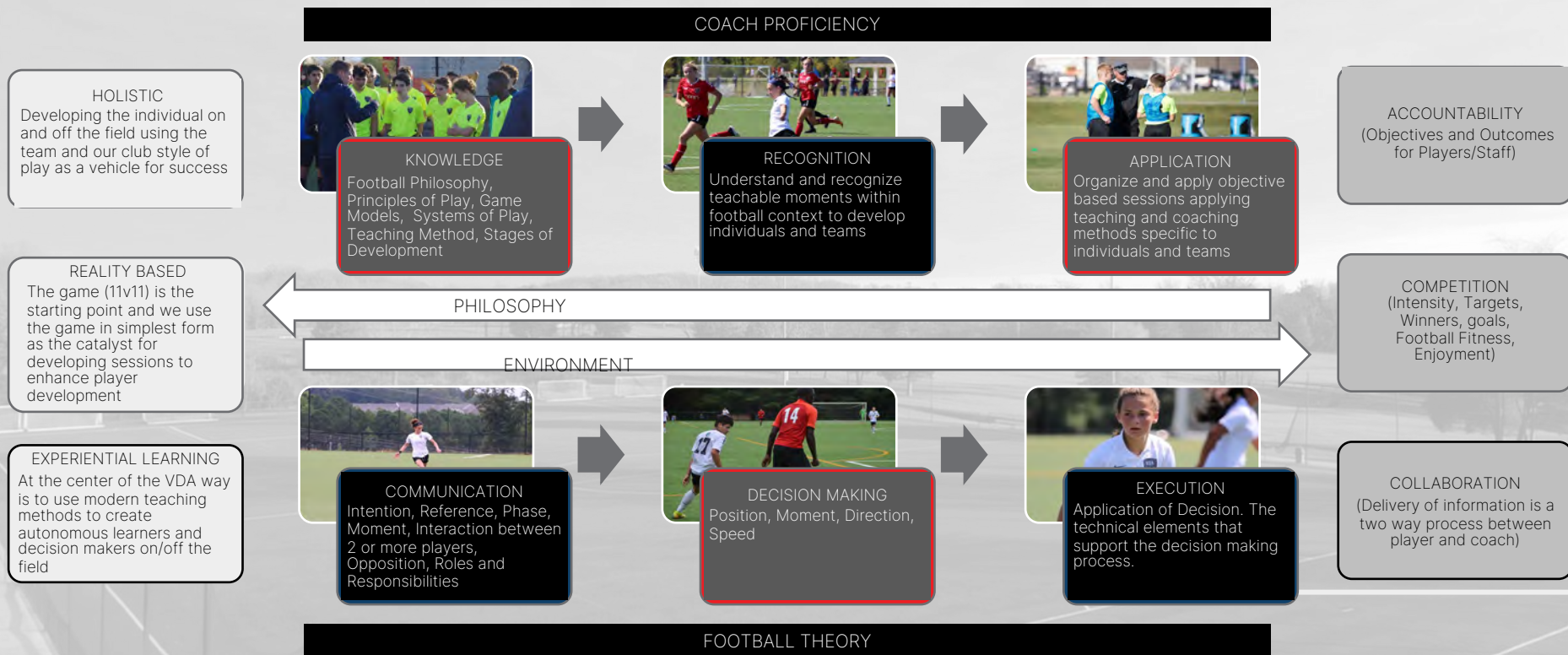
We aim to press high in the opponent's half high up the field or from a mid-block

DEFEND TO ATTACK

First action can we play forward to counter attack



VDA Pre-ECNL - Coaching Methodology



VDA Pre-ECNL - Our Focus in Zone 1

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U19
	Pre-Foundation Phase			Foundation Phase				Development Phase			Performance Phase		
Technical	Develop basic skills of attack, defend, transition			Develop execution of decisions in 1v1/2v1/2v2/3v2 (Communication) situations				Introduce execution of decision in relation to team role within 11v11 (Communication)			Develop functional execution of decision in relation to specific demands of players position		
	Pre-Foundation Phase			Foundation Phase				Development Phase			Performance Phase		
Tactical	Introduction to (Attack, Defend, Transition). Basic concepts introduced in relation to decision making in 1v1/2v1			Recognition of the basic principle in relation to the moment to develop decision making and execution. Basic Positional Play introduced				Introduce simple to complex principles to positional roles and responsibilities within team to develop decision making and execution.			Recognition of the principle in relation to trained movements, rotations, patterns, actions within positional roles and responsibilities within team.		
	Pre-Foundation Phase			Foundation Phase				Development Phase			Performance Phase		
Physical	Body segments grow at different times			Gross and small motor skills becoming more defined				Beginning to develop abilities to sustain complex and coordinated skill sequences			Increase in aerobic power, acyclic speed and explosive strength		
	Motor development starts with the head and moves downward to the feet and from the center of the body outward			Physically mature individuals demonstrate stronger motor skills				PHV (Peak height velocity). Adolescence and puberty.			Begin to reach potential in terms of coordination and performance of skilled movement		

VDA Pre-ECNL - What we teach at U11/U12

Zone 1 (VDA North West and East)

Develop individual players in three key areas:

- Dominate 1v1 Actions (Technical/Decision Making)
- Possession / Pressing Actions (Individual - Small Group)
- Transition to Attack / Defend Actions (Individual - Small Group)

How:

- High intensity training with accountability and correction
- Encourage bravery on the ball and competition in all areas of training and game
- Physical development to compliment football priorities
- Club style of play - Proactive Possession and Pressing
- Playing time - to develop players
- Winning Culture and Environment



VDA Pre-ECNL - Weekly Cycle

Day	Day 1	Day 2	Day 3	Weekend
Physical	SPEED/MOVES	SPEED/TURNS	SPEED/MOVES	Game
Focus	Individual	Individual	Team	
Topic	Dominate 1v1 Possession / Pressing Actions Transition To Attack Actions		Principles of Play Match Analysis	

VDA Pre-ECNL - Individual Development Plan?

VDA		VSA	
Team	VDA West U12		
Year of Birth	2011		
Primary Position	CM		
Secondary Position	CDM		
Dominant Foot	Right		
Years with VSA	1		
Individual Actions			
Attacking		Defending	
Use Front Foot	Movement in Behind	Press	Track Runners
Switch Point of Attack	Movement to Create Space	Cover	Anticipation
Breaking Lines	Find Open Player	Man Marking	Secure Possession
Scanning	Forward Passing	Zonal Marking	Counter Pressing
Technical Skills			
First Touch	Passing	Sprint Defending	Emergency Defending
Finishing	Dribbling	Recovery	Delay
Turning	Range of Passing	Heading	Tackling
Weak Foot	Receiving	Body Shape	Interception
Physical			
Size	Coordination	Balance	Power
			Speed
			Endurance
			Strength
			Agility
Mental			
Attitude	Attendance	Learning	Body Language
Effort	Work Ethic	Focus	Good Teammate
Group Standing			
Upper end	Middle		Lower end
Action Plan 1: Emotional Control / Action Plan 2: Train in Winter 1x per week with VDA			

Process:

The VDA Pre-ECNL program is dedicated to the individual development of each player and they will receive the following to aid their development:

1- Player Assessment Form

2- Individual Development Plan

3- Player/Parent Meeting - December after IDP form