



---

# ALWAYS MOVING FORWARD

---

2023-2024

---

[www.vsaonline.org](http://www.vsaonline.org)

Decorative wavy lines in red and blue colors sweep across the bottom of the page, starting from the left and right edges and curving towards the center.



---

# U17-U19 Zone 3

2023-2024

---

[www.vsaonline.org](http://www.vsaonline.org)





---

# How we **PLAY** and **TRAIN**

2023-2024

---

[www.vsaonline.org](http://www.vsaonline.org)

Decorative wavy lines in red and blue colors sweep across the bottom of the page, starting from the left and right edges and curving upwards towards the center.

# Club DNA



Out **Work** - Out Compete - Out **Play**



# Player DNA



Passionate - Hardworking - Committed - Dedicated

# Playing DNA



Pressing – Transition – Possession



# Activity DNA



Dominate 1v1 – Possession/Pressing – Transition to Attack

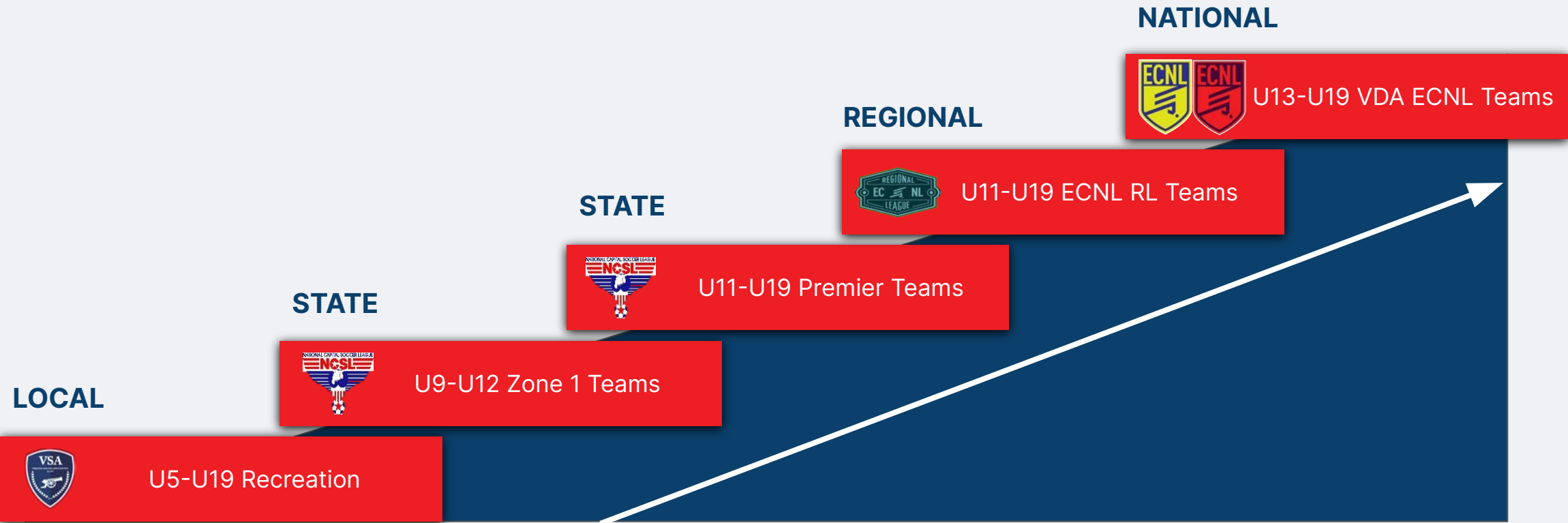
# Training DNA



Competitive – Intensity – Repetition



# Player Pathway



# DP Program - Player Pathway



**Mikey Stegmaier**  
VSA ECNL RL to VDA  
ECNL



**Gracie Bobak**  
VSA Premier to  
VSA ECNL RL to  
VDA ECNL



**Anna Hester**  
VSA ECNL RL to  
VDA ECNL



**Colton McCormick**  
VSA/VDA West/VDA DP  
to VDA ECNL

## VDA DP

As part of our VDA program we have several (1-4) players from our VSA ECNL Regional League teams selected as a VDA Development Players (DP) each season. A DP is a player that will train a minimum of once per week with the VDA team within his/her age group and play in select games/events. To be selected as a DP you need to be performing well and showing potential within your ECNL RL team.



**Daniel Calderon**  
VSA ECNL RL to VDA  
ECNL



**Kyla Kaczmaczyk**  
VSA ECNL RL to VDA  
ECNL



**D. Fitzsimmons**  
VSA ECNL RL to VDA  
ECNL



**Griffin Elk**  
VSA Premier to VSA  
ECNL RL to VDA ECNL  
(Captain)








**T. Fitzsimmons**  
VSA ECNL RL to VDA  
ECNL

## VSA DP

As part of our VSA ECNL RL program we have several (1-4) players from our VSA Premier teams selected as a VSA ECNL RL Development Players (DP) each season. A DP is a player that will train a minimum of once per week with the VSA ECNL RL team within his/her age group and play in selected games/events. To be selected as a DP you need to be performing well and showing potential within your VSA Premier team.

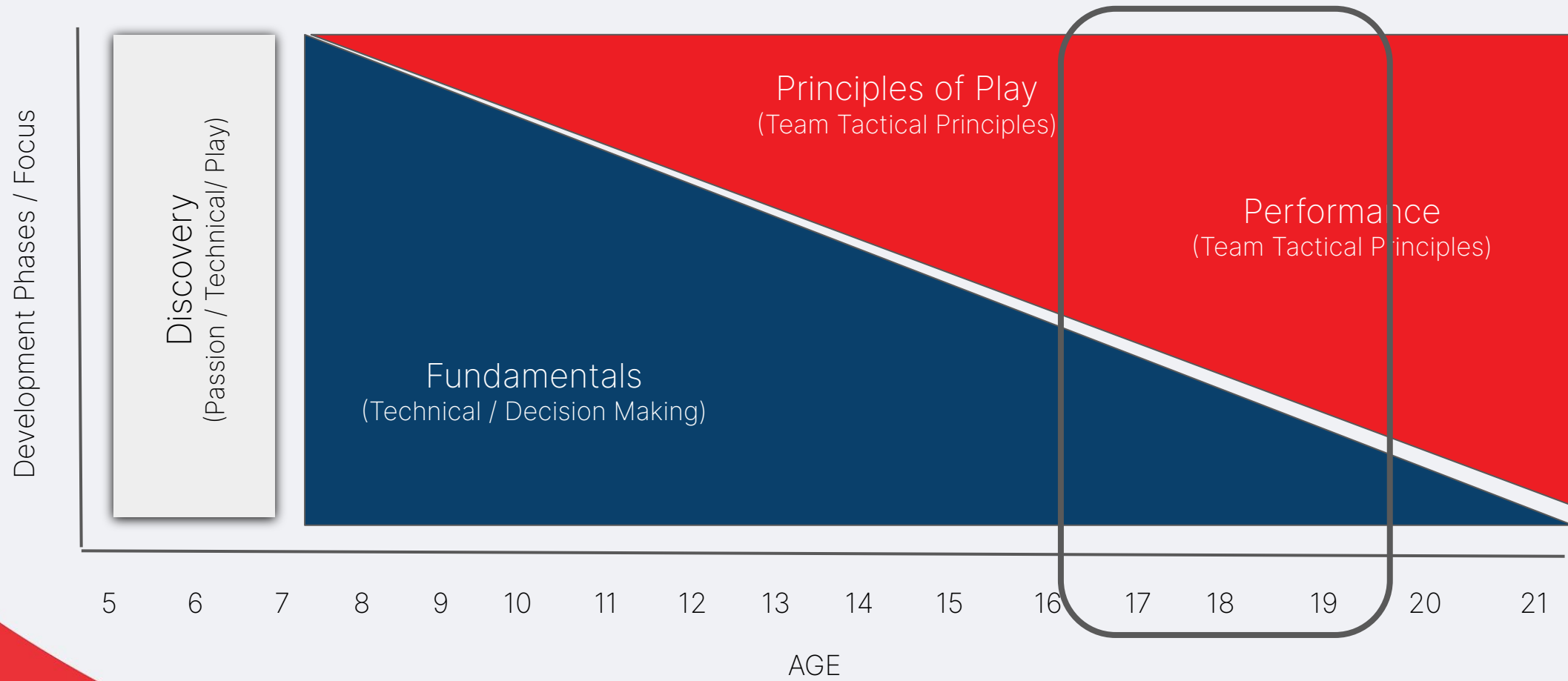
# Phases of Development



Phase	Age	Focus	
Introduction Phase	4-6 years of age	PLAY	
Discovery Phase	6-8 years of age	INDIVIDUAL DEVELOPMENT / PASSION / BALL MASTERY / PLAY	
Foundation Phase	8-12 years of age	INDIVIDUAL DEVELOPMENT / DECISION MAKING / TECHNICAL / PLAY	
Development Phase	13-16 years of age	INDIVIDUAL DEVELOPMENT SUPPORTED BY TEAM / DECISION MAKING / TECHNICAL	
Performance Phase	17-19 years of age	INDIVIDUAL DEVELOPMENT ALIGNED WITH TEAM PERFORMANCE	



# Developmental Focus



# Objectives - Zone 3 (U17-U19)



## Develop individual players in five key areas:

Dominate 1v1 (Functional to position)

Possession / Pressing Actions (Small Group-Team)

Transition to Attack / Defend (Counter Pressing / Counter Attack)

Team Tactics (Attacking and Defending Structures to encourage style of play/increase chances of winning)

Set Pieces (Dominate all dead ball moments)

## How:

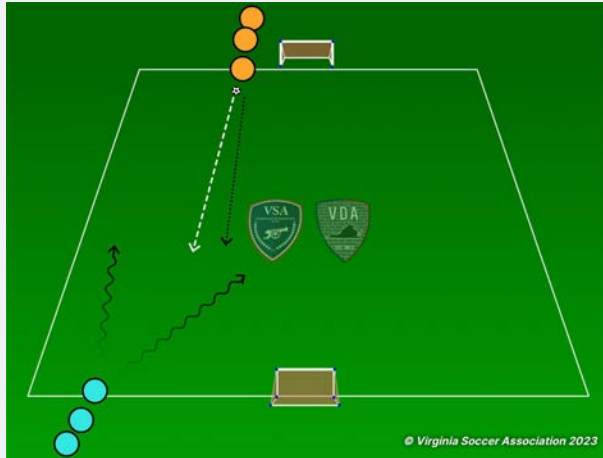
- High intensity training with accountability and correction
- Encourage bravery on the ball and competition in all areas of training and game
- Psychical development to compliment football priorities
- Club style of play - Proactive Possession (Variety introduced) and Mid-Block to Pressing (Team orientated)
- Playing time - earned and performance matters / coach manages standards for training
- Winning Culture and Environment



# Zone 3 – Session Structure (Individual)

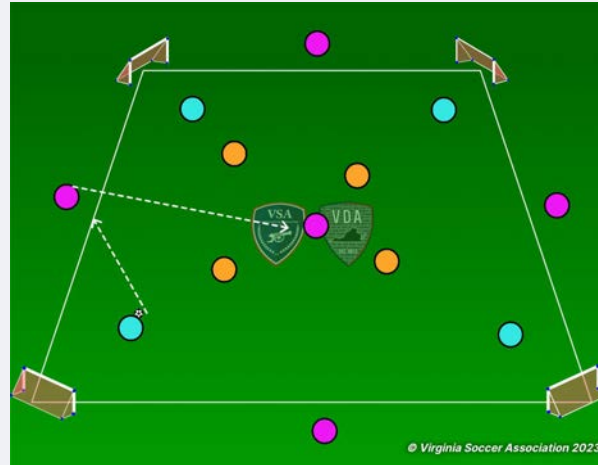
Objective: Teach Principles of Play, **Decision Making**, and **Technical Application** in high intensity/high repetition small sided activities

## Dominate 1v1



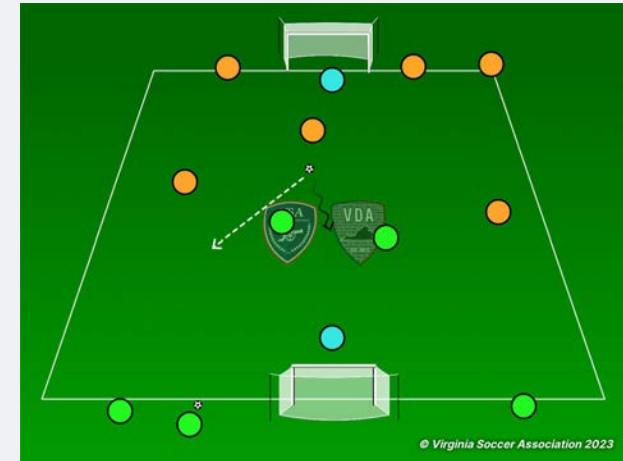
1v1, 2v1, 2v2, 3v2, 3v3  
Directional to Goal /  
Isolated to activate execution actions

## Possession/Pressing



Rondo, Neutrals, Boxes, Rectangles  
Directional and Non Directional  
To Goal or to Gates

## Transition to Attack/Defend



Transitional Activities  
Directional to Goal

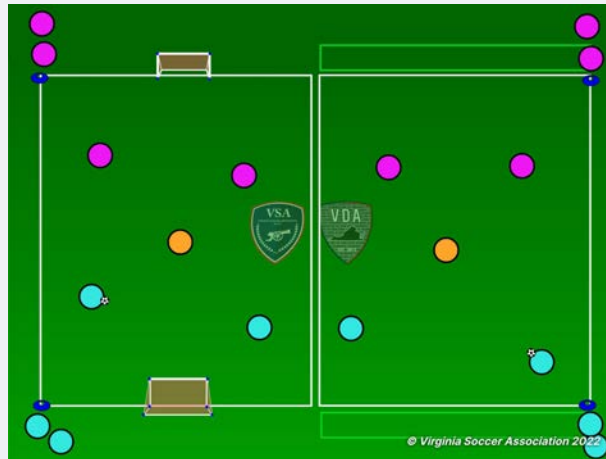


# Zone 3 – Session Structure (Team)



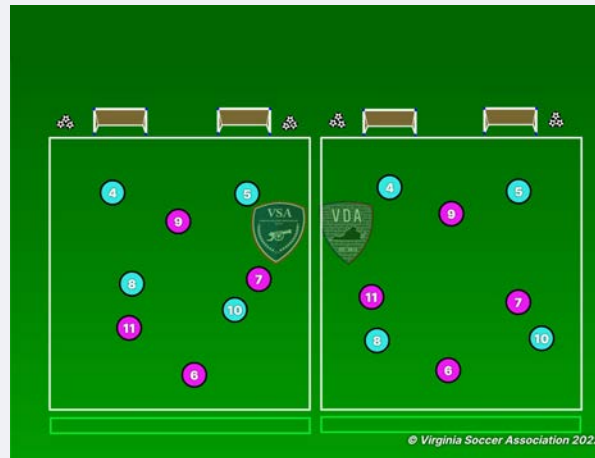
Objective: Teach **Principles of Play**, Decision Making, and Technical Application in high intensity/high repetition small sided activities

Stage 1



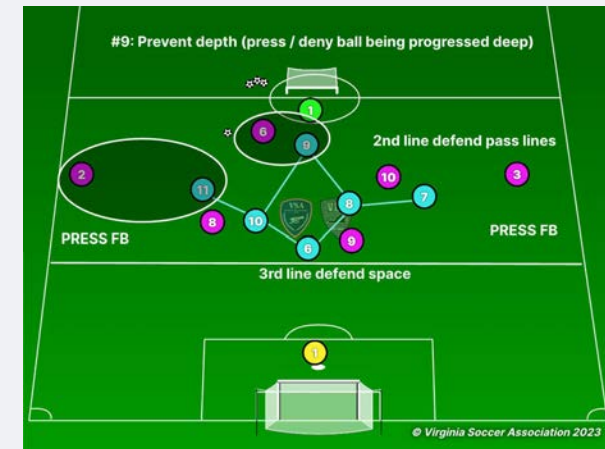
Introduction Activity

Stage 2



Small Sided 1

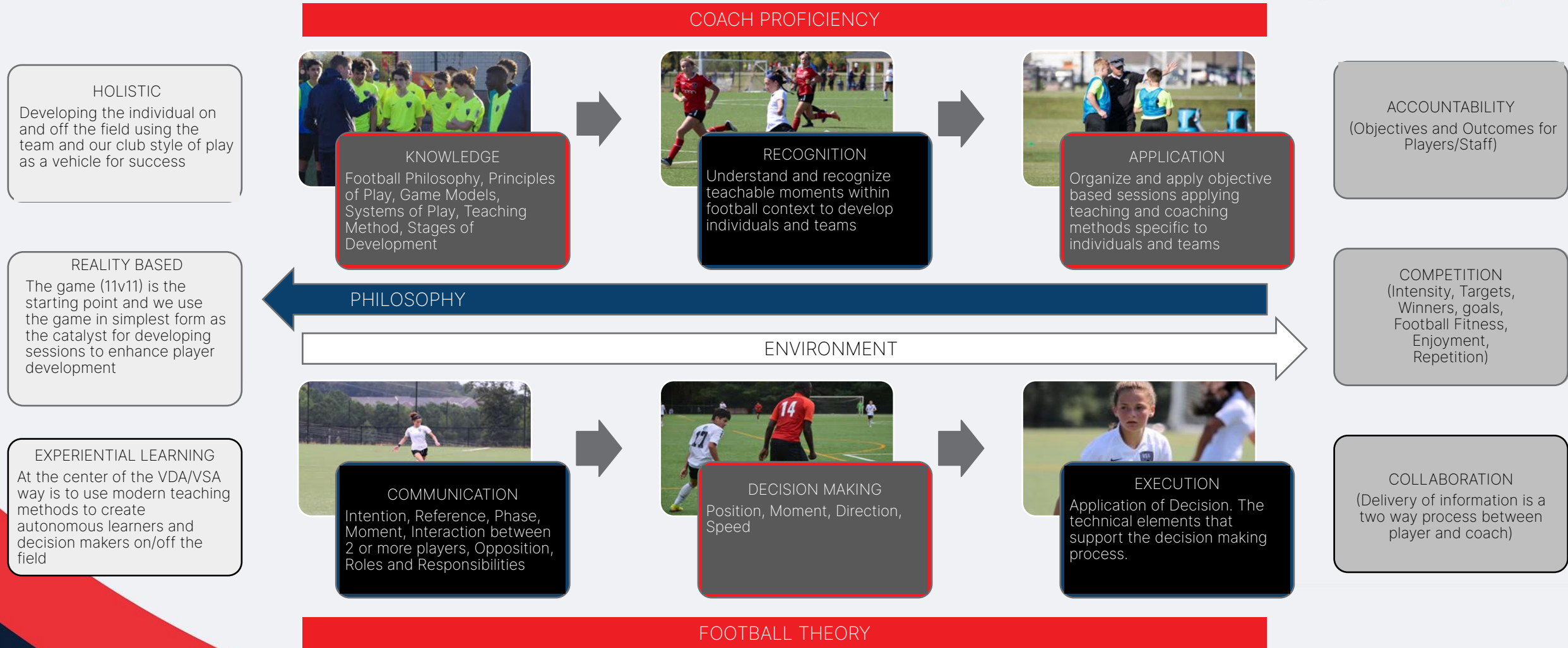
Stage 3



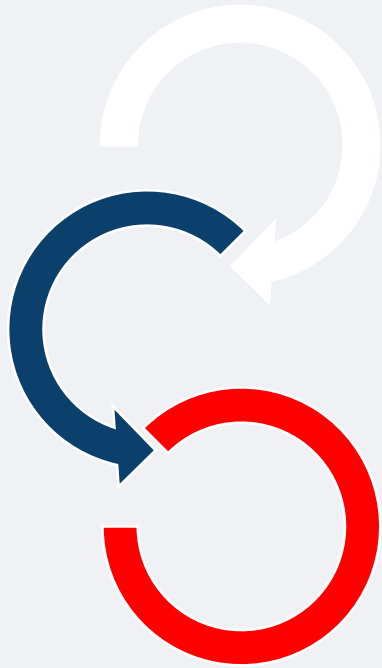
Small Sided 2

Stage 4 - GAME

# Coaching Methodology (VSA/VDA)



# Curriculum



## **Introduction**

The objective is new for the players and presented and trained for the first time

## **Focus**

The players are trained to execute the objective in the game without the interference of the coach

## **Master**

The players are capable to execute the objective in the game, in different situations, without the interference of the coach. The coach is capable to put attention on specific details of the objective



# Curriculum I – Technical



Principle	Execution of Decision	U7-U8	U9	U10	U11	U12	U13-14	U15-16	U17-19
Attack	Dribbling	I	F	F	F	F	F	M	M
	Passing	I	F	F	F	F	F	M	M
	Receiving	I	F	F	F	F	F	M	M
	Crossing		I	I	I	I/F	F	F	M
	Finishing	I	F	F	F	F	F	M	M
	Heading					I	I/F	F	M
	Shielding	I	I	F	F	F	F	M	M
	1v1	I	F	F	F	F	F	M	M
	2v1	I	F	F	F	F	F	M	M
	3v2		I	I/F	F	F	F	M	M
Principle	Execution of Decision	U8	U9	U10	U11	U12	U13-14	U15-16	U17-19
Defend	Immediate Press	I	F	F	F	F	F	M	M
	Angle of Approach		I	I/F	F	F	F	M	M
	Body Shape		I	I/F	F	F	F	M	M
	Tackling	I	F	F	F	F	F	M	M
	Anticipation				I	I	F	F	M
	Interception				I	I	F	F	M
	Pressure/Cover		I	I/F	F	F	F	M	M
	Balance			I	I	I/F	F	F	M
	Tracking			I	I	I/F	F	F	M
	1v1	I	F	F	F	F	F	M	M
	1v2	I	I/F	F	F	F	F	M	M
	2v3		I	I/F	F	F	F	M	M

# Curriculum II – Principles of Play



Phase	Principle of Play	U8	U9	U10	U11	U12	U13-14	U15-16	U17-19
Attack	Width	I	I	I/F	F	F	F	M	M
	Depth	I	I	I/F	F	F	F	M	M
	Numerical Advantage		I	I	I/F	F	F	F	M
	Switch Point of Attack			I	F	F	F	F	M
	Movement in Behind					I	I	F	M
	Playing Between Lines					I	F	F	M
	Attack with Numbers	I	I	I/F	F	F	F	M	M
	Anticipate Loss of Possession			I	I	I/F	F	F	M

Phase	Principle of Play	U8	U9	U10	U11	U12	U13-14	U15-16	U17-19
Defend	Compactness	I	I	I/F	F	F	F	M	M
	Press with Numbers	I	I	I/F	F	F	F	M	M
	Create Trap				I	I	F	F	M
	Man for Man				I	I	F	F	M
	Zonal Marking					I	I	F	M
	Track Runners				I	I	F	F	M
	Protect the Goal	I	I	I/F	F	F	F	M	M
	Anticipate rgn* Possession			I	I	I/F	F	F	M

# Individual Development Plans



VDA		VDA	
Team	VDA West U12		
Year of Birth	2011		
Primary Position	CM		
Secondary Position	CDM		
Dominate 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:

VSA is dedicated to the individual development of each player and they will receive the following to aide their development:

**1- Player Assessment Form** - Completed by player in September

**2- Individual Development Plan** - Completed by coach in December

**3- Player/Parent Meeting** - December after IDP form



# Resources - Player Development

**NIKE  
SOCCER**



**veo**



VSA has partnered with VEO. We will use this throughout the season for games and training sessions. Coaches and Players will have access to all games that are filmed.

**Futsal**



**Club**



VSA offers a winter futsal program to supplement player development during the months of December, January, and February. The program provides players with the opportunity to practice and play games in the successful futsal format. Futsal provides players with a good balance of technical and decision making moments to enhance their game.

# College - Player Pathway



Between VSA and VDA we have sent 165+ players on to play college since 2015. This is supported by a college preparation program led by Benjy Slator at VSA.

[CLICK HERE FOR MORE INFORMATION](#)



Charlie Kurz - VSA / VDA Alumni



Lauren Gogal - VSA / VDA Alumni .



# Events - Player Pathway

VSA ECNL RL and Premier teams attend national, regional and state events to provide players with the opportunity to progress to college and professional soccer. These include ECNL RL and College Showcase events.



# Resources - Player Development

## New and Improved GK Academy



VSA is excited to announce the introduction of the GK Academy for 2023-24. The club will be announcing the introduction of two full-time staff GK Directors that will introduce more GK training for players of all levels at the club.

There will be a Zone 2 and 3 Director.







---

# Team Formation / Program

2023-2024

---

[www.vsaonline.org](http://www.vsaonline.org)

# Levels of Play - U17-U19



Program	League	Events	Training	Third Session	Time Frame	Coaching	Additional
U17-U169 ECNL RL	Teams Competes ECNL RL	Attend 6 events (Plus 1 potential additional event)	Train 3 Times a week	Third session Club Concept	Fall, Winter, Spring	Head Coach	Futsal Additional Fee
U17-U19 Premier Red and Royal	B and C Team compete in NCSL (Potential ECNL RL)	Attend 4-5 events	Train 3 Times a week	Third session club concept	Fall, Winter, Spring	Head Coach	Futsal Additional Fee

Additional Programming		
GK Academy	Townhall - Guests	Online Lifeskills
College ID Program	IDP	Pre-Season Open Nights
Veo	Clinics	Journals

# Events

\*List of Events that VSA Staff will choose from for teams



## ECNL RL

East Premier Cup  
VDA Friendlies  
WAGS Tournament  
NCFC Boys/Girls Junior Showcase  
Bethesda Showcase  
ASSIST  
VDA Showcase  
Jefferson Cup  
Disney Showcase  
USCS Virginia State Cup  
ECNL RL Events

## Premier

East Premier Cup  
Loudoun Premier Cup  
Alexandria Fall Classic  
SOCA Blue Ridge Cup  
Hunt Country Classic  
Stafford St Patrick's Day  
Capital Fall Classic  
Alexandria Spring Kickoff  
Loudoun College Showcase  
ASSIST  
Virginia Cannon Cup  
VYSA Presidents Cup



# Zone 2 - Weekly Cycle



Day	Day 1	Day 2	Day 3	Weekend
Phase	Club Concept	A-T-D	A-T-D	Game
Focus	Individual	Team	Team	
Topic	Dominate 1v1 Possession / Pressing Actions Transition To Attack Actions	Game Model Principles of Play Team Tactical Principles		



# Club Concept Night U17-U19

To continue to create oversight and opportunities to move within the club player pathway we have our age groups train once a week in pool sessions. These sessions are run by Zone 3 Directors and ECNL RL Head Coaches/Directors of Coaching and are used to improve principles of play and club style of play.

## **How do Club Concept Nights Work?**

Age Groups train together and are organized into a number of groups

## **What is taught at Club Concept Night?**

Groups will be run through a number of stations throughout the night that teach dominate 1v1 situations, possession, pressing, and transition to attack/defense.

## **Do players train in mixed groups or their teams?**

The answer is a mix of both. The reason for this is to provide opportunities for players growth in a number of environments (ones they are comfortable with and ones that stretch the individual)



# Periodization (Macro)



Blocks	Time Frame	Frequency (Micro)	Frequency (Meso)	Frequency (Games)
Pre-Season	August	3x Per Week	5 Weeks	3-6 Games
Fall I	September-October	3x Per Week	8 Weeks	6-8 Games
Fall II	November-December	3x Per Week	6 Weeks	6-8 Games
Winter	January-February	2x Per Week	6 Weeks	3-6 Games
Spring I	February-March	3x Per Week	6 Weeks	3-6 Games
Spring II	April-May	2x Per Week Pool	8 Weeks	6-8 Games

# U17-U19 Zone 3 Contact - Boys/Girls



**Benjy Slator:** U17 - U19 boys & girls - 2007, 2006, 2005 year of birth | [bslator@vsaonline.org](mailto:bslator@vsaonline.org)

To Register for Tryouts - [CLICK HERE](#)