

## About

The VSA Futures program (Formerly ADP) is a Pre travel program for U7's/U8's with a heavy focus on individual technique and decision making.

VSA Futures is created for all players no matter the skill level. We provide a developmentally appropriate environment for any player who wants to improve.



## Contact Info

Director: Jov Hall

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"We've really enjoyed our experience in VSA's Futures program(Formerly ADP) It's a positive environment dedicated to developing a genuine love of the game. The coaches really take time to know every kid and you can see how much they enjoy working with the younger ages. The quality of coaching ,general emphasis on individual development and focus on developing the love of the game really sets this program apart from others. "

- Jorydn Simoes Current VSA Member

"I'm extremely proud of the VSA Futures Program. We are continuing to consistently lead the way with innovations in pre travel environments"

- Jov Hall VSA Futures Director



## VSA Futures U7-U8

## 2024-2025



## Program Objective

To provide a fun environment, where your child can fall in love with the game

Receive professional coaching (in an appropriate environment) to maximize player development Introduction on how to play the game



## Program Details

9 Month Program

Cost: \$680

Fall(September -December)

- 2 Training Sessions Per Week (60 minutes per session)

- 7-8 game events

Winter (January-February)

- 1 hour of training a week.

- No games Spring (March-May)

- 2 Training Sessions Per Week (60 minutes per session)

- 7-8 game events



## Session Format

Play-Practice Play Format

- Play
- Isolated Technical Activity
- 1v1/2v2 Decision Making

Activity

- Play

## Game Format

14 Total games

7 in the fall and 7 in the spring.

Majority of games vs other clubs  
Primarily @ James S Long Park .

4v4 Format

Increase touches for each individual