

**BENJY SLATOR**

DIRECTOR OF PLAYER DEVELOPMENT (BOYS)  
ADP DIRECTOR (BOYS)

**COACHING:**

USSF NATIONAL YOUTH LICENSE — U6-U12  
USSF C LICENSE CANDIDATE  
VDA SPORTS PERFORMANCE DIRECTOR  
CAMP DIRECTOR

**PLAYING:**

BLUEFIELD COLLEGE - NAIA  
CHESTERFIELD UNITED - NPSL



**ADP TRAINING AND GAME SCHEDULE**

**U7/U8 - BOYS AND GIRLS**

FALL, WINTER, AND SPRING PROGRAM

**FALL (SEPT/NOV) /SPRING (MARCH/MAY) :**

TRAIN 2X (1 HR SESSION) PER WEEK AT JAMES S. LONG PARK  
TF5IVES (Optional)

1 GAME (IN-HOUSE OR AGAINST OTHER LOCAL CLUBS) PER WEEKEND

**WINTER:**

1 INDOOR SESSION PER WEEK (JAN/FEB 6 WEEKS)

**KELSEY PARDUE**

DIRECTOR OF PLAYER DEVELOPMENT (GIRLS)  
ADP DIRECTOR (GIRLS)

**COACHING:**

USSF NATIONAL YOUTH LICENSE — U6-U12  
USSF D LICENSE  
ECNL COACH  
COLLEGE EXPERIENCE

**PLAYING:**

WASHINGTON SPIRIT — (NWSL — PRO)  
LONGWOOD COLLEGE — (NCAA D1)



# ADP

ADVANCED DEVELOPMENT PROGRAM



**"DEVELOPING THE FUTURE  
ONE PLAYER AT A TIME"**

FOR MORE INFORMATION GO TO

**WWW.VSAONLINE.ORG**

## WHAT DO WE TEACH?

- (1) THE **FUNDAMENTALS** OF PLAYING FOOTBALL!
- (2) BASIC DECISION MAKING IN 1V1/2V2 SITUATIONS!
- (3) BALL MASTERY SKILLS!



## WHY DO WE TEACH IT?

- (1) KIDS MUST LOVE TO PLAY TO DEVELOP!
- (2) DECISION MAKING IS THE CORE QUALITY OF BEING A GOOD FOOTBALLER!
- (3) BEING ABLE TO CONTROL THE BALL AND USE FUNDAMENTAL MOVEMENT SKILLS ALLOWS THE PLAYER TO MAKE GOOD DECISIONS!

## WHO ARE OUR COACHES:

VSA HAS THE #1 CROSSOVER (REC TO TRAVEL) COACHING STAFF IN PRINCE WILLIAM COUNTY. ALL ADP STAFF MEMBERS MUST HAVE BEEN A HIGH LEVEL EX-PLAYER AND HAVE A YOUTH COACHING LICENSE. WE ALSO HAVE PLAYERS FROM OUR OLDER TRAVEL AGE GROUPS THAT VOLUNTEER AS ASSISTANTS. THIS HELPS MOTIVATE OUR ADP PLAYERS TO STRIVE TO BE LIKE THEM. WE BELIEVE THAT A MIX OF PLAYING EXPERIENCE AND TEACHING SKILLS IS THE BEST MAKE UP FOR SUCCESS.

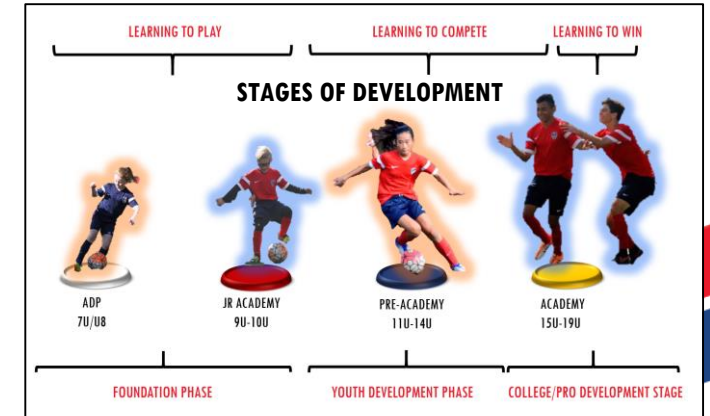
## TRANSITION TO U9

- (1) ALLOWS A GRADUAL ENTRANCE INTO TRAVEL SOCCER
- (2) OFFERS A COMPETITIVE ADVANTAGE TO GET PROFESSIONAL COACHING BEFORE ENTERING INTO TRAVEL SOCCER
- (3) PLAYERS TRANSITIONING FROM ADP TO U9 WILL HAVE ALREADY FOCUSED ON BASIC DECISION MAKING, BALL MASTERY AND FUNDAMENTAL MOVEMENT SKILLS.



## WHAT FORMAT DO WE PLAY:

WE PLAY A MIX OF 4V4 AND 5V5 GAMES TO ALLOW PLAYERS THE OPPORTUNITY TO MAXIMIZE TOUCHES USING SMALL SIDED GAMES. THIS FORMAT PROVIDES PLAYERS WITH A FOUNDATIONAL UNDERSTANDING OF TEAM SHAPE AND HELPS THEM TRANSITION INTO OUR 9U TRAVEL PROGRAM THAT USES A 5V5 AND 7V7 FORMAT.



## WHO ARE WE?

WE ARE INCLUSIVE TO THE CHILD; ANYONE IS WELCOME!  
THE PLAYER IS TAUGHT DECISION MAKING WITHIN PLAYING THE GAME!  
THE CLUB PROVIDE A PLATFORM FOR ALL; DREAM BIG!

## WHAT ARE OUR VALUES?

BEING A GOOD PERSON.  
BEING A PROACTIVE FOOTBALLER - WE CONTROL THE GAME  
DECISION MAKING IS THE CORE QUALITY OF BEING A GOOD FOOTBALLER

## WHAT DO WE TEACH IN THE FOUNDATION PHASE?

ATTACK / DEFEND / TRANSITION TO ATTACK / TRANSITION TO DEFEND  
WE TEACH THE GAME AND THESE PRINCIPLES IN CONTEXT TO THE AGE WE ARE WORKING WITH

## WHY SIGN UP?

- (1) LET YOUR CHILD DEVELOP A LIFE LONG LOVE OF THE GAME!
- (2) PROFESSIONAL COACHING!
- (3) FUN, SAFE AND STRUCTURED ENVIRONMENT!
- (4) AGE APPROPRIATE DEVELOPMENT WITHIN A 4V4 ENVIRONMENT!