



FRO ADU JR ACADEMY/ ADP DIRECTOR -BOYS

QUALIFICATIONS:

USSF C LICENSE, (B License 2017)
USSF NATIONAL YOUTH LICENSE

COACHING EXPERIENCE:

VSA JR ACADEMY DIRECTOR — CURRENT
VYSA ACADEMY/DISTRICT ODP COACH
POTOMAC SOCCER MEN'S U20 HEAD COACH USL — FORMER
GEORGE MASON ASSISTANT COACH - FORMER

PLAYING EXPERIENCE:

GEORGE MASON- NCAA D1
USMNT U15/U17 YOUTH NATIONAL TEAM



ALEX HERRERA ASSIST. JR ACADEMY/ADP DIRECTOR - GIRLS

QUALIFICATIONS:

USSF D LICENSE, (C License 2017)
USSF NATIONAL YOUTH LICENSE

COACHING EXPERIENCE:

VSA ASSISTANT JR ACADEMY DIRECTOR — CURRENT
VSA TRAVEL STAFF HEAD COACH — CURRENT

PLAYING EXPERIENCE:

GEORGE MASON- NCAA D1
USMNT U17 YOUTH NATIONAL TEAM



ADP TRAINING AND GAME SCHEDULE:

7U/8U - BOYS AND GIRLS

FALL, WINTER, AND SPRING PROGRAM

FALL (SEPT/NOV) /SPRING (MARCH/MAY) :
TRAIN 2X (1HR SESSION) PER WEEK AT JAMES S. LONG PARK
TFSIVES (Optional)
1 GAME (IN-HOUSE OR AGAINST OTHER LOCAL CLUBS) PER WEEKEND

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

ADP



7U/8U
ADVANCED DEVELOPMENT
PROGRAM
"THE NEXT STEP FROM REC"

NIKESOCKER





WHAT WE TEACH:

THE ADP FOCUSES ON INDIVIDUAL TECHNIQUE/ 1V1 SKILLS, SPEED, AGILITY, COORDINATION, AND DECISION MAKING IN A FUN AND COMPETITIVE ENVIRONMENT.

OUR GOAL IS TO DEVELOP PLAYERS WHO ARE COMFORTABLE AND CONFIDENT ON THE SOCCER BALL AS WE PREPARE THEM TO SUCCEED IN VSA'S TRAVEL PROGRAM.



WHO DO WE PLAY:

ADP PLAYS A MIX OF IN-HOUSE GAMES AND LOCAL COMPETITIVE GAMES AGAINST OTHER TRAVEL CLUBS (ALL WITHIN 20-25 MILE RADIUS). THESE GAMES SERVE TO INSPIRE AND CHALLENGE OUR PLAYERS, AND HELP THE STAFF PROPERLY ASSESS THEIR CONTINUED DEVELOPMENT. THIS ALSO PROVIDES THE PLAYERS WITH AN EASE INTO THE TRAVEL LEVEL THAT THEY WILL PROGRESS TO AT 9U.



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 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.

WHY SIGN UP FOR ADP:

IN ORDER TO BE THE BEST, YOU MUST TRAIN IN THE BEST ENVIRONMENT, AND THAT IS WHAT THE ADP PROVIDES. THE PROGRAM IS THE BEST FOUNDATION FOR OUR YOUNG PLAYERS WHO LOVE THE GAME, AND NEED THE PROPER GUIDANCE TO NURTURE THEIR ABILITIES. WE STRESS FUNDAMENTALS, FOCUSING ON STANDARDS, GROWTH MINDSET, AND OVERALL RESPECT FOR SELF, THEIR TEAMMATES, THE COACHING STAFF, AND THE BEAUTIFUL GAME OF SOCCER.

WE ARE ENTHUSIASTIC ABOUT CREATING A SHARED PASSION FOR THE GAME OF SOCCER WITH YOUR CHILD HERE AT VSA. IF YOU WANT TO START THEM ON THE BEST PATH FOR SUCCESS IN SOCCER, THE ADVANCED DEVELOPMENT PROGRAM IS THE ANSWER!



TRANSITION TO 9U:

THE ADP WILL PREPARE AND PROVIDE THE PROPER PATHWAY TO OUR 9U TRAVEL PROGRAM. THE PLAYERS WILL BE READY FOR THE DEVELOPMENTALLY APPROPRIATE TRAINING SESSIONS AND GAMES, WITH THE PROPER UNDERSTANDING OF THE GAME OF SOCCER, AND HOW TO PLAY IT THE RIGHT WAY, THE VSA WAY.

THIS YEAR WE WILL HAVE OVER 60 PLAYERS GRADUATE INTO THE VSA JR ACADEMY PROGRAM.

