

Premier Program

#WeAreVSA



Who Are We

Mission Statement:

Our purpose is to be a community based soccer club that is committed to providing players of all levels and backgrounds the opportunity to play the beautiful game of soccer!

Vision Statement:

To build a pathway that provides a professionalized platform creating opportunities for all players in our club to succeed in life on and off the field

Core Values:

Community
Collaboration
Character
Commitment



Community | Collaboration | **Character** | Commitment

Club Philosophy

Develop The Player: We will always put the player first and develop them in the key components of the game. We will provide opportunities for all players to grow on the field.

Develop The Person: we will always strive to look at the bigger picture and create young people who have characteristics and traits to succeed away from the soccer field. We will value hard work, humility, integrity, respect, responsibility, and a growth mindset above all else.

Develop The Club: We will work together as coaches, players, and parents to create our club that we can be proud to be part of. On and off the field we will represent the club in the best possible way, striving to be people the local community can be proud of. VSA will be unique to us!

Develop The Future: We will create a pathway and future for our players to be successful in all walks of life. Ultimately we are creating a better future for our community!



Community | Collaboration | **Character** | Commitment

Recap 2018-19



Fall 2018
3rd Place finish as club on overall points



9 Select Teams in Division 1 or 2 NCSL
VSA 07 Red Girls - champions
VSA 04 Red Girls - champions



21 players selected for VA PDP



Events
20 Champions
21 Finalists



U15-U19
4x Semi-Finalists



40+ players selected for VYSA ODP District/State



Record number of teams (13) accepted to Nationally recognized showcase

VSA 08 NPL Boys - champions
VSA 07 NPL Girls - champions
VSA 06 NPL Boys - Finalists



Record number of teams (16) accepted to Nationally recognized showcase

VSA 08 NPL Girls - champions
VSA 07 NPL Girls - champions
VSA 06 NPL Girls - Finalist



2003 Boys Qualify for ENPL National Event



2002 Girls National Cup Qualifier



Class of 2019
17 Commitments
90 Players place since 2014



1st Professional signed
3 USYNT Call Ups
10+ US Soccer ID Center players



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Premier Program

New for 2019-2020

Why:

The Premier VSA Player will be part of a culture that requires commitment, hard work and proper decision making on and off the field

Objectives:

1. Create A clear player pathway that creates opportunities to progress with in VSA
2. Create an environment in which the coaches and players require A commitment to hard work, encourages decision making and requires players to be brave on and off the field
3. Create A pathway that allows players to establish the skill set and work rate needed to represent their high school, middle schools and the community
4. Create A connection to all levels within VSA, by getting the staff in front of players and consistent communication with in the staff about each players development
5. Recognition of premier players accomplishments on and off the field



Community | Collaboration | **Character** | Commitment

Improved Competition Platform

Tournaments:

4x Events (2 Away Events for Premier Red)

State Cup:

Participation in Presidents Cup (Premier Red)

League Games:

NCSL (Red) / ODSL (Royal)



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"The President's Cup provides a progressive, competitive experience to teams that they might not otherwise get the opportunity to participate in. It is a competition, where teams can play other high level teams, through a platform that progresses from the state to regional to national levels of US Youth Soccer."



Gordon Miller
VYSA Technical Director

Training Platform

Training:

2 Team Sessions per week

1 Pool Session with Age Group (Elite and Premier Teams)

Coaches:

2 Session with Head Coach of Team

1 Session with NPL Elite Coaches and Directors of Coaching

Performance:

Testing & Conditioning implemented by Performance Director

Goalkeeping:

2 Sessions available per week for Goalkeepers



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Levels

Premier Elite (U11/U12)

Includes Presidents Cup / Includes 3 session a week with NPL Elite team / 2 Stay away events

Premier Red (U13-U14)

Includes Presidents Cup / 3 Sessions per week (2 Team / 1 Club Concept) / 2 Stay away events

Premier Red (U15-U19)

Does not include Presidents Cup (If DOC thinks team is right fit \$40 from each player additionally added) / 3 Sessions per week (2 Team / 1 Club Concept) / 2 Stay away events

Premier Royal (U11/U12)

3 Sessions per week (2 Team / 1 Club Concept) / 1 Stay away events

Premier Royal (U13-U19)

3 Sessions per week (2 Team / 1 Club Concept) / 1 Stay away events



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Premier TEAM

Director of Coaching

Develops and Implements periodization/curriculum for each team and age group. Provides Support for the coaching staff to develop

Assistant Director of Coaching (Boys & Girls)

Responsible for implementing Premier club curriculum, style of play, and coaching standards. Attends minimum of 1 game per season

Director of Player Development (U11-U19):

Responsible for tracking coaching development and player movement between NPL Elite & Premier Team. Attends minimum of 1-2 games per season.

Director of College Recruitment:

Provides support and guidance for Premier players interested in playing College Soccer or help during College application period



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Premier Periodization Macro Cycle

Pre-Season	Comp 1	Comp 2	Winter	Comp 3	Comp 4
Week 1	Week 1	Week 1	Week 1	Week 1	Week 1
Week 2	Week 2	Week 2	Week 2	Week 2	Week 2
Week 3	Week 3	Week 3	Week 3	Week 3	Week 3
Week 4	Week 4	Week 4	Week 4	Week 4	Week 4
Week 5	Week 5	Week 5	Week 5	Week 5	Week 5
Week 6	Week 6	Week 6	Week 6	Week 6	Week 6
Aug/Sept	Sept/Oct	Nov/Dec	Jan/Feb	March/April	May/June



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Premier Periodization

Meso & Micro Cycle

	Week 1	Week 2	Week 3	Week 4	
Primary	Attacking	Defending	Transition	Coaches Choice	Training Cycle 4 week Block
Secondary	Transition	Transition	Attack	Transition	
	Day 1	Day 2	Day 3	Day 4	
Type	Pool Training (Speed Night)	Team Training (Conditioning Night)	Team Training (Game Preparation Night)	Game	Weekly Plan
Focus	Technical / Decision Making	Technical / Tactical (Unit)	Technical / Tactical (Team)	Match NCSL / ODSL	



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Premier Periodization

Additional

Conditioning

Premier Players will be tested 2 times per season to measure VSA conditioning program. We will conduct the YoYo fitness test at the beginning and end of season

Education

Premier Players will be provided 2 specific player education sessions per season that will concentrate on developing life skills to be a better leader on and off the field

College

U15-U19 Premier Players will be provided 2 specific college education session per season to help assist them with college preparation whether or not they are looking to play at college or not



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In the Spot Light

Recognize Achievements Off the field

Not all achievements happen on the soccer field. Starting next season we will highlight one select player a week on social media who has achieved off the field success at school or in the local community.

Our goal is to not only develop good soccer players but leaders in the community.



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