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**2021-2022**

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# Advanced Development Program

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# 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



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# WHAT IS ADP?

## Advanced Development Program



Our Advanced Development Program is the foundations for 5,6,7 year olds who enjoy the game of soccer.

ADP is run by the VSA technical staff and provides a structured environment to continue to grow your child's love of the game whilst developing their technical and decision making skills.

It also provides a pathway for players at the age of 7 and 8 to be prepared for the transition to competitive (travel) soccer.



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# Objectives

## Advanced Development Program

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

Introduction on how to play the games.

Receive professional coaching (in an appropriate environment) to maximize player development.



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# WHAT WE TEACH

## Advanced Development Program



Being a good person (positive, respectful and hard working!)

A lifelong love of the game, through fun small sided formats!

Technical Development through repetition of 1v1, 2v1, 2v1, 3v2, 3v3 games and activities

Basic decision making within principles of play!



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# HOW WE DO IT

## PLAY-PRACTICE-PLAY

The VSA ADP methodology is to use the game as the main vehicle for developing decision making and technical skills.

The Manchester United pilot scheme evaluated the comparison between small sided games of 4v4 versus 7v7/9v9.

On Average 4v4/5v5 versus 7v7/8v8 had:

1. 135% more passes
2. 260% more Scoring Attempts
3. 500% more Goals Scored
4. 225% more 1v1 Encounters
5. 280% more Dribbling Skills (tricks)

Why? Ultimately smaller games increase contact time on the ball for the player and allows for hundreds of decisions to be made within training sessions and in games!



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# BUILDING FOR THE FUTURE

## Advanced Development Program

Since 2014 our ADP program has become a vital part of the clubs DNA. We believe that in order to have a successful club we must invest time and energy into developing our 5-8 year olds.

This has ensured that we have developed teams that have gone on to win multiple state championships but more importantly players that have progressed individually to the next level.

In 2021 both our 2009 (U12) boys and girls teams won the US Club State Championship. The majority of these players started in the club's ADP program.

We currently have a number of players who started in our ADP program playing for our Elite program Virginia Development Academy and Youth National Teams.



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# Format

## Advanced Development Program

### Practices

Fall/Spring 2x Practices per week Winter 1x Practice per week.

### Practice Locations

Haymarket, Gainesville, and Bristow.

### Games

Mixture of 3v3/4v4 games on Friday Nights with a small amount on Saturday.

### Friday Night Lights

New this fall, we will be playing games at Long Park on Friday evenings and inviting local clubs to participate in this new initiative.

### Coaches

VSA Coaches are all USSF licensed with a variety of playing backgrounds ranging from international, professional and college.



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# Introduction Sessions

## Advanced Development Program

### What is an introduction session?

This is an opportunity for players to experience ADP before signing up for the program. The session will showcase our coaches and play-practice-play format

### Who should attend?

All players interested in joining the program for the Fall 2021

### Age Groups

2014 and 2015

### Dates, Times, Location

June 1 @ Long Park 5 – 5:30-6:30PM

June 8 @ Long Park 5 – 5:30-6:30PM

Register for session here - [https://vsa.demosphere-secure.com/\\_registration](https://vsa.demosphere-secure.com/_registration)



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# Contact Information

## Advanced Development Program



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