

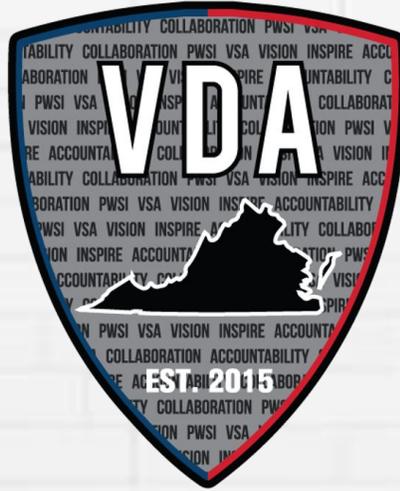


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VDA PRE-ECNL

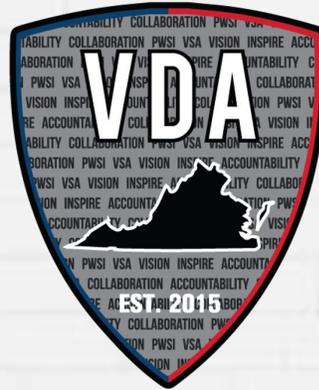
2021-2022

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What is VDA?

WHO ARE WE: Virginia Development Academy is the summit of the elite player pathway for Prince William Soccer and Virginia Soccer Association. Formed in 2015, the collaborative partnership represents more than 8,000 players and participates in the Elite National Platform Boys' and Girls' ECNL (Elite Clubs National League)



CLUB VISION: Virginia Development Academy (VDA) will be the destination for all soccer players of Northern and Central Virginia. We will identify and help develop a Champions League Player.



VDA WEST PRE-ECNL (VSA)

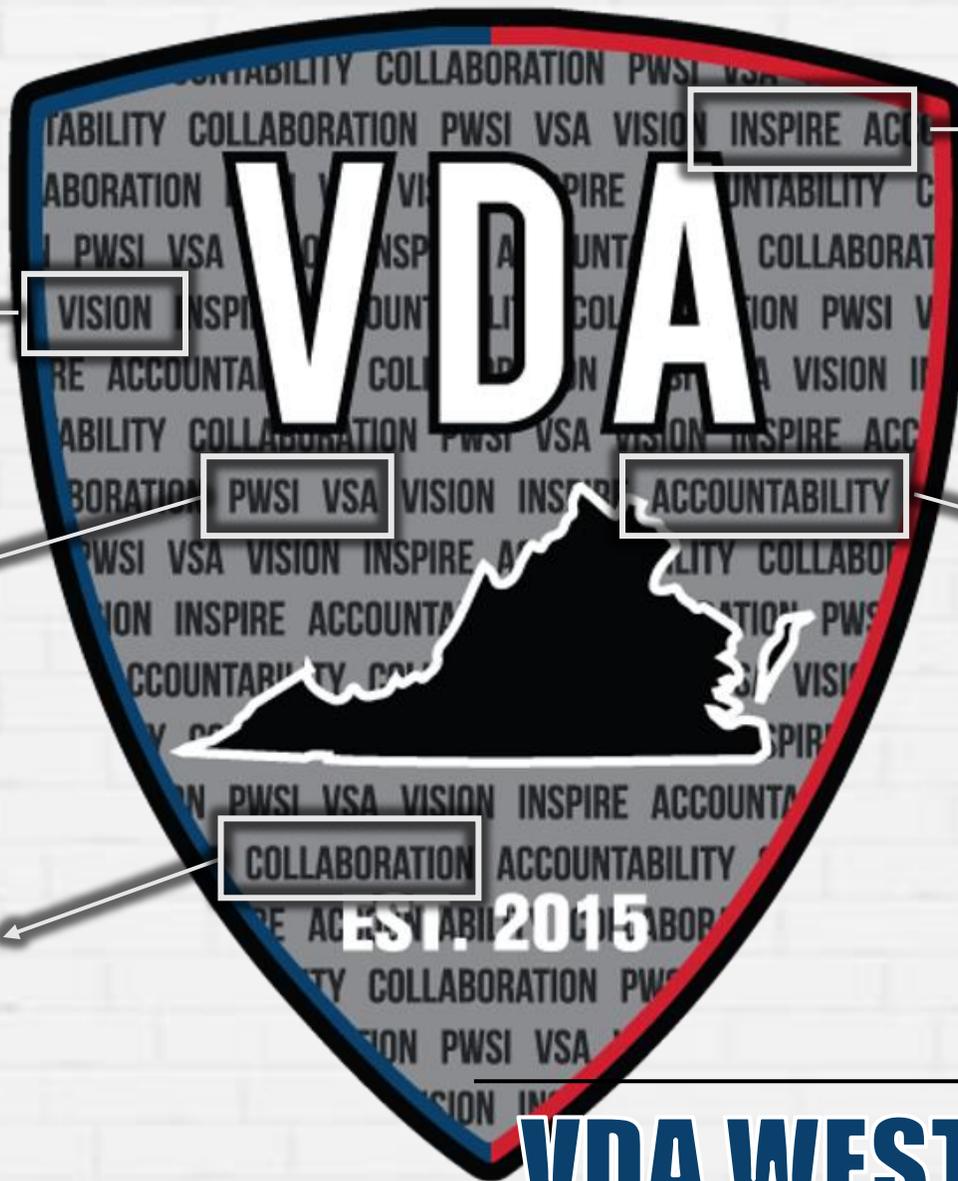
2021-2022

Core Values

Our **VISION** is to be the destination for all soccer players of Northern and Central Virginia

We always recognize our origins and partner clubs (**PWSI/VSA**) role in the development pathway

We pride ourselves on an inclusive and diverse environment that welcomes coaches, players, and parents from all backgrounds to work together and **COLLABORATE** in the pursuit of excellence on and off the field



The platform ignites and **INSPIRES** players from an early age to dream big and chase their goals through passion, sacrifice and accountability.

We hold players **ACCOUNTABLE** by demanding hard work and ownership in their development as a person and player



VDA WEST PRE-ECNL (VSA)

2021-2022

VDA in Numbers



#83



**GIRLS
NATIONAL RANKING**

#49



**BOYS
NATIONAL RANKING**

50



**PROFESSIONAL OPPORTUNITIES
(MLS PRO/MLS ACADEMIES)**

17



**USYNT PLACEMENTS
CAMPS, SQUADS, TEAMS, U17 WORLD CUP**

94



**COLLEGE PLACEMENTS
(SINCE 2015)**



VDA WEST PRE-ECNL (VSA)

2021-2022

VDA Pre-ECNL – Why is it important?

The goal of Virginia Development Academy is to produce players that can compete at the highest level of youth soccer to propel themselves to the next level (College, Professional, National Team etc). Within this main objective for the club, it is vital that we develop and prepare players for the demands of VDA at the U11 and U12 age groups.

The expectations and standards within VDA are set high to meet the demands to create an environment to enhance individuals and team aspirations. It is imperative now that our players are taught the same standards and soccer methods. We want to identify as many players with High Potential as soon as possible and having two pools of players allow us to do this.

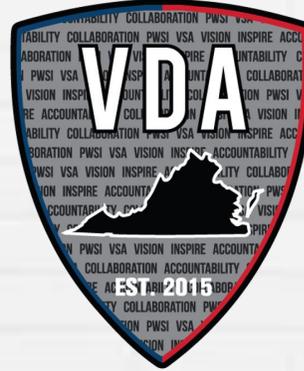
In 2020 the VDA U13 ECNL teams were made up of players 98% of players from VSA and PWSI. Both teams are ranked Top 25 in the nation.



VDA WEST PRE-ECNL (VSA)

2021-2022

VDA Pre-ECNL – How Does it work?



**U13-U19
ECNL**

VSA (VDA WEST) U11/U12

VSA (VDA West) U11/U12 Elite Boys and Girls will compete in the ECNL Regional League as they have in previous years. Starting Fall 2021 they will also train once a week in a pool session with PWSI (VDA East) ECNL RL teams. These teams will also mix to compete in additional games through the season in friendly games and events.

PWSI (VDA EAST) U11/U12

PWSI (VDA East) U11/U12 Elite Boys and Girls will in the ECNL Regional League as they have in previous years. Starting Fall 2021 they will also train once a week in a pool session with VSA (VDA West) ECNL RL teams. These teams will also mix to compete in additional games through the season in friendly games and events.



VDA WEST PRE-ECNL (VSA)

2021-2022

VDA Pre-ECNL – Program Details

TRAINING

VSA (VDA WEST) will train 3 times a week between August – December and February-May. 1 of these 3 sessions will be a pool session at Howsion or Long Park.

EVENTS

VSA (VDA WEST) will compete in 5 (State/Regional) events across the 2021-22 season. These will include national level events like NCFC JR Showcase and Jefferson Cup.

GAMES

VSA (VDA WEST) will compete in the ECNL Regional League against the best local competition from with Virginia. We will also compete in the US CLUB State Championship.

COACHES

VSA (VDA WEST) will be coached by the highest level of licensed coaches within the Northern Virginia area and Beyond. All Pre-ECNL session will be run by VDA staff members.

ADDITIONAL EVENTS

As part of the VDA Pre-ECNL program we will participate in festivals and events as VDA.

ADDITIONAL GAMES

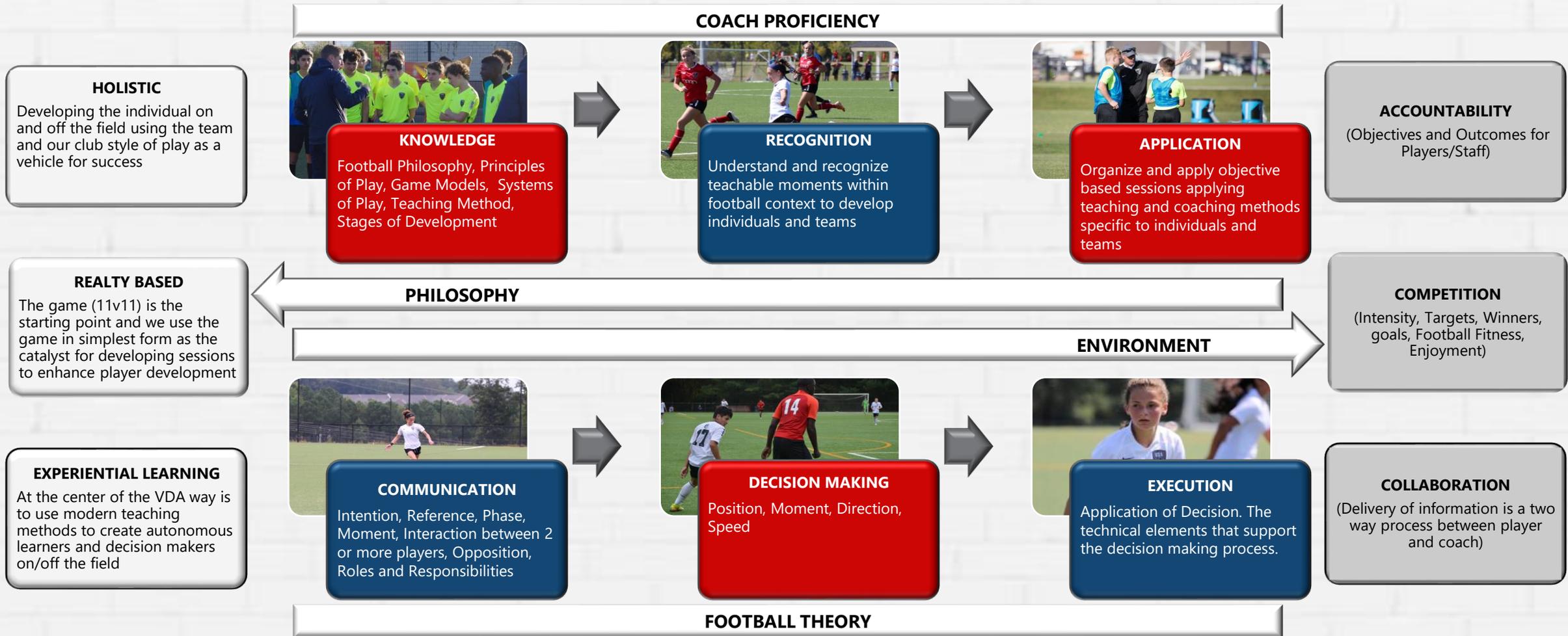
As part of the VDA Pre-ECNL program games will be organized throughout the year to compete as VDA against Regional ECNL clubs, GA clubs or MLS Academies.



VDA WEST PRE-ECNL (VSA)

2021-2022

VDA Methodology



VDA WEST PRE-ECNL (VSA)

2021-2022

VDA Style of Play

Our Fundamental football philosophy is to be **PROACTIVE** in everything we do. We compete each week with the goal of winning by playing positive football. We want all teams that we play to know we have left everything on the field and competed until the very last kick of the game win, lose or draw.

We believe that playing the VDA way will lead to eventual long-term success verses short term gains chasing results only. It does not matter who we play, we will try to implement the VSA style of play.

In attack we aim to dominate using **PROGRESSIVE POSSESSION** through the thirds using a variety of passing ranges to move the ball forward with numbers to create chances and score goals. When we lose the ball we want **IMMEDIATE PRESSURE** to win the ball back.

We aim to **PRESS** in the opponents half to force a mistake to regain the ball. When we win the ball back our first action is to play the ball forward to **COUNTER ATTACK** with numbers to create chances and score goals.



VDA WEST PRE-ECNL (VSA)

2021-2022

Curriculum (Attacking Phase Example)

BUILDING PHASE	Discovery Phase	Foundation Phase		Development Phase		Performance Phase	
	6-7	8-9	10-12	13-14	14-15	16-17	17-19
WIDTH & DEPTH (HIGH) AS NECESSARY			I	D	D	M	M
CENTRAL NUMERICAL ADVANTAGE (SITUATIONAL)			I	D	D	M	M
CREATE SUPPORTING ANGLES TO PLAY FWD			I	D	D	M	M
MOVE BALL FWD (VERTICAL OR DIAGONAL PASS)	I	D	D	D	D	M	M

CREATION PHASE	Discovery Phase	Foundation Phase		Development Phase		Performance Phase	
	6-7	8-9	10-12	13-14	14-15	16-17	17-19
SWITCHING THE POINT OF ATTACK			I	D	D	D	M
CREATE 2v1 OVERLOADS IN WIDE AREAS			I	D	D	D	M
POSITIONING IN-BETWEEN THE LINES			I	D	D	D	M
FWD RUNS — (PROACTIVE RUNS IN BEHIND)				I	D	D	M

FINISHING PHASE	Discovery Phase	Foundation Phase		Development Phase		Performance Phase	
	6-7	8-9	10-12	13-14	14-15	16-17	17-19
RECOGNIZE 1v1/2v1s TO FINISH							
9 ATTACKS FRONT POST / THREE ZONES OCCUPIED			I	D	D	D	M
DIAGONAL RUNS FROM WIDE PLAYERS			I	D	D	M	M
DEF LINE CONTROL THE COUNTER (T-SHAPE 3+1)		I	D	D	D	M	M



VDA WEST PRE-ECNL (VSA)

2021-2022

Periodization (Macro)

Blocks	Time Frame	Frequency (Micro)	Frequency (Meso)	Frequency (Games)	Additional VDA
Pre-Season	August	3x Per Week (1 VDA)	5 Weeks	3-6 Games	VDA Games
Fall I	September-October	3x Per Week (1 VDA)	8 Weeks	6-8 Games	Team Games
Fall II	November-December	3x Per Week (1 VDA)	6 Weeks	6-8 Games	Team Games
Winter	January-February	2x Per Week (1 VDA)	6 Weeks	3-6 Games	VDA Games
Spring I	February-March	3x Per Week (1 VDA)	6 Weeks	3-6 Games	Team Games
Spring II	April-May	3x Per Week (1 VDA)	6-8 Weeks	6-8 Games	Team Games

Periodization (Micro)

	Day 1	Day 2	Day 3	Day 4	Game
Objective	Transition Principles of Play	Defend/Transition Principles of Play	Attack/Transition Principles of Play	Match Analysis Online or VSA office ECNL RL Teams Minimum of 1 pre month session with Head Coach	Fixture
Type	Pool – VDA West and VDA East Session	Team Individual-Unit Focus	Team Individual-Unit Focus		
Fitness	Recovery	Overload Football Fitness	Underload Football Fitness		



VDA WEST PRE-ECNL (VSA)

2021-2022

Resources - Player Development

veo



We will aim to film a number of VDA West ECNL Regional Games using the VEO Camera. Coaches and Players will have access to all games that are filmed
Click Picture to find out more

TECHNE



All VDA West ECNL RL and Premier Players will have access to the mobile individual development app **TECHNE FUTBOL**
Click Picture to find out more



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2021-2022

VDA Technical Director

Matt Lacey

USSF A License

USSF Academy Director License

USSF Instructor License

USSF National Youth License

Double Pass Master Class License

Playing Experience:

Professional and College (UK and USA)



VDA WEST PRE-ECNL (VSA)

2021-2022

VDA ECNL Directors



Alex Herrera
BOYS ECNL DIRECTOR
USSF B License
Playing Experience:
USYNT U17
George Mason (NCAA D1)



MIKEY WELSH
GIRLS ECNL DIRECTOR
USSF B License
Playing Experience:
Livingston (Scotland)
Rhode Island (NCAA D1)



VDA WEST PRE-ECNL (VSA)

2021-2022

VDA West Pre-ECNL Staff



Matt Lacey

VSA (VDA WEST) U11B (2011)

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Tim Krout

VSA (VDA WEST) U11G (2011)

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Nick Foglesong

VSA (VDA WEST) U12B (2010)

USSF B License

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Tim Krout

VSA (VDA WEST) U12G (2011)

USSF A License

tkrout@vsaonline.org



VDA WEST PRE-ECNL (VSA)

2021-2022

VSA and VDA West – Tryouts

All Players must register online for tryouts – [CLICK HERE](#) to register

The tryouts dates below will include placement for all VSA U11 and U12 age group placements. This includes the following teams – VSA ECNL RL (VDA West), VSA Premier Elite, VSA Premier Teams

Boys	U11 (2011)	Field #	U12 (2010)	Field #
April 30th	7:10-8:30PM	Long Park 5	7:00-8:20PM	Long Park 7
May 7th	7:10-8:30PM	Long Park 5	7:30-8:45PM	Long Park 6
May 13th	7:00-8:20PM	Long Park 6	7:00-8:20PM	Long Park 7
Girls	U11 (2011)	Field #	U12 (2010)	Field #
April 30th	5:30-6:45PM	Long Park 7	7:30-8:45PM	Long Park 6
May 7th	5:30-6:45PM	Long Park 7	7:00-8:20PM	Long Park 7
May 13th	5:30-6:45PM	Long Park 5a	7:00-8:20PM	Long Park 5

*If you are unable to attend any of the tryout dates listed please contact the age group coach and they will try to organize an opportunity to attend an invite only session.



VDA WEST PRE-ECNL (VSA)

2021-2022

Uniforms – 2021-2023

***Away Uniform and Training Kit will be the same as VDA ECNL Teams**



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