



HALF TIME

MID SEASON REVIEW

DECEMBER 2016

TRAVEL

2016 / 2017



FRO ADU, JR ACADEMY DIRECTOR

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**MERRY CHRISTMAS
AND A HAPPY NEW YEAR**



FROM

VSA



07 JR ACADEMY BOYS FACE THE CAMERA AT A LOCAL EVENT

“WE WIN OR WE LEARN”

It has been another successful year here at VSA and we cannot thank our travel membership enough for the support and time you have dedicated to the club. For those of you who have been on this journey for the past two years you will have seen the strides that the club has made and we want you all to know we couldn't have done it without you.

2016 has provided us with new challenges that we could never have expected to overcome with such ease when we were faced with the new US Soccer mandates in 2015. Not only have we been able to go through these changes smoothly, but at the end of the season we are seeing players and teams really connecting, which has our coaching staff very excited. We also had the introduction of the Virginia Development Academy to our player pathway which has provided our players with new aspirations but more importantly, has raised the standards of our coaching methodology and periodization.

I am often asked how we have been able to make such a positive environment for our players at VSA and I truly wanted to take this time to recognize our coaches who dedicate countless hours to setting the standards that contribute to player development. Our coaching staff have really raised the bar this year with their planning and implementation of our curriculum which we are so proud of at the club. This is evident when you spend time at Long Park on a regular basis and watch a majority of our teams play on the weekends. I would also like to add a special thank you to our team managers who often are not recognized enough for their efforts behind the scenes. You have done a great job, so thank you!

At the beginning of the year we set a goal of making our mantra “we win or we learn” and we are certainly working towards this mindset on and off the field. We have had great success in the younger age group introducing a new mindset and we look forward to seeing this continue to grow with the help of our player education program, and the introduction of new programming in the Spring for our parents and players. As a club we can not guarantee every player will be on a winning team but what we can strive for is the improvement of the individual through our training and in turn we will develop competitive mindsets in teams to be successful at the appropriate ages.

We are looking forward to a great 2017 as we have lots of new innovating ways to keep moving forward as a club to aid player and club development.

We hope that all of you have a great holiday and we look forward to seeing you on the fields in January!

MATT LACEY
Executive Director



08 JR ACADEMY GIRLS IN ACTION

“We never want to take the focus away from our players, and we will continue to be diligent about that stance”

JR ACADEMY REFLECTION

It is my utmost pleasure to be able to sit down and reflect on the Jr Academy teams after each season. A lot of things occur with the day to day management of our staff and players and it is good to properly process everything and address the development of our players. Our staff is very proud of the individual progression of each player. From the girl's side to the boy's, we can see that our focus on periodization and attention to detail has proven effective. From deciding when to pass or dribble, to simply opening one's mouth to ask for the ball, each player has progressed in their own way in varying degrees. This emphasis on individual development is key and essential as we strengthen each player so they can in turn, come together and strengthen our teams as each season progresses.

This Fall season saw lots of positives, and like anything in life, there were also negatives. Although the positives absolutely outweighed the negatives, our aim is to eliminate anything that will hinder the development of our players. Our parent behavior on the sidelines was commendable this season overall, but we had a couple issues that arose. We always take these things in the right context and make sure to not blow them out of proportion. These issues came, they were dealt with to the best of everyone's abilities, and then we moved on. We never want to take the focus away from our players, and we will continue to be diligent about that stance. I sincerely thank all the team managers for their dedication, and tactfulness in everything they do for their respective team parents, coaches, and of course the players. On behalf of VSA, the Jr Academy staff coaches, myself and assistant director Alex, thank you!

Now, as the Fall season has officially ended, we look forward to following up all the individual and team achievements in the upcoming winter season. We never want to settle or become stagnant. We have some incredibly talented players in our program but it doesn't stop there. We aim to develop everybody so every player can challenge their teammates in a real way to help make each other better. There is no progression without appropriate competition, and we always encourage our players to compete no matter what. This competitive mindset saw a couple of our third team players training with the second teams, and second team players with the first team. Also, a couple of our 08 first team players were selected to train and/or guest play with our 07 teams by head coaches. The selection criteria for these players was not purely based on skill, but more importantly the way they consistently and notably carried themselves with respect, a growth mindset, and a staunch passion for the game of soccer. These selections are not made lightly and we will continue to monitor and identify players who are beyond disciplined and focused on hard work all the time.

I hope you enjoyed this season as much as we did as a staff. We are truly proud of our coaches and each player, and of course we thank you all for your continued support in everything. I truly enjoy chatting with you all at the fields and during games. If I haven't met you face to face yet please don't hesitate to say hello to me at practice and at the games. All the best during this Winter break and please be diligent in having your child stay active and getting lots of touches on the soccer ball everyday.

“This is a very selective and competitive league, and we are proud to be able to put our players in an Elite Futsal environment. We believe that this program will benefit players from all ages and will give them a platform for future success in their overall development”



ALEX HERRERA, FUTSAL CLUB DIRECTOR AT VSA FUTSAL TRYOUTS

VSA FUTSAL CLUB BEGINS

Happy holidays to everyone as we wrap up the Fall Season here at VSA. The Fall season saw VSA introduce and build on previous programs and try to give our players the best possible avenues for player development and success. We were very encouraged with the amount of players that showed commitment to improving both technical and physical aspects of their game. On the physical side, our SAQ program saw fantastic participation and was very enjoyable and beneficial for our players.

One of the most important programs that we were happy to introduce during the Fall season was our Futsal Academy. This was a specific Futsal training program that allowed our players to train in a unique environment. This gave them the confidence to be creative but to also make faster decisions on the ball. Through this program, players were given the opportunity to learn the game of Futsal while in a competitive environment.

After a very successful Fall Futsal program VSA has announced a structure for our VSA Futsal Club. In our inaugural year, VSA will be competing in the Mid-Atlantic Futsal League with some of the best teams in Virginia. This is a very selective and competitive league, and we are proud to be able to put our players in an Elite Futsal environment. We believe that this program will benefit players from all ages and will give them a platform for future success in their overall development.

As we move forward VSA will continue to expand other programs that we think will benefit our players. We are very excited and optimistic about the Fall season and look forward to working with our VSA players and those among the Prince William community as we strive to provide the best possible avenues for success. We hope everyone has a fantastic Holiday season and we look forward to seeing everyone in the Winter!

ALEX HERRERA



03 NPL PRE ACADEMY GIRLS RECENTLY AT DISNEY EVENT IN FLORIDA

PRE ACADEMY - DEVELOPING NPL CHAMPIONS

As we close the fall season, it's a good time to reflect and review as we continuously look to grow and improve our club. After the age group changes implemented by US Soccer, we were very interested to see how things would shape up. For the Pre Academy age groups, we are fortunate that at this age players are very adjustable and deal with changes quite well.

Another big change for the fall was the approach from the coaching stand point, as we implemented new ideas and planning tools within the Pre-Academy program. Our coaches were introduced to a new periodization and planning tool which provides a detailed and organized system allowing for constant review and also feedback on games. This was valuable as we progressed through the season. We spent a lot of time in our pre-season and competitive fall cycle working on style of play, and also crucial moments of the game that require a strong technical focus in order to have success. Hard work and responsibility has continued to be a mainstay at VSA for the last 2 years, and we are starting to see the rewards of this. We have also worked with our coaches and provided evaluations over the course of the last 4 months. We are very proud of the efforts from our staff and we are looking forward to continuously improving not only our players, but also our coaches in the spring season.

Once again, we are very proud to have a large number of Pre-Academy players representing VSA at various levels including D-ODP, District ODP, State ODP, PDP and US Soccer National Training Center. Congratulations to all of the players from VSA who are playing at the representative level! On a team level we have had some great performances and I would like to take time to congratulate our 03 and 04 girls who won their VA NPL leagues and have qualified for the national championship in July.

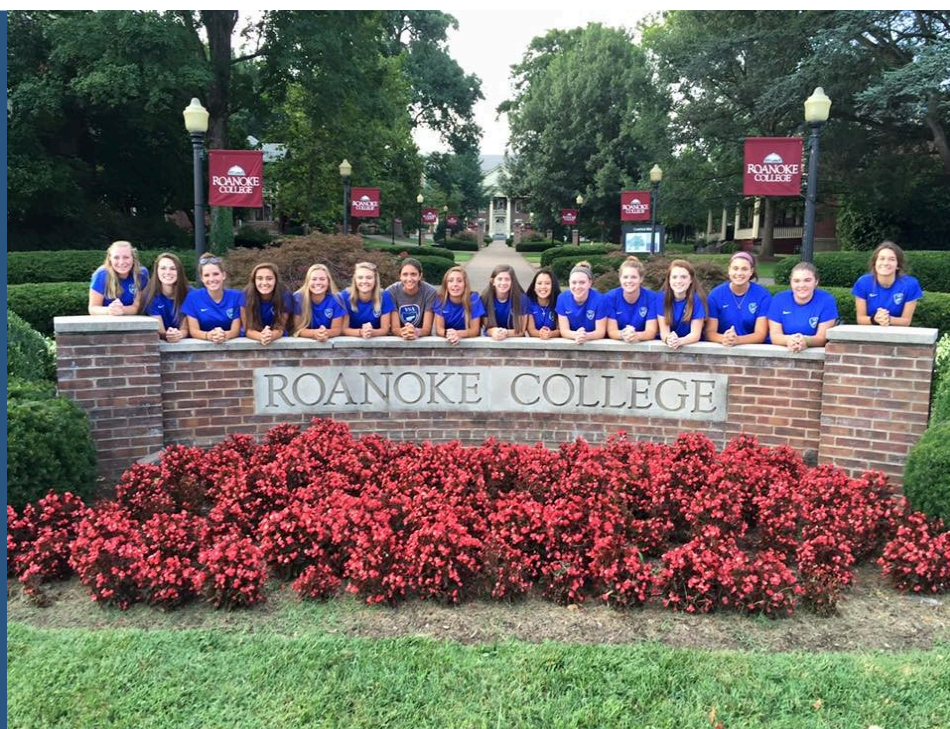
Moving into the winter and spring seasons, we need to ensure the quality is sustained and we build on the 2016 fall season. It's vital that our players return after the Christmas break and are ready to go for our winter training schedule. This training cycle is part of our periodization, and will allow our coaches to provide specific sessions to prepare our players for the spring.

I hope you all have a great Christmas and a happy New Year, looking forward to an exciting 2017!

DALE PARKER

“Once again, we are very proud to have a large number of Pre-Academy players representing VSA at various levels including D-ODP, District ODP, State ODP, PDP and US Soccer National Training Center. Congratulations to all of the players from VSA who are playing at the representative level!

“Many of our players at the older age groups received attention from college coaches and a number have already made college choices and given commitments to play soccer at the college level.”



U17 NPL ELITE FACE THE CAMERA DURING RECENT CLUB VISIT TO ROANOKE COLLEGE

ACADEMY AGE GROUPS ON COLLEGE TRACK

College ID Program

The club will be hosting a college program again this year. Last year was our first college program and things went very well. The idea is to give all players the opportunity to be seen and evaluated by college coaches. We will have a different college coach every Monday evening in January and February (if teams train on Monday they will be scheduled not to conflict) at Long Park. Players should wrap up well as its going to be cold! We already have firm commitments from some excellent schools both academically and athletically. The opportunity to play each week in front of college coaches is invaluable and we had several players who were offered college positions as a direct result of attendance at the program. To sign up for the program please click [HERE](#). Space is going extremely fast so we would advise doing so quickly.

Tournament play

All our teams have represented VSA in a positive manner at many different events all over Virginia and indeed, the country. We had teams competing at events in NC, FL, MD and of course VA. Many of our players at the older age groups received attention from college coaches. A number have already made their choice and given commitments to play soccer at the collegiate level.

League Play

In NPL and NCSL play we have had some admirable success. With the YOB changes we were perhaps at a disadvantage as in recent years we had fewer teams at the older age groups than some of our competitors. This year the club grew at the U15-U19 age group from 6 to 14 teams so we always felt a period of adjustment would be needed. We are delighted with the progress and adaptability of the players, coaches and parents.

What's Next

As we move into the winter and spring seasons, we want to build on the momentum gained from the 2016 fall season. It's vital that our players return after the Christmas break and are ready to go for our winter training schedule. This training cycle is part of our periodization, and will allow our coaches to provide specific sessions to prepare our players for the spring. The winter training schedule can be found on the front page of our website.

GRAHAM MACLEAN

PLAYER EDUCATION - A NEW ERA IN PLAYER DEVELOPMENT

This has been a fantastic Fall season and opening season of our Player Education program. We were very excited to bring Player Education and the intentional focus on developing the character of our players to VSA. Over the past 4 months we have seen the implementation, progression, and growth of our curriculum. This is a brief recap of what was shared, discussed and the areas we would like all of us to focus on. We do all of this by incorporating key characteristics and themes while collectively learning to speak the same language. We just wrapped up our fourth session last week. We saw our Player Education session dig even deeper and the attendance was fantastic. I want to thank everyone for their support in this as it is a direct reflection of our staff and families!

We wanted to give the players physical tools and applications for growing in the month's theme. We discovered through the session that our mindset, perception, and even history can affect how we attack these areas. The themes we have gone over so far are **HARDWORK**, **RESPONSIBILITY**, **COURAGE TO SUCCEED**, and **THE INVERTED TRIANGLE**. We have four more themes that we will be breaking out in the Spring, and we are so thrilled for that!

We are also in the works of developing more ways to get material and practical tools to our coaches, players, and families. One of those will be looking at introducing and implementing Parent Education sessions in the future. It has been a great Fall and it is only the start. We look forward to what the future holds as all of us at VSA are **ALWAYS MOVING FORWARD!**

BRONSON GAMBALE

"The themes we have gone over so far are **HARDWORK**, **RESPONSIBILITY**, **COURAGE TO SUCCEED**, and **THE INVERTED TRIANGLE**. We have four more themes that we will be breaking out in the Spring, and we are so thrilled for that! "

JR ACADEMY PLAYER ENJOYING LEARNING ABOUT THE MENTAL SIDE OF THE GAME





“Our goal at the club is to consistently produce top level goalkeepers who can compete at the state, regional, national and collegiate levels; and we have found our current method of training and evaluation to be extremely successful to this point.”

GOALKEEPER PRACTICE AT LONG PARK

GOALKEEPERS UNION

Here at VSA, we have developed a unique curriculum and year-long development plan to create top-level goalkeepers. To view our curriculum, development plan and several additional goalkeeping resources, please [CLICK HERE](#).

Our goalkeeping program is broken into three age groups:

U9-U10 — Introduction Phase / U11-U14 — Technical Development Phase / U15-U18 — Technical Perfection Phase

Each age group has an age appropriate development plan based on their specific needs and each group's development plan builds on the last.

Our goal at the club is to consistently produce top level goalkeepers who can compete at the state, regional, national and collegiate levels; and we have found our current method of training and evaluation to be extremely successful to this point.

Fall 2016 Season

The Fall season saw our goalkeepers excel consistently both at the club and with VYSA's ODP programs. This stemmed from our persistent desire to succeed at training and on the weekend. Throughout the year, our goalkeepers are asked to devote several hours per week to improve their game. In addition to their three team sessions each week, the goalkeepers have a minimum of two goalkeeper specific sessions outside of their team environment. Our passion and commitment, proven by our consistent attendance and work rate each week, is a key reason why we are well on our way to becoming the best Goalkeeping Program in the region.

What's Next?

Our Winter Goalkeeping Academy is set to begin in January. This training program will run alongside team training through January and February and will provide our goalkeepers an extremely important development opportunity during the off-season. This Winter program will give us the opportunity to fine tune our strengths and to address our areas of improvement without the pressures of games on the weekends. To register, please [CLICK HERE](#) and choose "GK Academy." If you have any specific questions, please contact Dustin Butcher at any time at dbutcher@vsaonline.org.

DUSTIN BUTCHER

Player ID Sessions



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VSA Announce January Travel Soccer Player ID Session

VSA will be hosting a player ID session for all players looking to join our travel program for the 2017 spring season.

Player ID Session Information

Date- Sunday January 29, 2017

Times:

2:00pm- 08, 07, 06, 05 Boys and Girls

3:30pm- 04, 03, 02, 01 Boys and Girls

Please follow link below to fill out our player information form and register for the session.

If you have questions, please contact the appropriate age group director:

JR ACADEMY DIRECTOR- U8-U10 (09-07) - Fro Adu - fadu@vsaonline.org

PRE ACADEMY DIRECTOR- U11-U14 (06-03) - Dale Parker - dparker@vsaonline.org

ACADEMY DIRECTOR- U15-U19 (02-98) - Graham Maclean - gmaclean@vsaonline.org

LINK HERE - <http://vsaonline.org/home/928537.html>