



***Always Moving Forward***

**2024-2025**



**OUT WORK - OUT COMPETE - OUT PLAY**





# ***U9-U12- ZONE 1***

## ***Development Plan***



**OUT WORK - OUT COMPETE - OUT PLAY**





# ***U9-U12- ZONE 1***

***How We Play and Train!***



**OUT WORK - OUT COMPETE - OUT PLAY**



# Club DNA



**Out *Work* - Out *Compete* - Out *Play***



# Playing DNA



**Pressing - Transition - Possession**



# Player DNA



**Passionate - Hardworking - Committed - Dedicated**



# Activity DNA



**Dominate 1v1 - Possession/Pressing - Transition to Attack**



# Training DNA



**Competitive - Intensity - Repetition**










# Player Pathway



# Phases of Development

Phase	Age	Focus	
Introduction Phase	4-6 years of age	PLAY	
Discovery Phase	6-8 years of age	INDIVIDUAL DEVELOPMENT / PASSION / BALL MASTERY / PLAY	
Foundation Phase	8-12 years of age	INDIVIDUAL DEVELOPMENT / DECISION MAKING / TECHNICAL / PLAY	
Development Phase	13-16 years of age	INDIVIDUAL DEVELOPMENT SUPPORTED BY TEAM / DECISION MAKING / TECHNICAL	
Performance Phase	17-19 years of age	INDIVIDUAL DEVELOPMENT ALIGNED WITH TEAM PERFORMANCE	



# Zone 1 **CORE** Objectives

**CORE Objective:** We want to develop a love and passion for the game. If children love playing something there is a high probability that they will seek more opportunities to play and practice the game. This increase in play will increase their desire to improve as a player.

**What we are looking for:** We are inclusive to the child; anyone is welcome as we provide multiple levels for a player's individual journey! All players are taught decision making and execution of the decision (Technique) within playing the game! The club provides a platform for all to dream big!

**What we Value:** Being a good person. Being a proactive footballer - we believe that game decision making, technique, and hard work is the core quality of being a good footballer

**What we teach on the field:** We teach players to dominate in 1v1 moments with and without the ball. We teach this in Attack, Defend, and Transition along with the principles of play in context to the age we are working with. We focus heavily on decision making, execution of the decision (Technique) and hard work.



# Training Objectives - Zone 1

## Develop individual players in three key areas:

Dominate 1v1 (Technical/Decision Making)

Possession / Pressing Actions (Individual - Small Group)

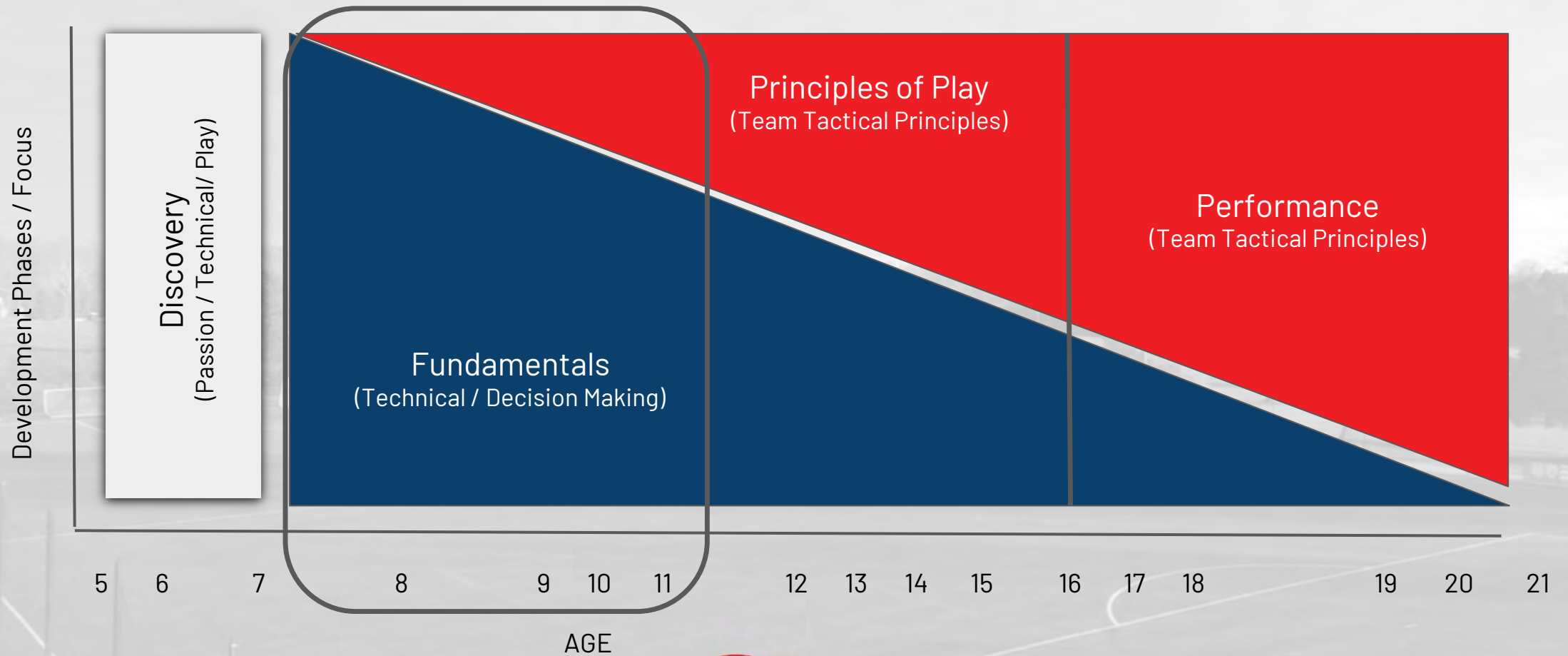
Transition to Attack / Defend (Individual - Small Group)

## How:

- High intensity training with accountability, repetition, and correction
- Encourage bravery on the ball and competition in all areas of training and game
- Psychological development to compliment football priorities
- Club style of play - Proactive Possession and Pressing
- Playing time - to develop players
- Winning Culture and Environment



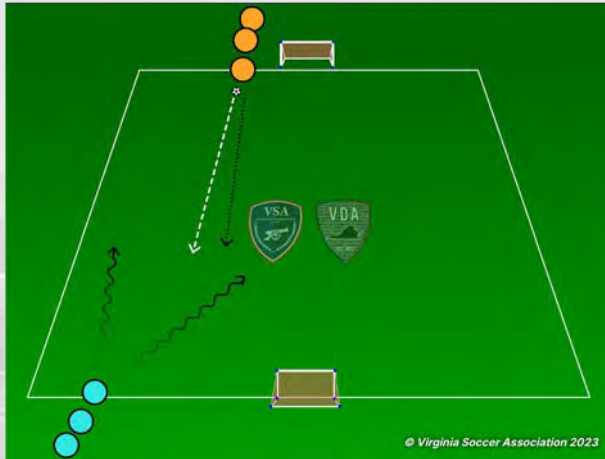
# Developmental Focus



# Zone 1 – Session Structure

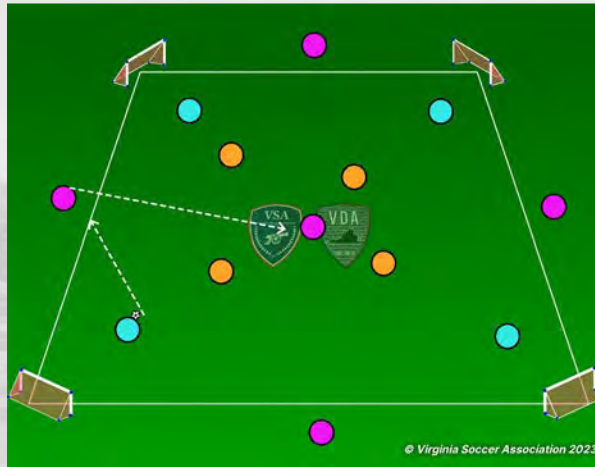
Objective: Teach Principles of Play, Decision Making, and Technical Application in high intensity/high repetition small sided activities

## Dominate 1v1



1v1, 2v1, 2v2, 3v2, 3v3  
Directional to Goal /  
Isolated to activate execution  
actions

## Possession/Pressing



Rondo, Neutrals, Boxes,  
Rectangles  
Directional and Non Directional  
To Goal or to Gates

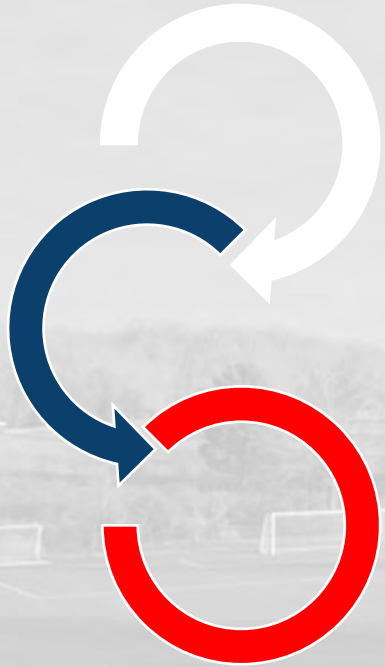
## Transition to Attack/Defend



Transitional Activities  
Directional to Goal



# Curriculum



## **Introduction**

The objective is new for the players and presented and trained for the first time

## **Focus**

The players are trained to execute the objective in the game without the interference of the coach

## **Master**

The players are capable to execute the objective in the game, in different situations, without the interference of the coach. The coach is capable to put attention on specific details of the objective



# Curriculum I – Technical

Principle	Execution of Decision	U7-U8	U9	U10	U11	U12	U13-14	U15-16	U17-19
Attack	Dribbling	I	F	F	F	F	F	M	M
	Passing	I	F	F	F	F	F	M	M
	Receiving	I	F	F	F	F	F	M	M
	Crossing		I	I	I	I/F	F	F	M
	Finishing	I	F	F	F	F	F	M	M
	Heading					I	I/F	F	M
	Shielding	I	I	F	F	F	F	M	M
	1v1	I	F	F	F	F	F	M	M
	2v1	I	F	F	F	F	F	M	M
	3v2		I	I/F	F	F	F	M	M
Principle	Execution of Decision	U8	U9	U10	U11	U12	U13-14	U15-16	U17-19
Defend	Immediate Press	I	F	F	F	F	F	M	M
	Angle of Approach		I	I/F	F	F	F	M	M
	Body Shape		I	I/F	F	F	F	M	M
	Tackling	I	F	F	F	F	F	M	M
	Anticipation				I	I	F	F	M
	Interception				I	I	F	F	M
	Pressure/Cover		I	I/F	F	F	F	M	M
	Balance			I	I	I/F	F	F	M
	Tracking			I	I	I/F	F	F	M
	1v1	I	F	F	F	F	F	M	M
	1v2	I	I/F	F	F	F	F	M	M
	2v3		I	I/F	F	F	F	M	M



# Curriculum II – Principles of Play

Phase	Principle of Play	U8	U9	U10	U11	U12	U13-14	U15-16	U17-19
Attack	Width	I	I	I/F	F	F	F	M	M
	Depth	I	I	I/F	F	F	F	M	M
	Numerical Advantage		I	I	I/F	F	F	F	M
	Switch Point of Attack			I	F	F	F	F	M
	Movement in Behind					I	I	F	M
	Playing Between Lines					I	F	F	M
	Attack with Numbers	I	I	I/F	F	F	F	M	M
	Anticipate Loss of Possession			I	I	I/F	F	F	M

Phase	Principle of Play	U8	U9	U10	U11	U12	U13-14	U15-16	U17-19
Defend	Compactness	I	I	I/F	F	F	F	M	M
	Press with Numbers	I	I	I/F	F	F	F	M	M
	Create Trap				I	I	F	F	M
	Man for Man				I	I	F	F	M
	Zonal Marking					I	I	F	M
	Track Runners				I	I	F	F	M
	Protect the Goal	I	I	I/F	F	F	F	M	M
	Anticipate rgn* Possession			I	I	I/F	F	F	M



# Coaching Methodology (VSA/VDA)

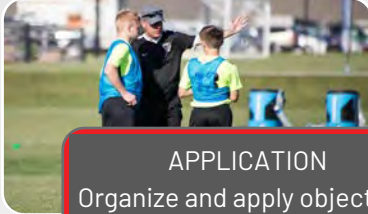
## COACH PROFICIENCY



**KNOWLEDGE**  
Football Philosophy, Principles of Play, Game Models, Systems of Play, Teaching Method, Stages of Development



**RECOGNITION**  
Understand and recognize teachable moments within football context to develop individuals and teams



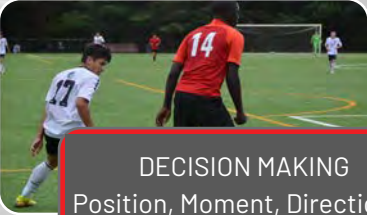
**APPLICATION**  
Organize and apply objective based sessions applying teaching and coaching methods specific to individuals and teams

## PHILOSOPHY

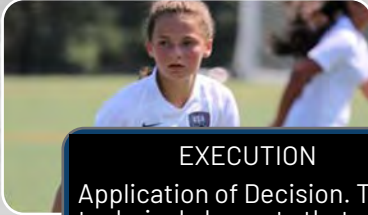
## ENVIRONMENT



**COMMUNICATION**  
Intention, Reference, Phase, Moment, Interaction between 2 or more players, Opposition, Roles and Responsibilities



**DECISION MAKING**  
Position, Moment, Direction, Speed



**EXECUTION**  
Application of Decision. The technical elements that support the decision making process.

## FOOTBALL THEORY

**HOLISTIC**  
Developing the individual on and off the field using the team and our club style of play as a vehicle for success

**REALITY BASED**  
The game (11v11) is the starting point and we use the game in simplest form as the catalyst for developing sessions to enhance player development

**EXPERIENTIAL LEARNING**  
At the center of the VDA/VSA way is to use modern teaching methods to create autonomous learners and decision makers on/off the field

**ACCOUNTABILITY**  
(Objectives and Outcomes for Players/Staff)

**COMPETITION**  
(Intensity, Targets, Winners, goals, Football Fitness, Enjoyment, Repetition)

**COLLABORATION**  
(Delivery of information is a two way process between player and coach)



# Individual Development Plans

VDA		VSA					
Team	VDA West U12						
Year of Birth	2011						
Primary Position	CM						
Secondary Position	CDM						
Dominate Foot	Right						
Years with VSA	1						
<b>Individual Actions</b>							
Attacking		Defending					
Use Front Foot	Movement in Behind	Press	Track Runners				
Switch Point of Attack	Movement to Create Space	Cover	Anticipation				
Breaking Lines	Find Open Player	Man Marking	Secure Possession				
Scanning	Forward Passing	Zonal Marking	Counter Pressing				
<b>Technical Skills</b>							
First Touch	Passing	Sprint Defending	Emergency Defending				
Finishing	Dribbling	Recovery	Delay				
Turning	Range of Passing	Heading	Tackling				
Weak Foot	Receiving	Body Shape	Interception				
<b>Physical</b>							
Size	Coordination	Balance	Power	Speed	Endurance	Strength	Agility
<b>Mental</b>							
Attitude	Attendance	Learning	Body Language				
Effort	Work Ethic	Focus	Good Teammate				
<b>Group Standing</b>							
Upper end	Middle		Lower end				
Action Plan 1: Emotional Control / Action Plan 2: Train in Winter 1x per week with VDA							

Process:

VSA is dedicated to the individual development of each player and they will receive the following to aide their development:

1- Player Assessment Form - Completed by player in September

2- Individual Development Plan - Completed by coach in December

3- Player/Parent Meeting - December after IDP form



# Resources - Player Development

## veo



VSA has partnered with VEO. We will use this throughout the season for games and training sessions. Coaches and Players will have access to all games that are filmed.

## Futsal Club



VSA offers a winter futsal program to supplement player development during the months of December, January, and February. The program provides players with the opportunity to practice and play games in the successful futsal format. Futsal provides players with a good balance of technical and decision making moments to enhance their game.



# Resources - Player Development



Each U11-U16 player will have a personal journal to use for reflection after training sessions and games. VSA will use these as another tool to support individual development.



We are in the pilot phase of our new podcast partnered with TeamTaca, this is part of our commitment to build our communication with parents & players. It is designed with youth development, where you get great insight and advice on soccer youth development from great soccer minds around the world.



# Resources - Player Development

## GK Academy

The club has two full-time staff GK Directors that implement GK training for players of all levels at the club.

There will be a Zone 1 GK Director and Zone 2-3 GK Director





# ***Team Formation Programming***



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# Levels of Play - U9/U10

Program	Team/League	Events	Training	Third Session	Months	Coaches	Futsal
U9/ U10 Pod 1 (2016-2015)	A and B Teams Competes in NCSL	Attend 5 events (Plus 1 potential additional event)	Train 2 Times a week at 1.5 hours per session	Third session included in fee	Fall, Winter, Spring	Lead Coach and Support Coach	Futsal Included
U9/U10 Pod 2 (2016-2015)	C and D Teams Competes in NCSL	Attend 4 local events	Train 2 Times a week at 1.5 hours per session	Third session is optional and additional fee (\$75 Fall/Spring))	Fall, Winter, Spring	Lead Coach and Support Coach	Futsal Additional Fee (\$75)

Additional Programming		
GK Academy	Townhall - Guests	Online Lifeskills
Friday Night Lights	IDP	Pre-Season Open Nights
Vevo	Clinics	Camps





# Levels of Play - U11/U12

Program	League	Events	Training	Third Session	Time Frame	Coaching	Additional
U11-U12 Pre-ECNL RL 1 VDA West	Teams Competes ECNL RL	Attend 6 events (Plus 1 potential additional event)	Train 3 Times a week	Third session VDA East and West	Fall, Winter, Spring	Head Coach	Futsal Additional Fee
U11-U12 Pre-ECNL RL 2	B Team compete in NCSL (Potential ECNL RL)	Attend 6 local events	Train 3 Times a week	Third session club concept	Fall, Winter, Spring	Head Coach	Futsal Additional Fee
U11-U12 Premier Red and Royal	C and D Team Competes in NCSL	Attend 4-5 local events	Train 3 Times a week	Third Session Club Concept	Fall, Winter, Spring	Head Coach	Futsal Additional Fee

Additional Programming		
GK Academy	Townhall - Guests	Online Lifeskills
Friday Night Lights	IDP	Pre-Season Open Nights
Veo	Clinics	Journals



# Events

\*List of Events that VSA Staff will choose from for teams

## Zone 1

East Premier Cup  
SOCA Blue Ridge  
Hunt Country Classic  
Capital Fall Classic  
VDA Friendlies  
WAGS Tournament  
Alexandria Spring Kick Off  
NCFC Girls/Boys Junior Showcase  
Bethesda Showcase  
ASSIST  
Stafford St Patrick's  
VDA Showcase  
Jefferson Cup  
Easter International Cup  
USCS Virginia State Cup  
Virginia Cannon Cup



# Zone 1 - Weekly Cycle

Day	Day 1	Day 2	Day 3	Weekend
Phase	Attacking/Transition	Defending/Transition	Transition	Game
Focus	Individual	Individual	Individual	
Topic	Dominate 1v1 Possession / Pressing Actions Transition To Attack Actions			



# Periodization (Macro)

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



# Club Concept Night U11-U12

To continue to create oversight and opportunities to move within the club player pathway we have our age groups train once a week in pool sessions. These sessions are run by Zone 1 Directors and ECNL RL Head Coaches/Directors of Coaching and are used to improve principles of play and club style of play.

## How do Club Concept Nights Work?

Age Groups train together and are organized into a number of groups

## What is taught at Club Concept Night?

Groups will be run through a number of stations throughout the night that teach dominate 1v1 situations, possession, pressing, and transition to attack/defense.

## Do players train in mixed groups or their teams?

The answer is a mix of both. The reason for this is to provide opportunities for players growth in a number of environments (ones they are comfortable with and ones that stretch the individual)

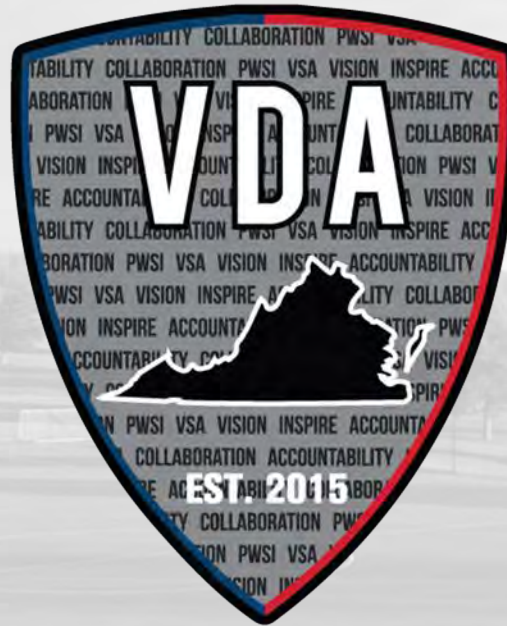


# VDA Pre-ECNL U11/U12 – Program Details

**TRAINING:** Teams 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:** Teams will compete in 6-7 (State/Regional) events across the 2023-24 season. These will include national level events like NCFC JR Showcase and Jefferson Cup.

**GAMES:** Teams will compete in the ECNL Regional League against the best local competition from within Virginia. We will also compete in the US CLUB State Championship.



**COACHES:** Teams will be coached by the highest level of licensed coaches within the Northern Virginia area and Beyond. All Pre-ECNL sessions 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.





# *Contact Us*

## **2024-2025**



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# Zone 1 Contact

**Miles Rapp:** U9 – U10 – [mrapp@vsaonline.org](mailto:mrapp@vsaonline.org)

**Nick Foglesong:** U11 – U12 | [nfoglesong@vsaonline.org](mailto:nfoglesong@vsaonline.org)

To Register for Tryouts - [CLICK HERE](#)

