VSA ACADEMY U15-U19
TRAVEL TRYOUT BROCHURE
VSA – WHO ARE WE

CULTURE OF LEARNING

CULTURE OF EXCELLENCE

CULTURE OF TOGETHERNESS

CULTURE OF A BELIEF IN YOUNG PEOPLE

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### BOYS STAFF

<table>
<thead>
<tr>
<th>Team</th>
<th>Coach</th>
<th>Qualifications</th>
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<tbody>
<tr>
<td>02B NPL ACADEMY (U15)</td>
<td>SHAY BELL</td>
<td>USSF A, USSF NATIONAL YOUTH LICENSE, NSCAA PREMIER, VYSA ODP STATE AND DISTRICT COACH, VSA ASSISTANT ACADEMY DIRECTOR</td>
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<tr>
<td>02B VSA SELECT NCSL</td>
<td>TBC</td>
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<tr>
<td>01B NPL ACADEMY (U16)</td>
<td>GRAHAM MACLEAN</td>
<td>USSF A, USSF NATIONAL YOUTH LICENSE, NSCAA PREMIER, VYSA ODP STATE AND DISTRICT COACH, USSF GK LICENSE, NSCAA DIRECTOR OF COACHING, VSA ACADEMY DIRECTOR</td>
</tr>
<tr>
<td>01B VSA SELECT NCSL</td>
<td>SHAKA BANGURA</td>
<td>USSF E, PROFESSIONAL PLAYER NASL/USL, USSF DIVISION 2 PRO LEAGUE CHAMPION, FORMER COLLEGE PLAYER</td>
</tr>
<tr>
<td>00B NPL ACADEMY (U17)</td>
<td>GRAHAM MACLEAN</td>
<td>USSF A, USSF NATIONAL YOUTH LICENSE, NSCAA PREMIER, VYSA ODP STATE AND DISTRICT COACH, USSF GK LICENSE, NSCAA DIRECTOR OF COACHING, VSA ACADEMY DIRECTOR</td>
</tr>
<tr>
<td>99/98B NPL ACADEMY (U19 A)</td>
<td>BRONSON GAMBALE</td>
<td>USSF C, FORMER COLLEGE PLAYER, FORMER COLLEGE COACH, FORMER HIGH SCHOOL COACH, VSA DIRECTOR OF PLAYER EDUCATION</td>
</tr>
<tr>
<td>99/98B NPL ACADEMY (U19 B)</td>
<td>DUSTIN BUTCHER</td>
<td>USSF C INSTRUCTIONAL, USSF NATIONAL YOUTH LICENSE, NSCAA GK LEVEL 3, FORMER D1 COLLEGE PLAYER, FORMER PROFESSIONAL, VSA ASSISTANT PRE ACADEMY DIRECTOR</td>
</tr>
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# GIRLS STAFF

<table>
<thead>
<tr>
<th>Team</th>
<th>Coach</th>
<th>Education and Experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>02G NPL ACADEMY (U15)</td>
<td>DAVE EDWARDS</td>
<td>NSCAA PREMIER, NSCAA COACHING EDUCATION STAFF, FORMER COLLEGE COACH, HND IN SPORTS SCIENCE AND SPORTS INJURY, MASTERS DIPLOMA IN SPORTS THERAPY</td>
</tr>
<tr>
<td>02G VSA SELECT WAGS</td>
<td>BRONSON GAMBALE</td>
<td>USSF C, FORMER COLLEGE PLAYER, FORMER COLLEGE COACH, FORMER HIGH SCHOOL COACH, VSA DIRECTOR OF PLAYER EDUCATION</td>
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<td>01G NPL ACADEMY (U16)</td>
<td>SHAY BELL</td>
<td>USSF A, USSF NATIONAL YOUTH LICENSE, NSCAA PREMIER, VYSA ODP STATE AND DISTRICT COACH, FORMER COLLEGE PLAYER, NSCAA REGIONAL GK, VSA ASSISTANT ACADEMY DIRECTOR</td>
</tr>
<tr>
<td>01G VSA SELECT WAGS</td>
<td>ALEX HERRERA</td>
<td>USSF NATIONAL YOUTH LICENSE, FORMER D1 COLLEGE PLAYER, FORMER YOUTH USMNT, VSA ASSISTANT JR ACADEMY</td>
</tr>
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<td>DAVE EDWARDS</td>
<td>NSCAA PREMIER, NSCAA COACHING EDUCATION STAFF, FORMER COLLEGE COACH, HND IN SPORTS SCIENCE AND SPORTS INJURY, MASTERS DIPLOMA IN SPORTS THERAPY</td>
</tr>
<tr>
<td>99/98G NPL ACADEMY (U19)</td>
<td>KEVIN HILTON</td>
<td>USSF D LICENSE, BATTLEFIELD HIGH SCHOOL GIRLS HEAD COACH, 6A STATE CHAMPIONS 2x, DISTRICT CHAMPION x5, TOP 10 NATIONAL HS RANKINGS x2, VA AAA HS COACH OF THE YEAR</td>
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WHAT IS AN ACADEMY MODEL?
“A PLACE OF STUDY OR TRAINING IN A SPECIAL FIELD”
“A CLUB DEDICATED TO LEARNING AND A DEFINED PROCESS OF DEVELOPMENT”
“A CULTURE AND ENVIRONMENT THAT SPECIALIZES IN EXCELLENCE”
“A PROVEN SOCCER MODEL ACROSS TOP CLUBS IN EUROPE”

WHY
INCREASED BALL CONTACT TIME
INCREASED OVERSIGHT
INCREASED FOCUS ON AREAS OF DISCIPLINE
INCREASED COMMUNICATION LINES
INCREASED FOCUS ON PLAYER AND COACH DEVELOPMENT

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OUR AIMS

OUTSET
- CREATE A CHAMPIONS LEAGUE PLAYER
- CREATE PROFESSIONAL PLAYERS
- CREATE COLLEGE PLAYERS
- CREATE HIGH SCHOOL PLAYERS

INTRINSIC FACTORS
- CREATE PLAYERS WITH A DEEP PASSION FOR THE GAME
- CREATE PLAYERS WHO HAVE A LOVE FOR LEARNING
- CREATE PLAYERS WHO HAVE AN ABILITY TO WORK HARD IN THE FACE OF ADVERSITY

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VSA ACADEMY STRUCTURE

DIRECTOR OF EDUCATION

PRE-Academy Director

JR Academy Director

JR Assistant Director

Coaches 8-10s

Assistant Pre Academy

Coaches 12-14s

Technical Director

Academy Director

Assistant Academy Director

GK DOC

GK DOC

GK DOC

Coaches 15-19s

Director of Operations

Programming

TM Admin

Registrar

Rec / SFL

Tournament

PR Media
ACADEMY TEAM CLASSIFICATION

US DEVELOPMENT ACADEMY – VDA ACADEMY TEAMS

NATIONAL PREMIER LEAGUE – VSA ACADEMY TEAMS

NCSL/WAGS – VSA SELECT TEAMS

YOUTH DEVELOPMENT LEAGUE – VSA JR ACADEMY TEAMS

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ZONE 2 STRUCTURE – U15-U19

ACADEMY
PRACTICE TIME: 156 HOURS
GAME TIME: 56 HOURS

ACADEMY DIRECTOR
GRAHAM MACLEAN

ASSISTANT PRE-ACADEMY DIRECTOR
SHAY BELL
PERIODIZATION – ACADEMY

ACADEMY TEAM NAME CLASSIFICATION – VSA NPL ACADEMY AND VSA SELECT

GAME STRUCTURE
- 3 NIGHTS PRACTICE PER WEEK
  - 3 MANDATORY
- 2 NIGHTS OF WINTER PRACTICE – JAN-FEB
- 2 PRE SEASON MINI CAMPS – AUG (4 Days) / FEB (4 Days)
- GK TRAINING

LIFE SKILLS SESSION
- 1X LIFESKILLS SESSION PER MONTH

GAME STRUCTURE
- 1 LEAGUE GAME PER WEEK
  - SEASON TOTAL 12-18
- STATE CUP U15-U19 – NPL ACADEMY TEAMS
  - 5 TOURNAMENTS FOR ACADEMY / 4 FOR SELECT
  - 18-20 GAMES AT EVENTS
- TOTAL GAME COUNT
  - 38-40
LIFE SKILLS SESSIONS

WHAT ARE LIFE SKILL SESSIONS?

- THESE ARE SESSIONS TEACHING OUR PLAYERS IMPORTANT MENTAL SKILLS TO BE SUCCESSFUL ON THE FIELD
- EACH AGE GROUP AT THE CLUB WILL GET ONE CLASSROOM SESSION A MONTH
- THESE WILL BE LED BY OUR DIRECTOR OF PLAYER EDUCATION WHO WILL IMPLEMENT AND DELIVER A MONTHLY CURRICULUM
- COACHES WILL REINFORCE LIFE SKILL LESSON ON THE FIELD DURING PRACTICES AND GAMES
- WE WILL COVER THE FOLLOWING TOPICS:
  - HARD WORK, GROWTH MINDSET, RESPECT, RESPONSIBILITY ETC

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WHAT IS FUNCTIONAL TRAINING?

- These are sessions that will work on specific technical and tactical skills needed to play in a specific position on the field (ex DEF, MID, FWD)
- Players will be split into their positions and work within a session framework that is designed to develop specialization for an individual and team unit (ex center backs in a back four)
- Functional training will run alongside our fitness nights within our U15-U19 periodization

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PRE-SEASON TRIP

WHAT WILL THE TRIP BE AND WHAT IS PURPOSE OF IT?

- EACH TEAM AT THE ELITE LEVEL WILL PARTICIPATE
- THE TRIP WILL LIKELY BE FRI EVENING – SUN AFTERNOON
- TEAM WILL TRAIN AT LOCATION AND WORK ON BUILDING TEAM SPECIFICS
- STYLE OF PLAY, TEAM BONDING, FITNESS WORK, COLLEGE PREPARATION
- COLLEGE VISIT/TOUR TO LOCAL SCHOOL
- FRIENDLY/TOURNAMENT GAMES
- EVENING ACTIVITIES PLANNED

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THE PROGRAM IS DESIGNED TO HELP PLAYERS AT VSA MAKE INFORMED DECISIONS ABOUT THE COLLEGE PROCESS. EACH TEAM WILL HAVE A SPECIFIC STRUCTURE TO ENABLE THEM TO APPROACH THE RECRUITING PROCESS WITH CONFIDENCE AND KNOWLEDGE.

- U15-U19
- TEAM BROCHURE
- INDIVIDUAL RESUMES
- HELP IN IDENTIFYING COLLEGE CHOICES
- TEAM MEETINGS
- INDIVIDUAL MEETINGS ON REQUEST
- COLLEGE VISITS
- COLLEGE ID CAMP/CLINIC NOTIFICATIONS
- WINTER 2017 COLLEGE ID PROGRAM

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ATTACKING PHILOSOPHY

1- ATTACKING POSSESSION TO SCORE

2- RISK VS SAFETY — CONFIDENCE/SHAPE

3- ATTACKING SHAPE TO COVER 5 ZONES OF THE FIELD — EXPAND

4- BUILD THROUGH THE THIRDS OF THE FIELDS — FINAL 3RD IMPROVISATION

5- ENCOURAGE TEAM + INDIVIDUAL DECISION MAKING — INDIVIDUAL MUST ENJOY THE BALL

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ATTACKING PHILOSOPHY

1- BUILDING OUT THE BACK
- #1 TO FWD/MID LINE
  - #1 TO #2/#3
  - #1 TO #4/#5, #6/#2/#3

KEY POINTS:
ATT SHAPE
TECH APP
TACT AWARENESS
TRANSITION- #’S UP

2- COMBINE/CONNECT/CREATE:
- PLAYING THROUGH THE
  #6/#8/#10
- FLANK PLAY WITH #2/#7, #3/#11
- DIRECT THROUGH #9
- POSSESS TO CREATE - BACKWARDS AND SIDEWAYS

KEY POINTS:
ANGLES OF SUPPORT
BREAKING LINES
COMBO
SWITCH PT OF ATTACK
IND MUST WANT THE BALL - WE NEVER FAIL

3- IMPROVISATION, MOBILITY, DISGUISE
- PLAYING THROUGH #9/#10
- FLANK PLAY
- FREEDOM
DEFENSIVE PHILOSOPHY

1. STARTS WITH INDIVIDUAL MINDSET; AGGRESSIVE, PRO-ACTIVE, POSITIVE

2. STEP TO THE BALL

3. DEFEND TO WIN THE BALL BACK AND ATTACK

4. MENTALITY- "WE HATE TO LOSE THE BALL 1v1/ WE HATE TO CONCEDE"

5. AS A TEAM

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DEFENSIVE PHILOSOPHY

DEFENSIVE 3RD:
- #'S DOWN
- ZONAL VS MAN
- DENY/DELAY/PREP?
- DEFENDING IN THE 18 YARD BOX
- FORCE WIDE OR CENTRAL
- WIDE AREAS
- OFFSIDE

MIDFIELD 3RD:
- PRESS
- PRESS MIDFIELD 3
- DENY/DELAY MIDFIELD 3
- FORCE INTO WIDE OR CENTRAL AREAS USING MIDFIELD 3
- DEFENDING #'S DOWN
- ZONAL VS MAN

ATTACKING 3RD:
- PRESS FRONT 3
- DENY/DELAY FRONT 3
- FORCE INTO WIDE OR CENTRAL AREAS USING FRONT 3
- DEFENDING USING OVERLOAD- #'S UP
VSA – UNIFORMS
VSA – TRYOUT DATES

CLICK HERE FOR TRYOUT DATES

EACH AGE GROUP HAS TWO/THREE TRYOUTS YOU MUST ATTEND - IF YOU CAN ONLY MAKE 1 TRYOUT, PLEASE LET YOUR AGE GROUP'S DOC KNOW IN ADVANCE. CONTACT GMACLEAN@VSAONLINE.ORG

REGISTER AT WWW.VSAONLINE.ORG
IF YOU HAVE ANY QUESTIONS REGARDING ANY OF THE INFORMATION PRESENTED PLEASE CONTACT THE FOLLOWING:

ACADEMY DIRECTOR
GRAHAM MACLEAN
GMACLEAN@VSAONLINE.ORG

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