



VSA

PLAYER DEVELOPMENT CURRICULUM

ZONE 2 AND 3

U15-U18



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Introduction

The purpose of the VSA U15-U18 Player Development Curriculum is to provide VSA staff with a process to enhance player development in an age appropriate manner. It is also a document to help educate our players and parents on what VSA is all about and what we are trying to create.

The goal of VSA at the older age groups is to focus on individual and team player development whilst enhancing the player's and team's tactical awareness and knowledge. In Zone 2 (14-17) we start to teach and learn the concepts of tactics, team formations, and game strategies in a competitive environment. As we move into Zone 3 (17+), we start to prepare players for college and professional environments. In Zone 2 and 3 we have an increased focus on developing the physical component of the game.

Within our Player Development Curriculum you will see that we strike a good balance of developing all areas of the game. A big focus for us comes in the form of the mental component of soccer and helping players understand the importance of intrinsic motivation. We believe that with the correct 'Growth Mindset' all of our players can succeed in our program and achieve their short term and long term goals. We place a high emphasis on players taking responsibility for themselves and we will have high standards that we expect them to hold.

Inside the Player Development Curriculum you will be able to see the blue print to the club's future success and we look forward to an exciting future as a club.

Matt Lacey
VSA Technical Director

Club Philosophy

DEVELOP THE PLAYER

DEVELOP THE PERSON

DEVELOP THE CLUB

DEVELOP THE FUTURE



Develop The Player: We will always put the player first and develop them in the 4 key components of the game (Technical, Tactical, Physical, Psychological). We will provide opportunities for all players to grow on the field.

Develop The Person: We will always strive to look at the bigger picture and create young people who have characteristics and traits to succeed away from the soccer field. We will value hard work, humility, integrity, respect, responsibility, and a growth mindset above all else.

Develop The Club: We will work together as coaches, players, and parents to create OUR CLUB that we can be proud to be part of. On the field we will represent the club in the best possible way, striving to be people who our community can be proud. VSA will be unique to US!

Develop The Future: We will create a pathway and future for our players to be successful in all walks of life. Ultimately we are creating a better future for our community!



VIRGINIA SOCCER ASSOCIATION

PLAYER DEVELOPMENT PYRAMID

A PATHWAY TO SUCCESS

ALWAYS MOVING FORWARD PUTTING THE PLAYER FIRST



ELITE – U11-U18 Boys and Girls

Long Term Goal: Compete in a Club to Club League and VYSA's State Cup.



ADP – U7/U8 Boys and Girls

Compete in in-house league and prepare for travel demands.



LITTLE GUNNERS

Fun Soccer Programs for 2-4 year olds

NL

ELITE

SELECT

ADP

REC/SFL

LITTLE GUNNERS

NATIONAL LEVEL (NL) – U13-U18

Teams will compete in national events



TRAVEL – U9-U18 Boys and Girls

Boys compete in the NCSL and Girls compete in the WAGS.



REC/SFL - U5-U18

Recreational Soccer and Fun for All Ages.



3 Key Components

A Must For a Successful Club

COACHING	PLAYER DEVELOPMENT	PARENT EDUCATION
IN-HOUSE COACHING EDUCATION	AGE SPECIFIC CURRICULUMS	ESTABLISH STANDARDS
LICENSES AND QUALIFICATIONS	PLAYER PATHWAYS AND PROGRESSIONS	UNDERSTANDING THE PROCESS
MENTORING AND DIRECTOR SUPPORT	STYLES AND SYSTEMS OF PLAY	RESULTS VS DEVELOPMENT
ORGANIZATION, PREPARATION, PERFORMANCE	PLAYER STANDARDS AND EXPECTATIONS	SUPPORT AND ENCOURAGEMENT



Coaching

In-House Coaching Education

Our goal at the club is to enhance, support, and develop quality coaches through our in-house coaching education program. Annually we run 5-10 Travel Coaching Education Sessions and 2 Rec Coaching Education Sessions. Not only do our Technical Staff educate our staff but we also have VYSA and US Soccer Instructors work with our staff on a regular basis.

Licenses and Qualifications

It is mandatory that all VSA Heat travel coaches have a USSF or NSCAA coaching license. The goal, by 2016, is to have all travel coaches with a USSF National D license or beyond. VSA Heat encourage all coaches to continually seek licenses and qualification. We also have created a new program where 10 rec coaches per season have the opportunity to obtain a USSF F license.

Mentoring and Director Support

One of the main duties of our full time Directors is to mentor and support all coaches at the club. Directors of Coaches constantly monitor and stay in touch with all coaches throughout the season to provide feedback, support, and continued education on and off the field.

Organization, Preparation, Performance

All VSA Travel staff are expected to organize and prepare age appropriate practice sessions for their teams. Coaches are also expected to constantly monitor their own performance on how they deliver information and the effectiveness of their coaching.



Player Development

Age Specific Curriculums

VSA provide all players with age appropriate training through the annually created and updated curriculums to maximize player development. VSA travel and Rec staff will be provided with updated coaching manuals to create a uniformed coaching staff with a consistent coaching philosophy and message to all levels of players.

Player Pathways and Progressions

VSA provides all players with a clear pathway through the club player development pyramid. This allows players to visualize the club's levels of play and also know that there is a plan in place at each stage to develop to the next. The opportunities are endless and we encourage all players to work hard to achieve the next level and their long term goals.

Styles and systems of players

VSA models its player development on the 'VSA Way': create players and teams that play a specific way so all players have the best soccer upbringing in the following areas – Technical, Tactical, Physical, and Psychological. All age groups have recommended systems of play to enhance player development.

Player Standards and Expectations

Creating quality soccer players is not the only goal of VSA; the other main priority is to create responsible young people. We believe in the little details and we expect players to follow the clubs player standards and expectations so they take responsibility for their own learning and the rules that we expect them to follow.



Parent Education

Establish Standards

All VSA parents are expected to follow the club's code of conduct. Parents are expected to be responsible adults and provide a good example for all players. We believe that our parents are a reflection of the club's ethics and beliefs so we hold them in high regards and expect the very best from them.

Understanding the process

VSA coaches and staff take time to explain to all parents the long term process that we as a club have put in place to create quality players and individuals. The most important word in the sentence above is 'Long'. Development is a process and it takes a lot of time and patience from players, parents, and coaches. We educate our parents in understanding what we are trying to do and the plan that we have in place for all players and all teams.

Results vs Development

The end goal for all VSA players is to achieve their long term goals and aspirations. This means that in order to do this we must teach from an early age the correct fundamentals and decision making moments to give them the best opportunity to do so. This ultimately means that winning is not a priority until the later stages in development. We believe that it is important for our coaches to teach players the correct methods at the age group that they are currently in. We believe that all players should want to compete regardless of score in our favor or not.

Support and Encouragement

Finally, all we ask is that you support your child, coach, and club to provide everyone an enjoyable experience. Parents that do not encourage the clubs philosophy and do not support their child in a responsible manner start to have a detrimental experience on a child's and team's development. Our message is simple, support the process of development and encourage the effort and courage it takes for your child to consistently look to improve.



Understanding Your Players

One of the main issues in youth soccer is parental lack of understanding for the cognitive, physical, and psychosocial stages of development in their child's life. The stages of development are key indications of what children are able to do on the field and what type of instructions they should receive from their coaches. Parents with a better understanding of these will be more supportive and receptive to the process of player development. At VSA, we teach these to our coaches and expect them to know them. We also take time to educate our parents to help improve the players development and experience.

STAGES OF DEVELOPMENT U15 – U18

COGNATIVE

- Players see the bigger game
- Better understanding of movement off the ball
- Can think steps ahead of the ball
- Have a lengthened attention span
- Able to understand moral principles

PHYSICAL

- Increase in aerobic power, acyclic speed and explosive strength
- Muscles begin to differentiate
- Begin to reach potential in terms of coordination and performance of skilled movement

PHYCHOSOCIAL

- Maintaining concentration in training and in games
- Strong desire to be part of a team
- Emotions can still overcome tactical knowledge
- Caught between being a child and an adult



Growth Mindset

All players at VSA must have or be working towards a growth mindset. People with growth mindsets believe in basic terms that with hard work, effort, and dedication they can achieve anything. If VSA is to reach its potential, the whole club must start to work towards this mindset if we are to become one of the top clubs on the East Coast. To explain this theory and concept better and the contrast between a fixed mindset, please read the extracts from Carol S. Dweck Ph.D.

Fixed Mindset vs. Growth Mindset

Based on the work of Dr. Carol Dweck

I believe that my **[Intelligence, Personality, Character]** is inherent and static. Locked-down or fixed. My potential is determined at birth. It doesn't change.

Fixed
Mindset



Avoid failure
Desire to Look smart
Avoids challenges
Stick to what they know
Feedback and criticism is personal
They don't change or improve

I believe that my **[Intelligence, Personality, Character]** can be continuously developed. My true potential is unknown and unknowable.

Growth
Mindset



Desire continuous learning
Confront uncertainties.
Embracing challenges
Not afraid to fail
Put lots of effort to learn
Feedback is about current capabilities



MINDSET - THE NEW PSYCHOLOGY OF SUCCESS by Carol S. Dweck Ph.D.

Recommended Book for all VSA players, parents, and coaches



Expectations For Your Players

WE WILL BE THE BEST AT WHAT WE CAN CONTROL
THE LITTLE THINGS MAY BE THE DIFFERENCE BETWEEN SUCCESS AND FAILURE

Players greet coach and each other with hand shake

Players must be ready to begin practice at the practice start time. Arrive early if possible. WE WANT TO BE ON TIME

Players are expected to attend every practice, game and tournament

Players must wear correct VSA attire, bring a pumped up ball and a drink to practice

VSA Club Practice shirt, Blue shorts and Blue socks

SHIRTS MUST BE TUCKED IN

Training Tracksuit worn on top during cold weather

Players must wear correct uniform for games (always bring both uniforms)

If a player cannot attend a practice, the coach must be notified by 3pm that day. THIS IS FOR PLANNING!

If a player cannot attend a game, the coach must be notified 48 hours prior to the game

No cell phones during team functions

Players are expected at all times to -

Give Maximum Effort at Every Practice and Every Game

Compete at all times

Be the very best they can at everything that they do

Take responsibility for their actions

Practice when no one is looking

Respect themselves and their teammates

No one is bigger than the CLUB



Coaching Rules and Guidelines

Coaches Must Have a Session Plan - No Excuses

What are your objectives for your session

All Practices must reflect and reinforce club Player Development Plan

Coaching Attire - All coaches must wear cleats, Have VSA Attire on, Look Professional, No 3/4 lengths, Shirts tucked in

Must be on Time to all sessions and games

Must communicate effectively with your team manager and team

Maximize time on the ball - NO LINES, NO LAPS, NO LECTURES

You are part of this club and you reflect VSA in everything you do. We expect the highest standards from all of you

Be Proud of what we are creating and support it!



Practice Rules

Creating the competitive environment

Warm up stage must include technical aspects of the practice topic

Speed/agility/fitness work must be done soccer specific in relation to the topic

Constant competition and incentive starting at least in 2nd stage of practice

Reduce slow/negative play (that contradicts club principles) by giving the opposition the ball

Line players up age appropriately reflecting club system of play in stages 3 and 4 of practice

Whenever possible, utilize soccer goals (regulation if available)

Players performing well can be switched to the other team to create incentive

Stage 4 must look and feel like a real game (offside rule implemented in every stage possible/
halfway line/ game rules)

Cool down must be done after every practice

All practices must reflect and reinforce the club principles of play



Principles of Play

WHY DO VSA HAVE PRINCIPLES OF PLAY

To define Who We Are on the field

To create a club brand recognizable throughout VA

To create unity between the whole club from TRAVEL TO ELITE TO NATIONAL

To give our players the best possible upbringing in soccer so they can be successful in the future

To Create knowledgeable and motivated players

ATTACKING PRINCIPLES OF PLAY

PENETRATION - We encourage our players to play forward and play positive whenever possible. Examples; play through, play around, play over the top, shoot

WIDTH - We encourage positive play to be successful in wide areas. This includes attacking outside backs and wingers. Examples; outside back overlapping into the attack, wingers attack the opposition when 1v1

DEPTH - We encourage players to provide depth in forward and defensive areas of the field and play out from the back. Examples; center forward moves higher up the field in ATT 1/3 to provide space underneath, center back drops deeper to receive the ball in DEF 1/3

SUPPORT/MOBILITY – We encourage our players to support play and demonstrate creative and dynamic movement. Examples; central attacking midfielder moves underneath the center forward to receive the ball in ATT 1/3, outside back moves into the ATT 1/3 underneath the winger to receive the ball

IMPROVISATION - We always encourage our players to play with confidence and with an element of surprise in appropriate areas of the field and time of the game

DEFENSIVE PRINCIPLES OF PLAY

PRESSURE - We encourage our players to press as a team/functional group to win the ball back. Example; midfield line step higher to close down space as forward line press the ball in ATT 1/3

COVER - We expect our players to provide adequate cover in small group and functional defending. Example; #5 (RCB) moves across into the space left as #4 (LCB) steps to the player receiving ball in DEF 1/3

BALANCE - We expect our players to provide balance in defending groups of 3-5 and functional groups. Example; #5 (RCB) tucks across to central area of DEF 1/3 as left back steps to the ball and #4 (LCB) provides cover

IMMEDIATE CHASE – We encourage players to win the ball back as soon as it is lost. Example; center forward immediately presses the ball when given away in the ATT 1/3

COMPACTNESS – We expect our players to be compact as a team when not in possession in certain parts of the field. Example; when there is no pressure on the ball, back 4 drop and get narrow to protect the central areas of the field and the space left in behind



Attacking Topics

As in the U9-U12 Curriculum the following technical and tactical skills still are developing and must still be addressed in your training session. However at this age functional training can start to be introduced.

TECHNICAL SKILLS

Passing(short/long/Surfaces)

Receiving (Aerial/Ground)

Ball Mastery (Skills/Moves/Turns/Creativity)

Dribbling (Both Feet/Close Control/Into Space)

Shooting (All Types)

Crossing And Finishing (Techniques of both)

Heading (Attacking/Defensive)

Shielding the Ball

TACTICAL SKILLS

Decision Making

Understanding of Shape and Three Lines

Speed of Play/Awareness of Space and

Support Play

Creating Width and Depth

Penetration - Forward Play

Combination Play

Switching Point of Attack

Building out from the Back /Building

through the thirds

Transition



Attacking Topics

Attacking Functional Topics

Possession to penetrate

Switching Point of Attack

Building out from the back

Improve play from wide areas (Flank Play and Crossing)

Play through the midfield

Develop Attacking roles of three CMF #6, #8, #10

Full backs to over lap into the Attack #2, #3

Improve Midfield to Attacking Third Play

Improvement of the ball

Training the Center Forward #9

Develop Attacking roles of three forwards #7, #11, #9

Develop the roles of the #10



Attacking Topics - Continued

When and How to Change the Point of Attack

Improve Team Possession v Penetration From the MF to ATT Third

Improve Ability to Produce and Score From Crosses

Improve Flank Play in 4-3-3/4-4-2/4-5-1/3-5-2 System

Improve Teams Ability to Attack a Deep Lying Block Defense

Improve Team Attacking Play in the Attacking Half of Field in 4-3-3/4-4-2/4-5-1/3-5-2 System

Improve Team Attacking Play vs 4-3-3/4-4-2/4-5-1/3-5-2 System

Coach a Team to Regain Possession in MF Third and Counter Attack



Defensive Topics

As in the U9-U12 Curriculum the following technical and tactical skills still are developing and must still be addressed in your training session. However at this age functional training can start to be introduced.

TECHNICAL SKILLS

- 1v1, 2v2, 3v3 Defending
- Body Shape/Angle of Approach
- Anticipation
- Intercepting
- Prevent Turning
- Tackling
- Communication

TACTICAL SKILLS

- Pressure
- Cover
- Balance Tracking/Switching Places
- Zonal Defending
- Recovery
- Compactness



Defensive Topics

Defensive Functional Topics

Pressing – 1v1, 1v2

Small Group Defending – 2v2, 3v3, 4v4

- Off balanced numbers
- Pressure, Cover, Balance

Improve teams ability to win the ball back

Zonal back four defending - #2, #3, #4, #5

Develop the role of the Center backs #4, #5

Improve defending in wide areas

Defending Crosses to include the GK

Defending against 3 CMF

Improve midfield Defending

Improve CMF players in defense #6, #8

Defending with 3 Forwards



Defensive Topics - Continued

Coach Outside Backs to Defend the Flanks

Improve Ability to Defend in a Deep Lying Block Defense

Improve MF Defending in 4-3-3/4-5-1/4-4-2/3-5-2 System in the MF Third

Improve Team Defending From Crosses

Improve Team Defending in Defensive Half of Field in 4-3-3/4-4-2/4-5-1/3-5-2 System

Improve Team Defensive Compactness From MF to DEF Third

Improve Team Ability to Press High in the ATT third

Improve Team Defending Against the Counter Attack



Anatomy of a Session

Stage 1 - Technical Warm Up

Stage 2 - Small Sided Activity

Pressure is introduced into the activity

Competition and Incentives begin

Stage 3 - Expanded Small Sided Activity

Must Look Like the Game

Reduce slow and negative play - Encourage positive play

Stage 4 - Must look like the game

30 minute of Session

2 goals

Age appropriate Rules

LET THE GAME BE THE TEACHER

EXAMPLE SESSION ON NEXT PAGE

NAME:	Matt Lacey		TEAM:	2001 Girls	
DATE	12/19	MESOCYCLE	2	MICROCYCLE / DAY	1/7



TRAINING TOPIC: When and How to change the point of attack


OBJECTIVES	Improve Teams ability to know when and how to change the point of attack						
	Improve Teams ability to combine in the Middle Third with a purpose						
	Improve Teams technical ability to apply and recognize when and how to change POA						
		I: WARM-UP		INTENSITY:	M	ACTIVITY TIME	15.00
		DURATION:	2:00	# OF REPS:	6	RECOVERY TIME	30 sec
ORGANIZATION (Physical Environment / Equipment / Players)							
2x Groups of 5/4 cones/2 Balls							
COACHING POINTS / KEY CONCEPTS:							
Details of 1 touch Passing – Speed and Weight							
Type of Pass – Long/Short/Driven							
Receiving the ball on the back foot into space							
Receiving the ball on the back foot to set up longer pass							
Timing of Movement							
	II: SMALL-SIDED		INTENSITY:	M-H	ACTIVITY TIME	20	
	DURATION:	3:00	# OF REPS:	5	RECOVERY TIME	1:00	
	ORGANIZATION (Physical Environment / Equipment / Players)						
	5v5- US # System – Multiple Balls Available/6 Gates/						
	COACHING POINTS / KEY CONCEPTS:						
Technical Details of Passing and Receiving Continued							
Technical Application of Tactical Skills – Change point of Attack – 5 Ws – Direct vs Combinations							
Define Roles of #6, #8, #7, #11, #19							
When to posses vs penetration							
Importance of #6 and #8 in switching point of attack							
	III: EXPANDED SSG		INTENSITY:	H	ACTIVITY TIME	20	
	DURATION:	3:00	# OF REPS:	5	RECOVERY TIME	1:00	
	ORGANIZATION (Physical Environment / Equipment / Players)						
	8v8+GK – Adapt to 6v6 if space is limited – 1 Goal – 2 Gates						
	COACHING POINTS / KEY CONCEPTS:						
Technical Application of Tactical Skill – Contiued – 5ws							
Introduce roles of #2, #3 and how they affect teams ability to switch point of attack							
Roles of #6, #8, #10 – Combinations, Movement on and off the ball, Support							
#9 -The ability to create depth and support/#7, #11 – Width and penetrating runs							
Build Up Through Middle Third to Attacking Third							
	IV: GAME		INTENSITY:	H	ACTIVITY TIME	25	
	DURATION:	5:00	# OF REPS:	4	RECOVERY TIME	1:00	
	ORGANIZATION (Physical Environment / Equipment / Players)						
	7v7 Games						
	COACHING POINTS / KEY CONCEPTS:						
Coachable moments of topic							
Competition – 3 points for win, 1 point for a draw							
3 games and then Final							



Work Rest Ratio

Within each session plan, thought must be given to each stage in terms of the type of fitness we are looking to engage, # of players, work, intervals, recovery and repetitions. Please see table below for US Soccer guidelines

Soccer-Specific Fitness Target	Metabolic Training Adaptation	General number of players involved in activity (range)	General work interval duration (range in minutes)	General recovery interval duration (range in minutes)	Total Number of repetitions & sets
Match Endurance	Aerobic Capacity	8 to 11	7 to 15	2 to 3	1 to 4
Transient Endurance	Aerobic Power	5 to 7	3 to 6	2 to 3	1 to 6
Intermittent Endurance	Anaerobic Capacity	2 to 4	<1 to 2.5	1-2	3 to 8 & 1 to 3

II: SMALL-SIDED		INTENSITY:	M H	ACTIVITY TIME	20
DURATION:	3:00	# OF REPS:	4	RECOVERY TIME	2:00
ORGANIZATION (Physical Environment / Equipment / Players)					
# of Players					
COACHING POINTS / KEY CONCEPTS:					



❖SOURCE: SPORT SCIENCE: BALANCING EXERCISE DYNAMICS & EXERCISE PRESCRIPTION FOR OPTIMAL SPEED OF PLAY Dr. John R. Cone



Periodization

What is periodization?

Periodization is the development of a seasonal training plan divided into phases which apply to the VSA principles of play. Work load and intensity for each day of training is identified in advance to ensure the players are developing at an age appropriate rate and performing at maximum, physical potential. For example, if we have a game on SUNDAY, the players are expected to work at their maximum. If the players are returning to practice on MONDAY, the session needs to be designed for the players to RECOVER. We would then look to build up gradually during the week using TECHNICAL/TACTICAL sessions before the intensity is increased to UNDERLOAD and then OVERLOAD with adequate days rest before the next game.

	Periodization						
	U13-U14 Boys and Girls						
	Fall 2014						
		Key:					
	Recovery 50% - 65% with ball	50-75% Recovery (Tech/Tac)	65-85% Training (Tech/Tac)	75-85% Underload	85%-100% Overload (Ball)	Classroom	
Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11-Aug	OFF	DEF- Principles- Small Group 75-85% Underload	DEF- Pressing 1v1 2v2 85%-100% Overload (Ball)	DEF- FW 3 65-85% Training (Tech/Tac)	OFF	OFF	OFF
18-Aug	DEF- MF 3 75-85% Underload	DEF- Zonal Back 4/GK 85%-100% Overload (Ball)	DEF- Develop Roles of CB's 50-75% Recovery (Tech/Tac)	3v3 Scrimmages 75-85% Underload	OFF	OFF	OFF
25-Aug	ATT- Building out from the back 75-85% Underload	ATT- Play through MF 85%-100% Overload (Ball)	ATT- Develop Roles of MF 3 50-75% Recovery (Tech/Tac)	ATT- Improve MF to ATT third Play 65-85% Training (Tech/Tac)	OFF	OFF	Game
1-Sep	Creative Finishing Recovery 50% - 65% with ball	ATT- Switching Pt of Attack 75-85% Underload	ATT- Possession to Penetrate 85%-100% Overload (Ball)	ATT- Finishing 50-75% Recovery (Tech/Tac)	OFF	OFF	Game
8-Sep	Classroom Session 1	ATT- Full Backs Over Lap Into ATT 65-85% Training (Tech/Tac)	ATT- Improve Play From Wide Areas 85%-100% Overload (Ball)	ATT- Training The CF 50-75% Recovery (Tech/Tac)	OFF	OFF	Game
15-Sep	Soccer Tennis Recovery 50% - 65% with ball	DEF- Improve Ability To Win Ball Back 75-85% Underload	DEF- Improve DEF In Wide Areas 85%-100% Overload (Ball)	DEF- DEF Crosses To Include Keeper 50-75% Recovery (Tech/Tac)	OFF	OFF	Game
22-Sep	Recovery 50% - 65% with ball	DEF- Improve MF Defending 65-85% Training (Tech/Tac)	DEF- DEF v 3 CM 85%-100% Overload (Ball)	DEF- DEF Role of #6 50-75% Recovery (Tech/Tac)	OFF	OFF	Game
29-Sep	Recovery 50% - 65% with ball	75-85% Underload	85%-100% Overload (Ball)	50-75% Recovery (Tech/Tac)	OFF	OFF	Game
6-Oct	Recovery 50% - 65% with ball	65-85% Training (Tech/Tac)	85%-100% Overload (Ball)	50-75% Recovery (Tech/Tac)	OFF	OFF	OFF
13-Oct	Recovery 50% - 65% with ball		85%-100% Overload (Ball)	50-75% Recovery (Tech/Tac)	OFF	OFF	Game
20-Oct	Recovery 50% - 65% with ball		85%-100% Overload (Ball)	50-75% Recovery (Tech/Tac)	OFF	Game	OFF
27-Oct	50-75% Recovery (Tech/Tac)	75-85% Underload	85%-100% Overload (Ball)	50-75% Recovery (Tech/Tac)	OFF	OFF	Game
3-Nov	Classroom Session 2	75-85% Underload	65-85% Training (Tech/Tac)	50-75% Recovery (Tech/Tac)	OFF	Tournament	Tournament
10-Nov	Recovery 50% - 65% with ball	75-85% Underload	65-85% Training (Tech/Tac)	50-75% Recovery (Tech/Tac)	OFF	Tournament	Tournament
17-Nov	Recovery 50% - 65% with ball	50-75% Recovery (Tech/Tac)	65-85% Training (Tech/Tac)	85%-100% Overload (Ball)	OFF	OFF	OFF
24-Nov	Recovery 50% - 65% with ball	75-85% Underload	85%-100% Overload (Ball)	65-85% Training (Tech/Tac)	OFF	OFF	OFF



Periodization

Periodization Tips and Things to Consider:

The type/level of players you are working with

Think about any restrictions you put on activities- e.g. playing 1 touch requires more physical demand

Consider the physical environment/field set up. Playing on a smaller pitch increases the number of times the ball goes out of play and creates stoppages

Be mindful of isolating a PLUS player or working with one player in a team exercise - this may cause imbalance of training load

Other Guidelines:

Do not plan an OVERLOAD session the week before or the week after a multiple game weekend

RECOVERY sessions should have a training topic

Think gradual- periodization is designed for long term improvement and results

Periodized plans are flexible and can be changed in relation to what you are seeing TECHNICALLY, TACTICALLY, PHYSICALLY and PSYCHOLOGICALLY

It is crucial that we implement periodization throughout the club in all age groups, as a well designed, periodized training plan develops not only the physical side of a player, but the technical, tactical and psychological.

AGE SPECIFIC: U13-U14

FOR THESE AGE GROUPS, OUR PERIODIZED FOCUS CONTINUES ON TECHNICAL DEVELOPMENT AS WELL AS THE ADDITION OF MORE TACTICAL AND PHYSICAL APPLICATIONS. PLEASE REFER TO THE VSA U13-U14 PRINCIPLES OF PLAY TO ENSURE THE SESSIONS ARE IN LINE AND IN ACCORDANCE WITH THE APPROPRIATE WORKLOAD.



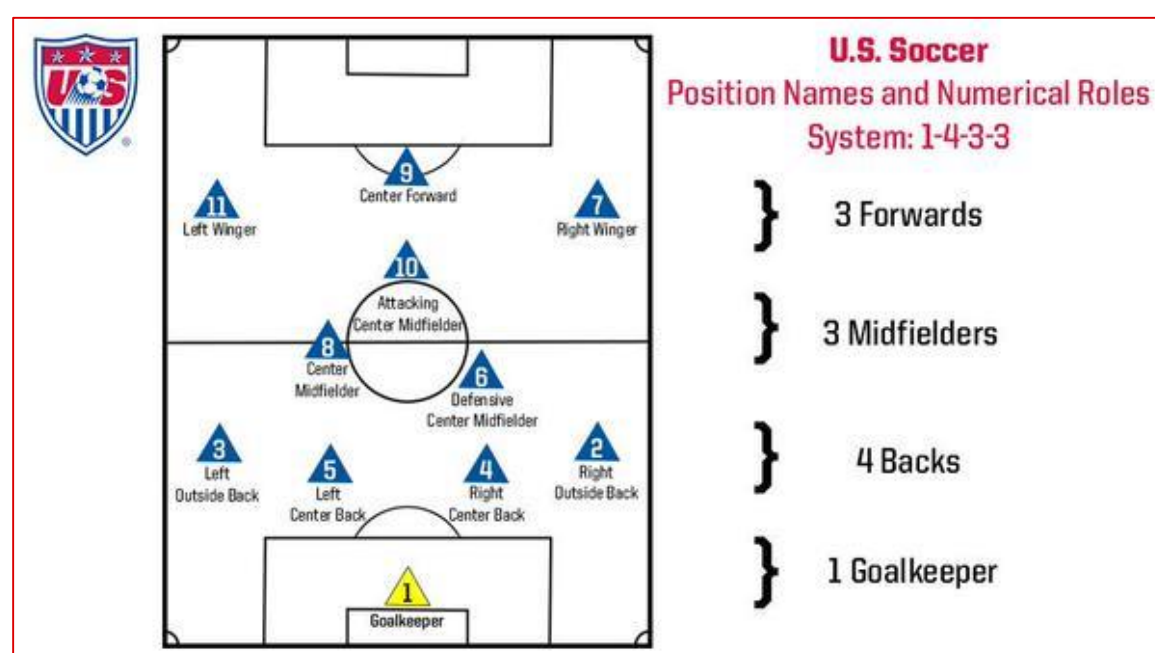
Systems of Play

VSA is proud to follow and put in place the US Soccer numerical system to help develop level of soccer players in Northern Virginia and the United States. This will help educate players in understanding the roles and responsibilities of each position to help them progress from each age group and hopefully into the college and professional ranks.

We believe that it is vital to educate and develop our player's knowledge and understanding of individual functions of all positions and how they relate to the team.

The US Soccer numerical system provides the country with a universal number system to describe roles and functions within any system of play.

In very simple terms, if it is good enough for US Soccer it is good enough for us.



VSA Preferred Systems of Play for U9s-U12s

11v11 – U13-U18

1-4-3-3

1-4-2-3-1

1-4-4-2 (Diamond Midfield)

Guidelines

Must have Four Lines - GK, Def, Mid, Fwd

Must use number system to explain to players

Always include GK into your explanation of team shape and functions



System of Play

VSA # System

1-4-3-3



System: 1-4-3-3

- | | |
|-----|-----------------------------|
| #1 | Goal Keeper |
| #2 | Right Outside Back |
| #3 | Left Outside Back |
| #4 | Right Centre Back |
| #5 | Left Center Back |
| #6 | Defensive Center Midfielder |
| #7 | Right Winger |
| #8 | Center Midfielder |
| #9 | Center Forward |
| #10 | Attacking Center Midfielder |
| #11 | Left Winger |



System of Play

VSA # System

1-4-3-3



System: 1-4-3-3

#1	Goal Keeper
#2	Right Outside Back
#3	Left Outside Back
#4	Right Centre Back
#5	Left Center Back
#6	Defensive Center Midfielder
#7	Right Winger
#10	Attacking Center Midfielder
#9	Center Forward
#10	Attacking Center Midfielder
#11	Left Winger



System of Play

VSA # System

1-4-2-3-1



System: 1-4-2-3-1

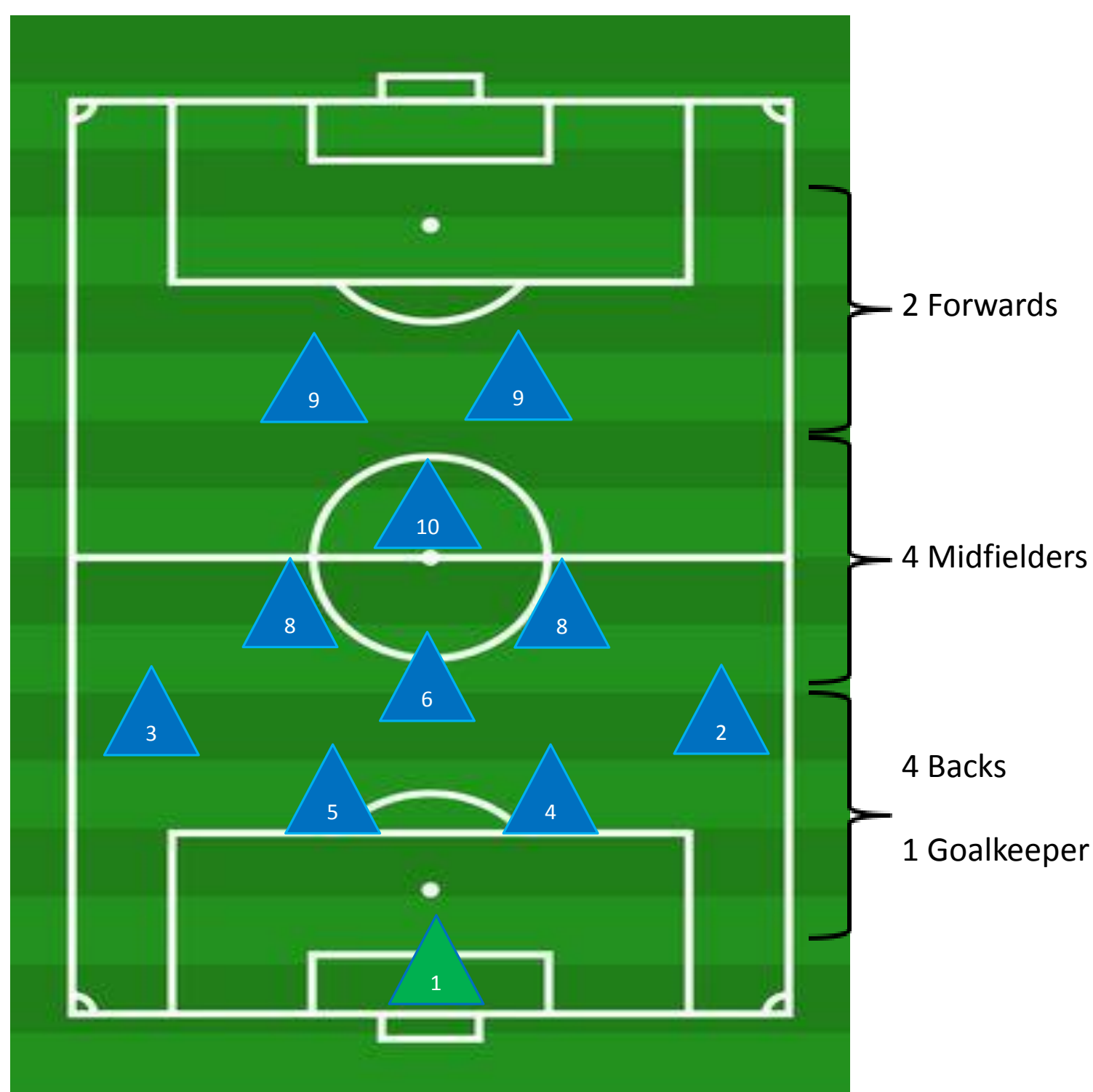
#1	Goal Keeper
#2	Right Outside Back
#3	Left Outside Back
#4	Right Centre Back
#5	Left Center Back
#6	Defensive Center Midfielder
#6	Defensive Center Midfielder
#7	Right Winger
#9	Center Forward
#10	Attacking Center Midfielder
#11	Left Winger



System of Play

VSA # System

1-4-4-2 (Diamond)



System: 1-4-2-3-1

#1	Goal Keeper
#2	Right Outside Back
#3	Left Outside Back
#4	Right Centre Back
#5	Left Center Back
#6	Defensive Center Midfielder
#8	Center Midfielder
#8	Center Midfielder
#10	Attacking Center Midfielder
#9	Center Forward
#9	Center Forward



Resources

NAME:	Matt Lacey		TEAM:		
DATE		MESOCYCLE		MICROCYCLE / DAY	



TRAINING TOPIC:

OBJECTIVES										
	I: WARM-UP		INTENSITY:			ACTIVITY TIME				
	DURATION:			# OF REPS:			RECOVERY TIME			
	ORGANIZATION (Physical Environment / Equipment / Players)									
	COACHING POINTS / KEY CONCEPTS:									
	II: SMALL-SIDED		INTENSITY:			ACTIVITY TIME				
	DURATION:			# OF REPS:			RECOVERY TIME			
	ORGANIZATION (Physical Environment / Equipment / Players)									
	COACHING POINTS / KEY CONCEPTS:									
	III: EXPANDED SSG		INTENSITY:			ACTIVITY TIME				
	DURATION:			# OF REPS:			RECOVERY TIME			
	ORGANIZATION (Physical Environment / Equipment / Players)									
	COACHING POINTS / KEY CONCEPTS:									
	IV: GAME		INTENSITY:			ACTIVITY TIME				
	DURATION:			# OF REPS:			RECOVERY TIME			
	ORGANIZATION (Physical Environment / Equipment / Players)									
	COACHING POINTS / KEY CONCEPTS:									