

VDA Info Meeting 2023-2024



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Agenda



- ECNL Updates
- Introduce VDA coaching staff
- VDA 2023/2024 Fee Structure
- ECNL Events List
- Club Objectives and Football Planning
- Expectations and Standards
- Player Pathway Updates
- Individual Development Plans
- VDA Golf Championship



ECNL updates



- Mid-Atlantic Conference
 - **Girls** - NO changes
 - **Boys** - MD teams move out of Mid-Atlantic Conference
 - 8 Virginia Clubs and 8 North Carolina Clubs
- Expansion of ECNL Special events
 - National Selection Games
 - ECNL All-Americans
 - More to come!
- We have given direct feedback to the ECNL, they hear us and are working to continue to improve in the best interest of the players





VDA Coaching Staff



GIRLS



Mikey Welsh

Girls ECNL Director

- VDA 2009 GIRLS
- VDA 2008 GIRLS
- VDA 2005/2006 GIRLS

Alex Silver

*Girls Director of
Player Development*

- VDA 2011 GIRLS
- VDA 2010 GIRLS

Michelle Alioto

- VDA 2007 GIRLS
- VDA 2005/2006 GIRLS

Andrew Dykstra

Director of Goalkeeping



BOYS



Matt Rowe
Boys ECNL Director
- VDA 2008 BOYS
- VDA 2007 BOYS



Mike DiNuzzio
*Boys Director of
Player Development*
- VDA 2010 BOYS
- VDA 2009 BOYS



Elvin Arbaiza
- VDA 2011 BOYS
- VDA 2005/2006 BOYS



Andrew Dykstra
Director of Goalkeeping



LEADERSHIP



Quan Phan
Executive Director



Matt Lacey
Technical Director



Nick Arzani
Director of Coaching



2023/2024 VDA Fee Structure



INCLUDED IN CLUB REGISTRATION FEE - \$2,900 +\$100 Facilities Fee

- VDA club administration and coaching expenses
- ECNL League registration fee
- Three (3) events - including one ECNL National Event
- US Club Soccer player card and insurance
- Prince William County & facility usage fee
- Athletic Trainer for all home games
- Referee & Assignor fees
- Goalkeeper training
- Veo for league games

ADDITIONAL FEES

- Team uniforms
- Team fees for events and travel not included in VDA dues



Continued rise in operating costs



- We will continue to use team fees to cover costs associated with additional events; the details of the tournaments/events are highlighted in the VDA financial policy and events list. For your reference, we are seeing a significant increase in overhead fees related to every day operations, including:
 - *Increase in ECNL event and league fees (33%)*
 - *Increase in field lighting cost (75% - 80%)*
 - *Increase in referee fees (10% - 25%)*
 - *Continued improvements and repairs to our top of the line facilities*
- In comparison, VDA maintains one of the lowest overall membership dues for any ECNL program in Virginia while continuing to include events in our membership dues. Please be assured that VDA has made every effort to keep this increase to a minimum, while fulfilling our fiduciary responsibility to our membership. We will continue to use our resources to fulfill our mission and vision in the best interest of our membership.



2023/2024 VDA Payment Schedule



- **Initial payment (Due upon acceptance) - \$350**
 - 8 payments of \$331.25 beginning July 2023
- **Team fees (invoiced in September for events)**
 - Invoiced to each team
 - Payments of more than \$250 will be invoiced over two months
 - Payments of more than \$500 will be invoiced over three months
 - Team fees do not qualify for financial assistance





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GIRLS Events

***Events list is subject to change*



Events (U13/U14 Girls)



- East Coast Premier Cup — August 2023 (INCLUDED)
- VDA Friendlies — September 2023 (TEAM FEE)
- WAGS Tournament — October 2023 (TEAM FEE)
- Bethesda Tournament — November 2023 (TEAM FEE)
- NCFC Junior Showcase — November 2023 (TEAM FEE)
- VDA Showcase — February 2024 (INCLUDED)
- Jefferson Cup — March 2024 (TEAM FEE)
- ECNL South Carolina — May 12-13, 2024 (INCLUDED)
- ***Super Y Nationals — December 2023 (TEAM FEE)*



Events (U15 Girls)



- East Coast Premier Cup — August 2023 (INCLUDED)
- VDA Friendlies — September 2023 (TEAM FEE)
- WAGS Tournament — October 2023 (TEAM FEE)
- Bethesda Tournament — November 2023 (TEAM FEE)
- NCFC Showcase — November 2023 (TEAM FEE)
- ECNL Florida Showcase — January 2024 (INCLUDED)
- VDA Showcase — February 2024 (INCLUDED)
- Jefferson Cup — March 2024 (TEAM FEE)



Events (U16 Girls)



- East Coast Premier Cup — August 2023 (INCLUDED)
- VDA Friendlies — September 2023 (TEAM FEE)
- ECNL Tennessee Showcase — December 2023 (TEAM FEE)
- ECNL Florida Showcase — January 2024 (INCLUDED)
- VDA Showcase — February 2024 (INCLUDED)
- Jefferson Cup — March 2024 (TEAM FEE)
- ECNL North Carolina Showcase — May 2024 (TEAM FEE)
- Additional Event(s) — TBD



Events (U17 Girls)



- East Coast Premier Cup — August 2023 (INCLUDED)
- VDA Friendlies — September 2023 (TEAM FEE)
- ECNL Tennessee Showcase — December 2023 (TEAM FEE)
- ECNL Florida Showcase — January 2024 (INCLUDED)
- VDA Showcase — February 2024 (INCLUDED)
- Jefferson Cup — March 2024 (TEAM FEE)
- ECNL North Carolina Showcase — May 2024 (TEAM FEE)
- Additional Event(s) — TBD



Events (U19 Girls)



- East Coast Premier Cup — August 2023 (INCLUDED)
- VDA Friendlies — September 2023 (TEAM FEE)
- ECNL Tennessee Showcase — December 2023 (TEAM FEE)
- ECNL Florida Showcase — January 2024 (INCLUDED)
- VDA Showcase — February 2024 (INCLUDED)
- Jefferson Cup — March 2024 (TEAM FEE)
- Additional Event(s) — TBD





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BOYS Events

***Events list is subject to change*



Events (U13/U14 BOYS)



- East Coast Premier Cup or DC United Event — August 2023 (INCLUDED)
- VDA Friendlies — September 2023 (TEAM FEE)
- Bethesda Premier Cup - November 2023 (TEAM FEE)
- JFC Boys Invitational — January 2024 (TEAM FEE)
- VDA Showcase — February 2024 (INCLUDED)
- Jefferson Cup — March 2024 (TEAM FEE)
- ECNL South Carolina — May 2024 (INCLUDED)



Events (U15 BOYS)



- East Coast Premier Cup or DC United Event — August 2023 (INCLUDED)
- VDA Friendlies — September 2023 (TEAM FEE)
- Bethesda Premier Cup — November 2023 (TEAM FEE)
- ECNL Greer Showcase — December 2023 (INCLUDED)
- JFC Boys Invitational — January 2024 (TEAM FEE)
- VDA Showcase — February 2024 (INCLUDED)
- Jefferson Cup — March 2024 (TEAM FEE)
- ECNL Richmond Showcase — May 2024 (TEAM FEE)



Events (U16 BOYS)



- East Coast Premier Cup or DC United Event — August 2023 (INCLUDED)
- VDA Friendlies — September 2023 (TEAM FEE)
- Bethesda Premier Cup — November 2023 (TEAM FEE)
- ECNL Greer Showcase — December 2023 (INCLUDED)
- ECNL Florida Showcase — January 2024 (TEAM FEE)
- VDA Showcase — February 2024 (INCLUDED)
- Jefferson Cup — March 2024 (TEAM FEE)
- ECNL Richmond Showcase — May 2024 (TEAM FEE)



Events (U17 BOYS)



- East Coast Premier Cup or DC United Event — August 2023 (INCLUDED)
- VDA Friendlies — September 2023 (TEAM FEE)
- Bethesda Premier Cup — November 2023 (TEAM FEE)
- ECNL Greer Showcase — December 2023 (INCLUDED)
- ECNL Florida Showcase — January 2024 (TEAM FEE)
- VDA Showcase — February 2024 (INCLUDED)
- Jefferson Cup — March 2024 (TEAM FEE)
- ECNL Richmond Showcase — May 2024 (TEAM FEE)



Events (U19 BOYS)



- East Coast Premier Cup or DC United Event — August 2023 (INCLUDED)
- VDA Friendlies — September 2023 (TEAM FEE)
- Bethesda Premier Cup — November 2023 (TEAM FEE)
- ECNL Greer Showcase — December 2023 (INCLUDED)
- ECNL Florida Showcase — January 2024 (TEAM FEE)
- VDA Showcase — February 2024 (INCLUDED)
- Jefferson Cup — March 2024 (TEAM FEE)





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ECNL National Playoffs & Finals



ECNL National Playoffs & Finals (GIRLS)



National Playoffs

- Greensboro, NC
- **Mid-Atlantic Conference**
- U13 - U17 - Top 5 teams qualify
- U19 - 1st and 2nd place teams qualify (TBD)

National Finals

- TBD



ECNL National Playoffs & Finals (BOYS)



National Playoffs

- TBD

- **Mid-Atlantic Conference**
- *Number of Qualifying Teams (TBD)*

National Finals

- TBD



ECNL National Playoffs & Finals



- Individual (family) travel
- Flights, hotels, car rentals, daily expenses
- Please **PLAN** accordingly





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VDA Club Objectives & Football Planning



Club Objectives



Develop Professionals



Develop USYNT Players



Develop College Players



Compete for Playoffs



Player Pathway 2022-23



- **International**
 - 10+ Boys and Girls Internationals (CONCACAF)
 - 2 USYNT International Caps
 - 11 US Soccer Training Center Invites (Girls)
 - 7 US Soccer Training Center Invites (Boys)
- **Professional**
 - 1 NWSL Pre-Season Invitee
 - 1 USL Pro Contract / 2 Europe Pro Contract
 - 14 DC United Academy P2P Invites
 - 4 DC United Academy - VDA Graduates
- **College**
 - 2021 - 22
 - 2022 - 28
 - 2023 - 35
 - (ACC, PAC, Big 12, Big 10, SEC)



Team Progress 2022-23



- **Club Record - 111-51-36**
- **Girls**
 - Current record in ECNL Play 59-25-14
 - On Course for Top 25 Finish
 - 3 Teams on course for qualifications to ECNL Nationals - Champions League
- **Boys**
 - Current record in ECNL Play 54-26-22
 - On Course for Top 25 - 50 Finish
 - 3-5 Teams on course for qualifications to ECNL Nationals - Champions League



Age Group Objectives



U13/U14 Objectives:

Implement club philosophy and style of play through use of phases and principles of play

Provide playing opportunities based on attitude and application - Players will play in games

Create competitive learning environment to foster passion, growth mindset and autonomous leader

Develop responsibility and discipline so players can develop as people and learn independence, both on and off field

U15/U16 Objectives:

Implement club philosophy and style of play through use of phases/ principles of play style of play taking into account opponent

Provide playing opportunities based on attitude and performance - Playing time is not guaranteed

Create competitive learning environment to foster passion, growth mindset and autonomous leader

Develop responsibility and discipline so players can develop as people and learn independence, both on and off field

U17/U19 Objectives:

Prepare team to compete for results

Provide playing opportunities based on attitude and performance - Playing time is not guaranteed

Prepare and guide players during **college process**

Create environment where players compete for playing time and use growth mindset to overcome challenges/adversity

Develop responsibility and discipline so players can develop as people and learn independence, both on and off field



Style of Play



ATTACK

We aim to dominate using progressive possession through the thirds using a variety of passing ranges

ATTACK TO DEFEND

Immediate pressure to win the ball back

DEFENDING

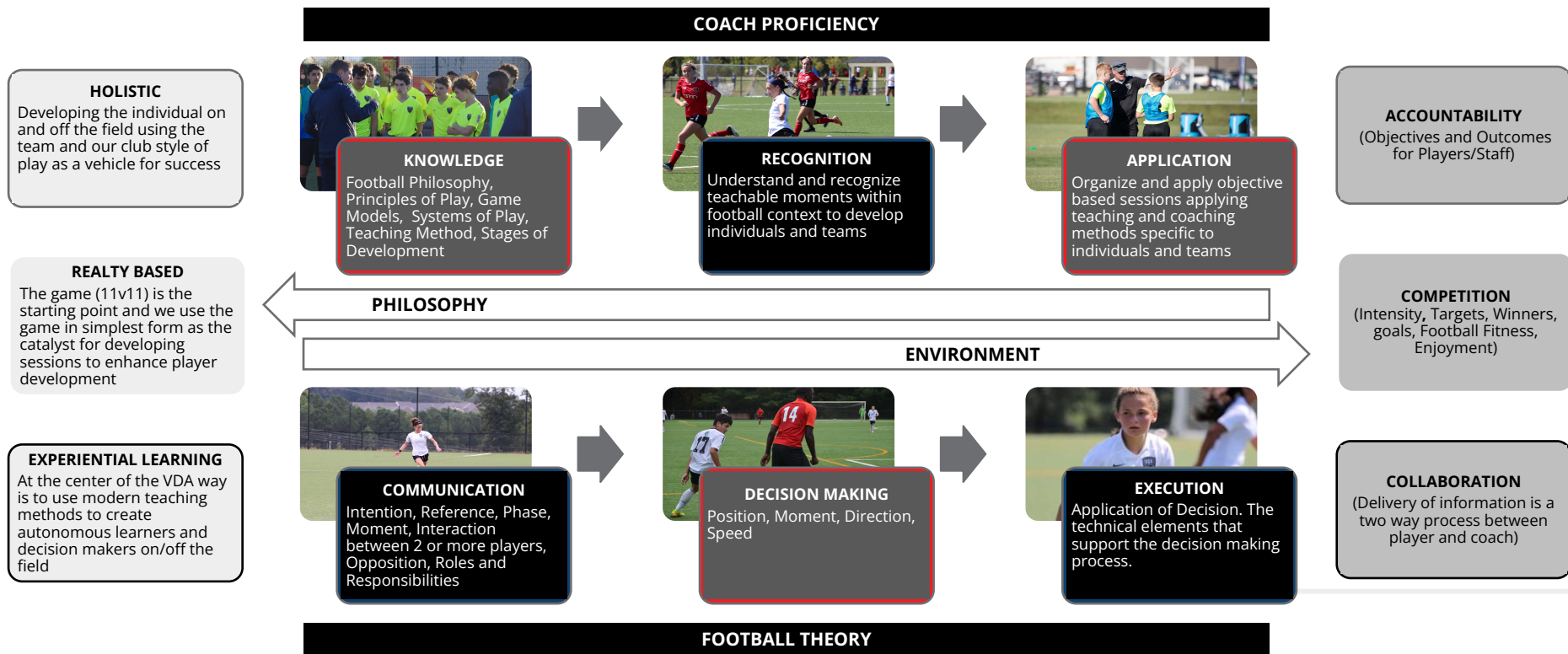
We aim to press high in the opponent's half high up the field or from a mid-block

DEFEND TO ATTACK

First action can we play forward to counter attack or secure possession



Training Methodology



How do we get there?



Develop individual players in five key areas:

- Dominate 1v1 (Functional to position)
- Possession / Pressing Actions (Small Group-Team)
- Transition to Attack / Defend (Counter Pressing / Counter Attack)
- Team Tactics (Attacking and Defending Structures to encourage style of play/increase chances of winning in older age groups)
- Set Pieces (Dominate all dead ball moments)

How:

- High intensity training with accountability and correction
- Encourage bravery on the ball and competition in all areas of training and game
- Physical development to compliment football priorities
- Club style of play - Proactive Possession (Variety introduced) and Mid-Block to Pressing (Team orientated)
- Playing time - earned and performance matters / coach manages standards for training
- Winning Culture and Environment



VDA weekly cycle



Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Recovery	Training	Overload	Underload	Off	Game
Individual	Individual	Team	Team		
Dominate 1v1 Possession / Pressing Transition To Attack Functional		Principles of Play Team Tactical Principles Set Pieces Match Analysis			



Training Structure



Teaching Methodology

Activity

Competitive

Intensity

Repetitions

Format

Isolated

Non-Directional

Directional

Method

Demanding

Energetic

Corrective



Individual Development Plan



- Player Assessment Forms - completed by player in September
- Individual Development Plan
- College Plans - Meetings with U17 and U19s on college pathway



Vevo

Bi-Weekly Video Analysis



VEVO: Aim is to film all games



VEVO 2: Individual Breakdown



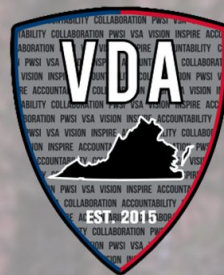
Expectations and Standards



IT STARTS WITH YOU



Sept 25, 2023



Stonewall Country Club



VDA GOLF CHAMPIONSHIP

SAVE THE DATE