



Shenandoah Valley United

Program Development Plan

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SPORT

For Club / For Community

Mission

SVU will be the Premier soccer club in the Shenandoah Valley by promoting and enhancing the game of soccer for the youth of the Harrisonburg and Rockingham County and to encourage the healthy development of those players. Our mission will be accomplished by offering a variety of programs designed to improve the quality of players, coaches and administrators each season throughout the year.



Develop the Individual | Develop the Club

C.A.R.E

COMPETE: ALWAYS WORKING TO GET BETTER EVERY DAY.

ACCOUNTABILITY: TAKES RESPONSIBILITY FOR THEIR ACTIONS,
UNDERSTANDS THE TEAM AND CLUB STANDARDS AND
WORKS TO MEET THEM ON A DAILY BASIS.

RESPECT: FOR TEAMMATES, COACHES, FAMILY, OPPONENTS AND REFS.

EFFORT: GIVES MAXIMUM EFFORT IN GAMES AND TRAINING SESSIONS



National Premier League (NPL) Western Division

- The NPL operates under the Virginia Premier Soccer League.
- Western Virginia based league with regional schedules and expanded competition.
- Hybrid club-to-club & team-to-team based format.
- Postseason opportunities for teams who qualify.
- Cross over matchups with other NPL Divisions (North, South, East).



Why Leagues are Important

- Having an appropriate level of competition is an important part of development.
- Leagues are constantly changing. We compete in leagues that are stable and growing.
- A stable league means you know the quality of clubs you will play against each year and will receive a minimum of 8 league games per season.
- Established relationships with other league members allows for other player development opportunities outside of league play.



Financial Assistance / Outreach

- The purpose of the VSA Financial Assistance Program is to offer financial support to those families with the greatest need and to provide support to qualifying applicants.
- One of VSA's core values is to welcome all participants and remove barriers to participation.
- Over \$125,000 of financial assistance issued annually.

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VIRGINIA SOCCER ALLIANCE

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U13-U19

SKYLINE ELITE - ECNL BOYS
SKYLINE ELITE - GIRLS ACADEMY LEAGUE

USA National Team Programs
NCAA, NAIA, Junior College
PRO 23 MEN'S / WOMEN'S -
Club Champions League

U10 CHALLENGE PROGRAM
BOYS AND GIRLS PROGRAMS
VALLEY CHALLENGE LEAGUE
SOCA, SVU, AUGUSTA UNITED,
ROCKBRIDGE

COMPETITIVE PROGRAM
U11-U19 Boys and Girls
VPSL - NPL WEST

Mini Kickers Program - U4
Hotshots - U6
Rec Program U8- U19

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SVU PATHWAY

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RECREATION PROGRAM

- **Mini Kickers**
 - U4 - Eight 45 min sessions
 - Saturday Mornings
 - No midweek practice
- **HotShots -**
 - u5/u6
 - Only Sat am 1 hour- Half practice, Half 3v3 games
 - Volunteer parent coaches
- **Rec u8 - u19**
 - Volunteer parent coaches
 - One training per per week in your region,
- U8 - 4v4 - one training a week, game saturday
- U10 - 7v7 - one training a week, game saturday
- U12-u14 - 9v9 one training a wk, game saturday

CHALLENGE PROGRAM

- u9/10 - Pre Travel
- Paid coaches
- Tryouts - Merit based
- 2 training sessions a week
- Games on the Saturdays
- Valley Challenge League
- One Tournament a year

COMPETITIVE PROGRAM

- u11- U19
- Tryout- Merit based
- Teams in age group are tiered
 - Navy
 - Green
- VPSL - NPL
- Paid Coaches
- 2-3 sessions per week, matches on weekend.
- 4 tournaments a year

SUPPLEMENTAL PROGRAMS

- Goalkeeper Training
 - Competitive
 - Challenge
- Friday Night Session ADP
 - U10-U14 Rec / Challenge
 - Goalkeeper
- Summer Camps
- Winter Academies
- Winter Futsal

Tournaments



- SVU Travel teams participate in two tournaments per season.
 - One event before the season and one at the conclusion of each season.
 - Events mostly in-State, often in Richmond, Williamsburg, Va Beach.
- U16-U19 Blue teams participate in early spring event for college recruiting purposes. (late February/early March)
- All teams compete in the Blue Ridge Cup on Labor Day Weekend.
 - Hosted by SOCA with field locations in Charlottesville, Culpeper, and Richmond.
- SVU NAVY teams compete in the Presidents Cup.
 - U15-U19 teams in the fall season.
 - U11-U14 teams in the spring.



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Techne Futbol Training App

- Every SVU travel player gets full access (no additional fee) to the Techne Futbol training app for the entire year.
- Techne is a technical training app that delivers specific technical exercises to the player to do in the comfort of their own home!
- Tracks time spent and provides leaderboards across the club.
- Includes: technical training, physical performance training, mental training, and goalkeeper training
- technefutbol.com



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Hudl Game Recording

- Teams will have access to Hudl cameras.
- Hudl cameras automatically record games without the need for someone to operate the camera.
- Hudl Ai tracks the ball and player movement.
- Players will have access to a Hudl account to watch games and record highlights.



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Coaching Qualities

- Represents SVU
- Good Character
- Growth Mindset
- Lifelong Learner
- Accountable
- Organized
- Good Communicator
- Passionate
- Always prepared
- Creates a healthy team environment for learning
- Is Professional
- Role Model for players

Coaches Will....

- All Training plans and sessions must reinforce SVU Player Development Plan and Style of Play
- Dress professionally, in proper **SVU apparel** and athletic shoes, for all training and match competitions
- Arrive early- prepared, with clear learning objectives
- Greet every player
- Provide individual and team feedback throughout the season
- All Coaches will get a license or make progress to achieve one.



COACH PROFICIENCY

HOLISTIC

Developing the individual on and off the field to her highest potential.

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

ACCOUNTABILITY

(Objectives and Outcomes for Players/Staff)

REALITY BASED

The game (11v11) is the starting point and we use the game to develop the player.

PHILOSOPHY

ENVIRONMENT

COMPETITION

(Intensity, Targets, Winners, Goals, Football Fitness, Enjoyment)

EXPERIENTIAL LEARNING

At the core is to use modern teaching methods to create thinkers and decision makers on/off the field.

COMMUNICATION

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

DECISION MAKING

Position, Moment, Direction, Speed

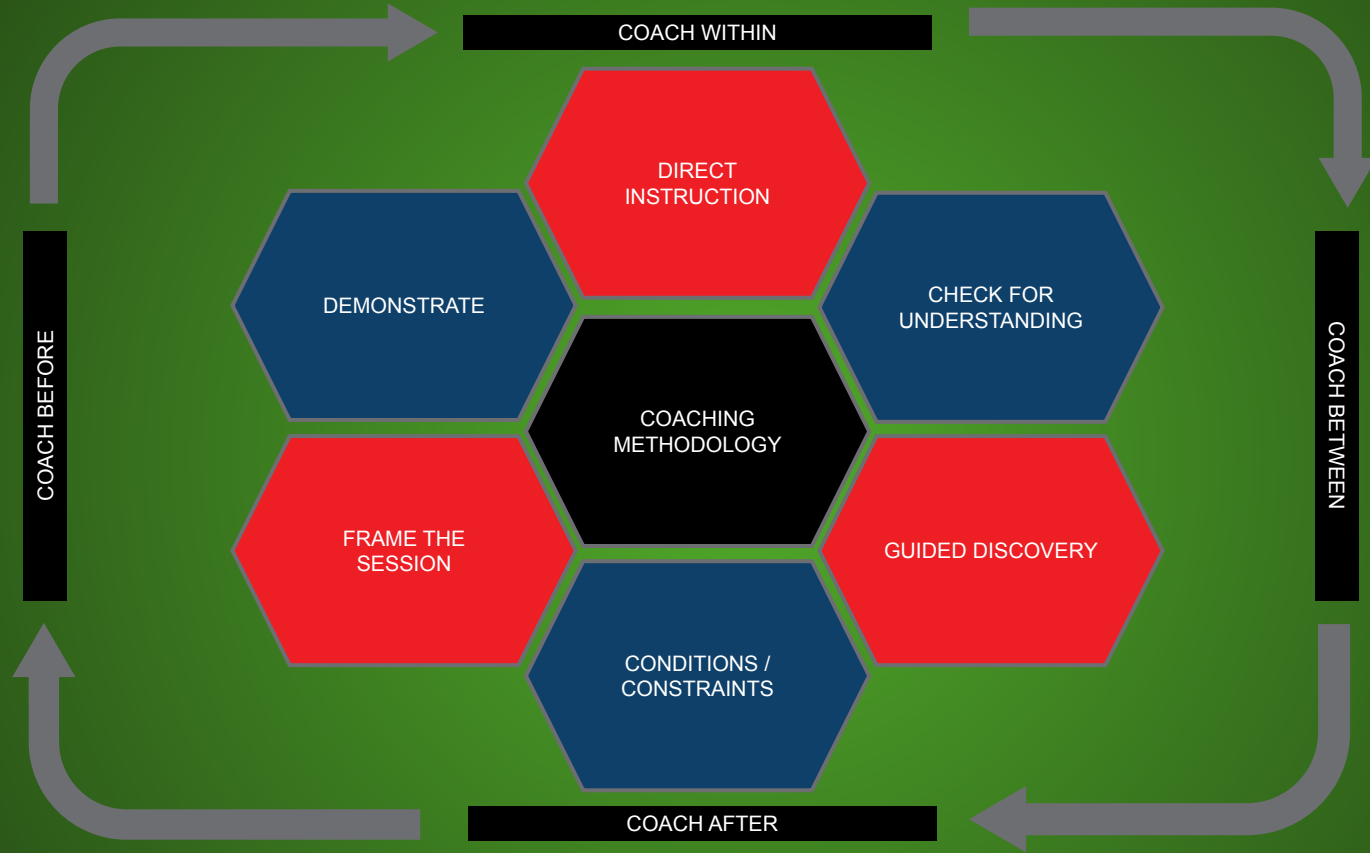
EXECUTION

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

COLLABORATION

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

FOOTBALL THEORY



DEVELOPMENT STAGES



Zone 1

Zone 2

Zone 3

- U6-U10
- Love the game
- Technical Development
- Development over Winning
- SSG - 4v4 / 7v7
- Individual Development

- U11-U15
- Performance over results
- Critical thinking
- Compete over Winning
- 9v9 / 11v11
- Individual Development within team environment

- U16-19
- Tactical Development
- Winning over Development
- 11v11
- Team Development



U6 -U8



U9-10



U11-12



U13-15



U18-U19



U20-U25

FUNDamentals

Age of Discovery

Learn to Train

Train to Compete

Train to Win

Active for Life

For Club. For Community

Tactical Principles



ATTACKING

DEF THIRD

Move the ball and our players to unbalance our opponents to progress forward via overloads and superiority behind opposition lines.

MID THIRD

Move the ball and our players to advance into goal scoring areas through circulation and the creation of the free player.

ATT THIRD

Create high percentage chances behind the oppositions last line of defense to score goals.

A>D TRANSITION

DEF THIRD

Prevent the opponent from progression and penetration forward, force mistakes, prevent goals and regain possession of the ball.

MID THIRD

Prevent the opponent from progression and penetration forward, force mistakes and regain possession of the ball.

ATT THIRD

Prevent the opponent from progression and penetration forward, force mistakes and direct into none dangerous areas and regain possession of the ball.

DEFENDING

DEF THIRD

Prevent the opponent from progression and penetration forward, force mistakes, prevent goals and regain possession of the ball.

MID THIRD

Prevent the opponent from progression and penetration forward, force mistakes, prevent goals and regain possession of the ball.

ATT THIRD

Prevent the opponent from progression and penetration forward, force mistakes, prevent goals and regain possession of the ball.

D>A TRANSITION

DEF THIRD

Quick transition to attack to exploit the opponent to create goal scoring opportunities. Maintain possession if transition if moment is lost

MID THIRD

Quick transition to attack to exploit the opponent to create goal scoring opportunities. Maintain possession if transition if moment is lost

ATT THIRD

Quick transition to attack to exploit the opponent and score goals. Maintain possession if transition if moment is lost



Team Tactical Sub Principles

ATTACKING

- Expansive Width/Depth
- Create Overloads
- Switch the point of Attack
- Support with angles around the ball.
- Pass or Dribble forward when possible
- Attack with numbers
- Mobility to get beyond
- Anticipate Loss Of Possession

A>D TRANSITION

- Apply Pressure immediately.
- Get organized and compact behind the ball.
- Delay.
- Force into identified areas.

DEFENDING

- Get organized and compact.
- Apply Pressure immediately.
- Provide cover and balance.
- Force into identified areas./ TRAPS
- Switch between man marking and zonal marking
- Move as a collective unit.
- Man to man inside the box.
- Anticipate the transition moment.
- Anticipate long ball

D>A TRANSITION

- Support with angles around the ball.
- Protect and secure the ball if needed.
- Attack in numbers and at speed.
- Intercept the ball, pass or dribble forward when possible,
- Tackle to win possession, pass out of pressure area

TACTICAL AND TECHNICAL AGE GROUP PRIORITIES



SVU TACTICAL PRINCIPLES

PRINCIPLE	PRINCIPLE OF PLAY	u9	u10	u11	u12	u13/14	u15/16	u17-19
ATTACK	EXPANSIVE: WIDTH/DEPTH	I	I/F	F	F	F	M	M
	OVERLOADS	I	I/F	F	F	F	M	M
	SWITCH POINT OF ATTACK		I	I/F	F	F	F	M
	MOBILITY TO GET BEYOND	I	I	F	F	F	F	M
	PASS / DRIBBLE FORWARD WHEN POSSIBLE		I	I/F	F	F	M	M
	ATTACK WITH NUMBERS	I	I/F	F	F	F	M	M
	SUPPORT WITH ANGLES		I/F	F	F	F	M	M
	ANTICIPATE LOSS OF POSS		I	I	I/F	F	F	M

PRINCIPLE	PRINCIPLE OF PLAY	u9	u10	u11	u12	u13/14	u15/16	u17-19
DEFEND	COMPACT / PCB	I	I	F	F	F	M	M
	PRESSURE WITH NUMBERS	I	I/F	F	F	F	M	M
	CREATE TRAPS			I	I	F	F	M
	MAN TO MAN MARKING			I	I	F	F	M
	ZONAL MARKING			I	I	F	F	M
	TRACK RUNNERS			I	I/F	F	F	M
	RECOVERY	I	I/F	F	F	F	M	M
	PROTECT THE GOAL	I	I/F	F	F	F	M	M
	ANTICIPATE LONG BALL			I	I/F	F	F	M
	ANTICIPATE REGAIN POSS		I	I	I/F	F	F	M

M = MASTERY
F = FOCUS
I = INTRODUCE

SVU Technical Curriculum

PRINCIPLE	Execution of Decision	u9	u10	u11	u12	u13/14	u15/16	u17-19
ATTACK	DRIBBLING	F	F	F	F	F	M	M
	PASSING	F	F	F	F	F	M	M
	RECEIVING	F	F	F	F	F	M	M
	CROSSING	I	I	I	F	F	F	M
	FINISHING	F	F	F	F	F	M	M
	HEADING				I	I/F	F	M
	SHEILDING	I	I	I	I	F	M	M
	TURNING	I	I	F	F	F	M	M
	1V1	F	F	F	F	F	M	M
	2V1	F	F	F	F	F	M	M
	3V2	I	I/F	F	F	F	M	M

PRINCIPLE	Execution of Decision	u9	u10	u11	u12	u13/14	u15/16	u17-19
DEFEND	IMMEDIATE PRESS	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	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/RECOVERY	I	I	I	I/F	F	F	M
	1V1	F	F	F	F	F	M	M
	1V2	I/F	F	F	F	F	M	M
	2V3	I	I/F	F	F	F	M	M

GOALKEEPER STAGES



U15-16

Stage: Learn to win

Players are placed on teams as a Keeper.

Total Specialization

Training Focus:

Footwork

Perfect → Maintain technical skills

Understand Anticipation, Tactics,

Leadership / Communication,

Awareness of How/ When/ Where

Pressure Situations in Team Environment

U17-19:

Stage: Performance

Players are placed on teams as a Keeper.

Playing time is not guaranteed.

Total Specialization

Training Focus :

Footwork

Perfect → Maintain Technical Skills

Understand Anticipation

Leadership - Tactics/ Communication

Awareness of How/ When/ Where

Pressure Situations within Team Environment

U9 -10

Stage: FUNDamentals/ DISCOVERY

U10 Players are not placed on teams as a Keeper. Should rotate as field players.

Introduce

Footwork, Ball Handling, Distribution, Body

Position, No external pressure

U11-12

Stage: Foundation

U11 and 12 Players are placed on teams as a Keeper. Integration as field players, begin specialization

Training Focus

Footwork, Ball Handling, Develop distribution

Introduce

Diving, Communication, Tactical Positioning

Minimal External Pressure

U13-U14

Stage: Development/Specialization

Players are placed on teams as a Keeper.

Field player time is no longer expected.

Training Focus

Ball Handling

Introduce Boxing, Power Dive

Develop Communication

Develop Tactical Positioning

Integrate Pressure Situations in team training

2024 -25 Coaches **Shenandoah Valley United**



2006/07 Navy Boys -Hash/ Cavalos

2008 Navy Boys - Nora/ Lawan

2009 Navy Boys - Ewell/ Murillo

2010 Navy Boys -Rice/ Adams

2010 Green Boys - Trouille / Flores

2011 Navy Boys - Hash

2012 Navy Boys - Hochstetler / Joya

2013 Navy Boys - Shank/ Carr

2013 Green Boys - Schulz

2014 Navy Boys - Moore

2014 Green Boys - Corley

2007/08 Girls - E. Walter

2009 Girls - Mongold

2010 Girls - Polson

2011 Girls - Valladares/ Julian

2012 Girls - Quinn

2013 Girls - Quinn-/Cantatore

2014 Girls - Moore/ Bragg

2024-25 SHENANDOAH VALLEY UNITED KI



Primary Kit



Secondary Kit



Keeper Kit

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