



PO Box 4002
NFM, FL 33918

Villaverde Soccer Academy Trainers

Villaverde Soccer Academy (VSA) is proud to offer up some of the most highly experienced and dedicated trainers available in the Southwest Region. Many of our trainers are carefully selected, not only based on their training and playing abilities, but also on their philosophy of understanding that the sport of soccer is a means through which VSA can help create athletes who are great role models as adults. Young men and women who first respect each other on and off the field and secondly go on to become positive role models in and outside their communities.

Our trainers have been involved with soccer anywhere between 5 and 20 years and continue to coach and train teams well after they've stopped playing. All of our trainers engage in further coaching education and some hold professional credentials including NYSCA, USYSA, and FYSA licenses, in addition some of our trainers play in local high schools and colleges.

Why Speed and Agility Training?

In today's sports the faster and more agile players on the field or court have a distinct advantage over the other players. If one player can change direction faster than the opposing players, they will be elusive in their movements and therefore will have an easier time scoring baskets, goals or touchdowns. If the player is faster than the defense, their chances of being caught from behind are minimized, once again making it easier for them to score in whatever sport they are playing. If the player is on defense they will be able to get to the ball quicker and make players faster. The faster defender will catch other players from behind, steal more balls or make more plays. Speed and Agility are key ingredients to success in today's sport.

Many Coaches don't have time to spend working with the Goalkeepers and running specific drills for speed and agility in their team practices, so go for it and take advantage of what VSA is offering.

We have hired highly qualified and experienced coaches to run the Goalie and Speed/Agility sessions for our Club.



Why 3v3?

With fewer players on the field, each player has more opportunities to touch the ball, using and improving their soccer skills. Small-sided games can develop your player's decision-making, technical attributes, tactical knowledge and physical conditioning through functional movements. Besides it being FUN, there are many reasons to play 3v3 soccer:

- More touches on the ball
- Increased number of game related decision-making opportunities
- Constant transition from attacking to defensive situations
- Increased 1 vs. 1 encounters in both attacking and defending situations
- Increased opportunities to utilize specific ball skills
- Increased opportunity to be in a goal scoring position
- Increased opportunities to be in a 2 vs. 1 attacking and defending situation

Why 4v4?

Other than creating a fun opportunity to play soccer with friends, teammates, and neighbors there are a lot of great reasons to play 4v4 soccer:

- Encourages quick decision making
- Allows for more touches on the ball
- Increased passing
- Improved dribbling and skills opportunities
- More scoring attempts
- Many more goals
- Improves over-all understanding of the game (players are not only attackers or defenders)
- More opportunities to be creative
- High Intensity
- 4 goal set up encourages directional changes

