player qualities

- **Coachable**: Are they able to take in information from the coach, process it, and apply it in training and games?
- **Committed**: Are they making every effort to own their development? Attending all training and games, watching games, going to extra training, etc.
- **Interactive**: Are they looking to form relationships with their teammates and coaches? Are they bought in the culture of the club?

training priorities

- **Technical**: Overall comfort on the ball. Dribbling, receiving, passing, striking the ball - can we do this under pressure?
- **Physical**: Dynamic movements, speed, strength, game-like fitness
- **Tactical**: Create an understanding of the game. Attacking, defending, set plays, transition moments.
- **Mental**: Ability to compete, ability to be composed, ability to overcome no matter the circumstance.

Culture and Commitment

AT VIRGINIA LEGACY WE WANT TO CREATE A CULTURE THAT FOSTERS THE DEVELOPMENT OF THE PLAYER BOTH ON AND OFF THE FIELD THAT ALLOWS THEM TO REACH THEIR FULL POTENTIAL. WE WANT PLAYERS WHO ARE COMMITTED TO THEIR OWN DEVELOPMENT, THEIR TEAM, AND THEIR CLUB. OUR DIRECTORS AND COACHES ARE FULLY COMMITTED TO OUR PLAYERS. OUR STAFF MAKES SURE TO CREATE AN ENVIRONMENT THAT ENGAGES AND CHALLENGES OUR PLAYERS, NO MATTER WHAT LEVEL THEY ARE PLAYING. WE WANT PLAYERS WHO ARE FULLY BOUGHT INTO OUR CLUB CULTURE AND ARE WILLING TO MAKE THE EXTRA EFFORT.

STEPS to success

The Virginia Legacy STEPS of talent identification is an easy way for both players and parents to understand what our staff looks for in players. These areas encompass the whole player and is a reason our players experience success as they move through our club. Player development is a process that takes place over the course of a player's Virginia Legacy career. We strongly believe that these five areas are key to the development of the whole player.

Accomplishments

**Past 3 years**

- **4 Teams in Regionals**
- **1 Champion, 3 Semi-Finalist**
- **2 State Championships, 2 Finalist, 1 Final Four**
- **2 Academy Players**
- **6 players invited**
- **Partnership USL 2 Team**
- **Club Trips to FL, NY, GA, TN.**
- **16 Teams in Top Girls Showcase**
- **14 Teams each year in National Top 5 Showcase**
- **Pro23 Teams CCL United College Showcase Events and Combines**
- **District, State, Regional Players and International Trips**
- **USA NT Player**
**About our Staff**

**Technical Director: Bobby O’Brien**  
obrien@valegacysoccer.com  
USSF "A" License, USC Premier Diploma  
Former VA Legacy Director of Coaching,  
VYSA ODP District and State Staff, HC  
Jamestown HS State Champions (08,12,15),  
3 time NSCAA Virginia Coach of the Year,  
Played 4 Years at Virginia Tech

**Boys Director: Paul Membrino**  
paul@valegacysoccer.com  
USSF "A" License, National Youth License  
VYSA District ODP Staff, VYSA Coaching  
Education Staff, Former Collegiate Player -  
Worcester State College (MA)

**Assistant Boys Director: Brendan Cook**  
cook@valegacysoccer.com  
USSF "C" License, Former VA Legacy Club  
player, Former Collegiate Player -  
Christopher Newport University

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**PLAYER PATHWAY**

1. **Little Legacy**  
   Preschools U3 - U5

2. **ADP** U6-U10

3. **ACADEMY** U9-U11

4. **CCL/VSL** U11-U19

5. **PRO 23, COLLEGE, & BEYOND**

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**VIRGINIA LEGACY BOYS**

CREATE YOUR FUTURE  
#CREATEYOURFUTURE  
#LEAVEYOURLEGACY