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Vitesse Soccer

Prelude,

Vitesse helps competitive soccer players to reach the next level through developing the team. During Fall and Spring season we offer team play; in Winter 'skill acquisition;' and during Summer, we offer camps that are fun yet very driven. Since 1998, we assisted 23 players onto the youth National Team, won four National Titles and co-authored 7 books. The method of training is small-sided competitive games. The coaching style is tailored, first, to players being grounded in their character 'truth, respect and gratitude,' before they can become increasingly aware to the details of performance. The strength of Vitesse is guiding players and their families with a 'step-by-step' approach while we encourage families to experience different perspectives from different programs. The ministry of Vitesse extends to helping 'Families Kick Cancer' in donating books in our community and partner with Arbor Day Foundation in planting trees.

If You Think Deeper, There is Vitesse

The objective of **Vitesse Soccer** is to be a supportive soccer culture in the Tri-Cities community for competitive players with a serious approach to having fun, while improving as a team player.

Vitesse Soccer is registered through **US Club Soccer**, allowing players to dual-roster when they are members with TYSA (Tennessee Youth Soccer Association) at another club. We believe players are best served when participating in multiple programs gaining different perspectives.

The season entails a focus on developing each player **through playing small-sided games with defined playing principles**. These principles are posted at the Vitesse fields. During the twelve-week program of each season, we offer small-sided games, trainings, league play and tournaments.

Vitesse Soccer believes that the premise of development for players is the pursuit of **team competitiveness** and the accountability to personal **decision-making** (guided by the playing principles). In everything else, we grow from the inside-out through personal reflection and team interaction.

We are development focused, not results driven. The first part of development is **‘Learning How to Compete.’** The benchmarks of competitiveness we use at Vitesse are listed on page 10. We need that level of investment from players and families to bring awareness for improvement of performance.



Guiding Success,

Developing soccer players is so complex, it is mind-boggling. People who tried to work through it, more than anything, gain a deeper understanding about the values of empathy, kindness, humility and discipline.

Our parents at Vitesse create the success. They make players feel valued; treat referees with respect; generate excitement; and establish closure with the coach after the end of each tournament. Closure is important so the coach feels supported. At Vitesse we think deeper:

- (1) Say what you have to say, don't leave it unsaid (it is okay to be frustrated, but not to be negative).
 - *Communication liberates the coach not just to do his job but to give of himself.*
- (2) Empower players to problem solve.
 - *Avoid blaming. Blaming only reveals poor character.*
- (3) Praise players for attributes that makes a great person such as service, courage and being respectful.
 - *Avoid treating 'talent' as 'queen bee.' Players who are glorified have a hard time to adjust 'life.'*
- (4) Enjoy soccer for soccer! Watch with an open mind.
 - *We create a barrier when we when we see soccer through the lens of American Football, thus, unintentionally, creating the American Football version of soccer.*
 - *When we intellectualize without having a developed eye to understand. We often think, 'what you see, that is all there is to it.' We mistakenly take 10 degrees for 360 degrees awareness.*
 - *When we create emotional dependency. Focus on principle-based-decisions.*
 - *Feelings coming from the ego and insecurity distorts how we see and evaluate performance. Be intentional to empty the mind of preconceived notions, assumptions, limitations and judgments.*

Grade 8 - 12,

Development is 'slippery.' Till the age of 14, parents and players believe that their destiny is in hard and honest work. Around the time players enters HS, the mentality changes. Development side-steps to social perception from 'wanting to improve' to 'wanting to look perfect.' The modified behavior is,

- Players won't communicate when absent, because they don't want to be seen as uncommitted.
- There is 'zero' leadership as that make them feel bossy.
- 'Zero' acknowledgement of mistakes for fear looking weak.
- Success avoidance, that is, among peers being successful is being boastful.

For players 8 grade and older, we use video learning and video exposure for College. On two different days in April and September, we stage 6-v-6 and film the games. Successful video clips may be used to create a video highlight to share with College coaches. Players with the interest to increase their database of video highlights can attend camp in the third week of June, when we will do six days of filming.

Testimonials,

Testimonials of the program include:

"Done many Academies and spend much money throughout the years as I thought Vitesse was too cheap and too small for our desire to be prepared for College Soccer. If I could do it over, I would choose Vitesse as the primary club with additional exposure to other programs" Kevin Wilsey | Parent 2018

"Training is intense, demanding, challenging and always constructive and focused on player development as a team player. The technical and tactical training that my sons have embraced from coach Louter at a young age has allowed them to continue building on a strong foundation each year." Ken Servania | Parent and coach 2017

"Ever since I first attended this camp, every year it has been the top of my list. It is different to any camp I have been to. Not only is the training quality, but the social part has allowed me to meet and get closer to many friends." Cory Laventer | Player 2013-15.



Philosophy and Structure,

At Vitesse we embody the development of **CHARACTER** of each player. We believe the pillars of success and happiness are the traits of demonstrating absolute respect, being grateful and welcoming truth above personal pride. We believe these are the true essential skills to be learned and deserves continuous attention for affirmation and improvement. For this reason, we embrace *'Development through Intensity'* as we continuously seek to expose the vulnerabilities for upward growth.

The core value at Vitesse Soccer is **community**. It is designed to be a safe place for each individual to be challenged in exploring their unique interests and talents. Each individual is identified and embraced for his/her strengths. *"Having grown up in that environment for 20 years, I am convinced that the concept of 'community' allowed me to play at the professional level."* -Michael Louter

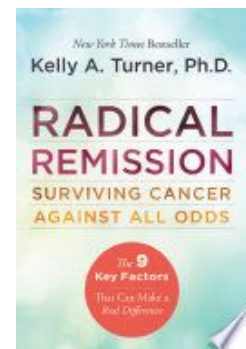
The name 'Vitesse' is derived from Vitesse'22 located in Castricum, Holland, a community-centered soccer club that is the model for Vitesse Soccer located in Gray, TN. It was founded by Becky and Michael Louter in 2006, structured as a single entity ownership with no third party ties operated with Christian values. Michael grew up in Holland at Vitesse, played professionally at AZ, earned his master's degrees (with emphasis in Sports Psychology) and now uses his experiences, education and successes at Vitesse Soccer. Michael has co-authored seven published books and has been part of winning four National Soccer Titles with four different teams in three states.

The Vitesse Soccer culture wants to be known for its members interacting in accordance as in a family -- respecting, supporting and celebrating each success. To help in this process, there is a stationary **'Faith in Soccer,'** where prior to walking on the field, players can reflect on their faith. Families who want to help to enrich the atmosphere, at the field, there is a task chart **'Friends of Vitesse'** outlining the club's needs.

To Vitesse, the development is the journey. Throughout our tenure we have assisted more than 20 players onto the National Team and many guided to a College program. Brandon and Jaden Servania came to camp from 2009-2016. Both boys have dual National citizenship of Puerto Rico and United States. On November 1, 2018, Jaden played for the Puerto Rican U20 National team against Brandon's USA U20 National team.

Since we called Gray home and established Vitesse, we have been blessed in multitude to be part of this community. Becky and I have been so grateful for the love we received through her bout of cancer. In honor of Becky, we like to offer a book to families that, at present struggle with cancer and seek strength. The book is called **Radical Remission** authored by Kelly A. Turner. The book is inside the desk at the clubhouse, free for pick-up.

Vitesse is passionate about **Arbor Day Foundation** in reforestation. Friends of Vitesse can donate shade trees like Maples and Oaks as we see that as an integral part of enhancing our facility and moving forward. Once we meet our capacity, we hope to help other areas towards adding trees.



Spring 2020,

Vitesse Soccer is different in multiple ways: (1) We are more of a family than a club; (2) We use the international perspective and style as the leading authority to follow; (3) It is important that players improve their reasoning skills and take shared responsibility for team problem-solving guided by the seven defined playing principles; (4) We help with self-practice to improve players' skill-set; (5) Players don't have to commit coming to training and games, BUT they do have to be committed during training and games; and (6) We use the holistic approach to development by exposing players to all coaches; different team compositions; and different programs offered throughout the year.

The Spring 2020 program includes the following:

- (1) All girls and boys train together on Tuesdays and Fridays from 6-7:15pm. Weather and day-light permitting, we train at Vitesse at 308 Delmer Salts Rd., Gray. Alternative sides are Ridgeview Elementary school located at 252 Sam Jenkins Rd., Gray, and Towne Acres located at 2310 Larkspur Dr., Johnson City.
- (2) We have 6 teams with birth years: 11/12 B/G; 09/10 B/G; 07/08 B; 07/08 G; 05/06 B and 06/HS Girls.
- (3) Each season we play 5 league games on Saturday afternoon at Eastman Park in Kingsport.
- (4) As a separate cost to the program, we attend 3 tournaments. Knoxville, March 28/29; Winston-Salem, April 25/26; and Christiansburg, May 16/17.
- (5) As a separate cost to the program, players must bring \$1 each Tuesday as competing fee during short-sided games. Each member of the winning team will receive \$2 as do the MVP second team.
- (6) We communicate through WhatsApp.
- (7) The duration of the season is 12 weeks. Spring season runs from March through May.
- (8) Cost of each season is \$300, which includes facility use, coaching and game fees.
- (9) The cost of uniform is \$100 that includes 3 shirts. In addition, players need to purchase black shorts and black socks to match with the outfit.



Core Beliefs of Vitesse Soccer

- (1) Critical to the enjoyment and growth of soccer is a healthy soccer culture. Needed is, leadership that is transparent in making decisions everyone is part of family. And needed is, parents helping to develop the player's analytical thinking based on the seven principles of play.
- (2) Players should be developing their intuitive play of the seven core team principles of play.
- (3) Player development needs to happen through team development. Players need to believe in the team aspect. *Players cannot strike out on their own; otherwise the system doesn't work.*
- (4) The premise of development for players is **being competitive** and accountability to **decision-making**. In everything else, we grow from the inside-out through reflection and interaction.
- (5) THE method of learning is through competitive small-sided games.
- (6) All players need to participate in leadership positions to help with the flow and organization throughout all phases of the game. "It is ok to be wrong, it is not ok to be quiet."
- (7) Speed is an important factor to success. Players should self-impose "Speed First," and train with the drive to supersede their best performance.
- (8) Team morale is an important factor to success. Players need to be intentional to boost team morale.
- (9) Player's decision with the ball needs to be within the scope of his/her playing ability. Technique as a result of self-practices is an important factor to success. In team practice, it is the strategy that requires the reflection, not the technique. Coaches will provide exercises to work on at home to improve skills of fakes, dribbling, controlling and passing. We also have published a You Tube video, type: **Vitesse training**, find: **Vitess Soccer Presents - Soccer Training at Home**.

<https://www.youtube.com/watch?v=c9LVUacH7Vc&t=323s>
- (10) The absolute objective is to make players fall deeper and deeper in love with playing serious soccer. It is fine if this means just one hour once a week soccer for one person and two hours a day for another person. We want players to develop at their own tempo.

Seven Principles to the Style of Play at Vitesse Soccer

- (1) Say what you commit to. Call out “Mine,” when you assume responsibility of pressing. Call out “Cover,” when your position in the situation requires you to do so;
- (2) Be the best player without the ball. All players need to participate in leadership to help with the flow and organization throughout all phases of the game. *“It is ok to be wrong, it is not ok to be quiet.”*
- (3) Moment of losing the ball, (1) win second tackle; otherwise (2) as a team drop quicker than the other team can build up. The confrontation line is at the midline of the field, then find the moment to squeeze the play.
- (4) Upon winning the ball, (1) play security ball, or (2) exploit break-away.
- (5) In possession of the ball, our team structure is DEPTH, COVER and TOUCH THE LINE. We create space and playing options through running positive diagonals and forward runs.
- (6) Our teams interchange positions and commit in continuous runs.
- (7) Be a character of service, humility and gratefulness.



Benchmarks of Competing

Notes:

- (1) The bench marks are expressed in player's jargon. That is, as the coach reflects during training.*
- (2) To normalize the expectations, players need to review the bench marks every 4 weeks.*

The objective of Vitesse is first learning to compete, second, play the principles of play.

Bench marks

Ages 9 – 11

- (1) Focused running.
- (2) Attempt to make tackles.
- (3) Getting in passing lanes.
- (4) When in passing lane, ASK for ball.
- (5) Recognizing when to shield ball.
- (6) Informal time, play.
- (7) Formal time, listen to coach.
- (8) When being coached, observing an emotional change (not a feeling of indifference or not caring).

Ages 12 -13

- (9) Keeping up and calling out score.
- (10) Smile and laugh as you work through set-backs.
- (11) Play at game speed.
- (12) Accepts accountability.
- (13) Pass with purpose.
- (14) Play simple.
- (15) Always want to take the PK.
- (16) Demonstrate absolute respect.

Ages 14 – 15

- (17) Taking responsibility for their learning. Ask good questions.
- (18) Play the role.
- (19) Play the Principles.
- (20) Play as much as possible the one-touch pass.
- (21) Express of frustration when players are not in passing lane.
- (22) Express of frustration when teammate does not consider you as passion option.
- (23) An attitude that is serious in approach but light-hearted in response.
- (24) Do what is right. *Not what the ego and insecurities entices you to act.*

- (25) Press together, *not alone*.
- (26) Self-practice on skills and fitness.
- (27) Re-directing efforts, *because you cannot work harder*.
- (28) Perfecting the tasks and positions between man-mark and cover.
- (29) Continuous sharing the insights and feedback. "Win," "Turn," "Shield," and "Next time..."
- (30) Handshake with coach after each training and game.
- (31) Express frustration, when teammate not committed in action.
- (32) Express encouragement, when teammate committed but not succeeded.
- (33) Express remorse after a mistake.

Ages 16 – 18

- (34) Shared responsibility, working in pairs. *Focus on opportunities, not excuses*.
- (35) Interchange positions between fullbacks, midfield and wing players.
- (36) Always constructing two passing options.
- (37) Credit personal success to those who helped them to achieve it.
- (38) Adopts point of view (POV): Confidence is in little successes. Not in winning games.
- (39) Become a point person to a leadership task. *It is everybody's job to help with flow and organization*.
- (40) Green tomatoes ripen, red tomatoes rot. Maintain a growing mind-set.

Mastering the ability to compete is something you never can achieve, but only get better at.

At Vitesse we like competitive soccer, which is a requisite to instill the principles of soccer.

To succeed, parents have to serve as the backbone to the principles and to the method. The validation is 'thank you' to the coach after each game, each time.

Competitive benchmarks have many disclaimers. The norms and values changes by each generation and is different in each culture.

In my opinion, the strongest contrast between the participant and competitor is the mindset. It appears the participant's main objective is the feeling that winning provides (without risking themselves to win). YET, the greatest bench mark of the competitor is that of **GRATITUDE**. That is, they are grateful for the people believing in them. To that end, they 'THANK' the coach always after each game.