



**VTON**  
THE FUTURE OF FOOTBALL

# RICHARD ELSINGA

## BACKGROUND

### PROFESSIONAL FOOTBALL (10 YEARS)

-SC HEERENVEEN

-SC HERACLES

-FC EMMEN

### SPECIAL EDUCATION (10 YEARS)

-TEACHER

-INSTRUCTOR

### KNVB

-INSTRUCTOR

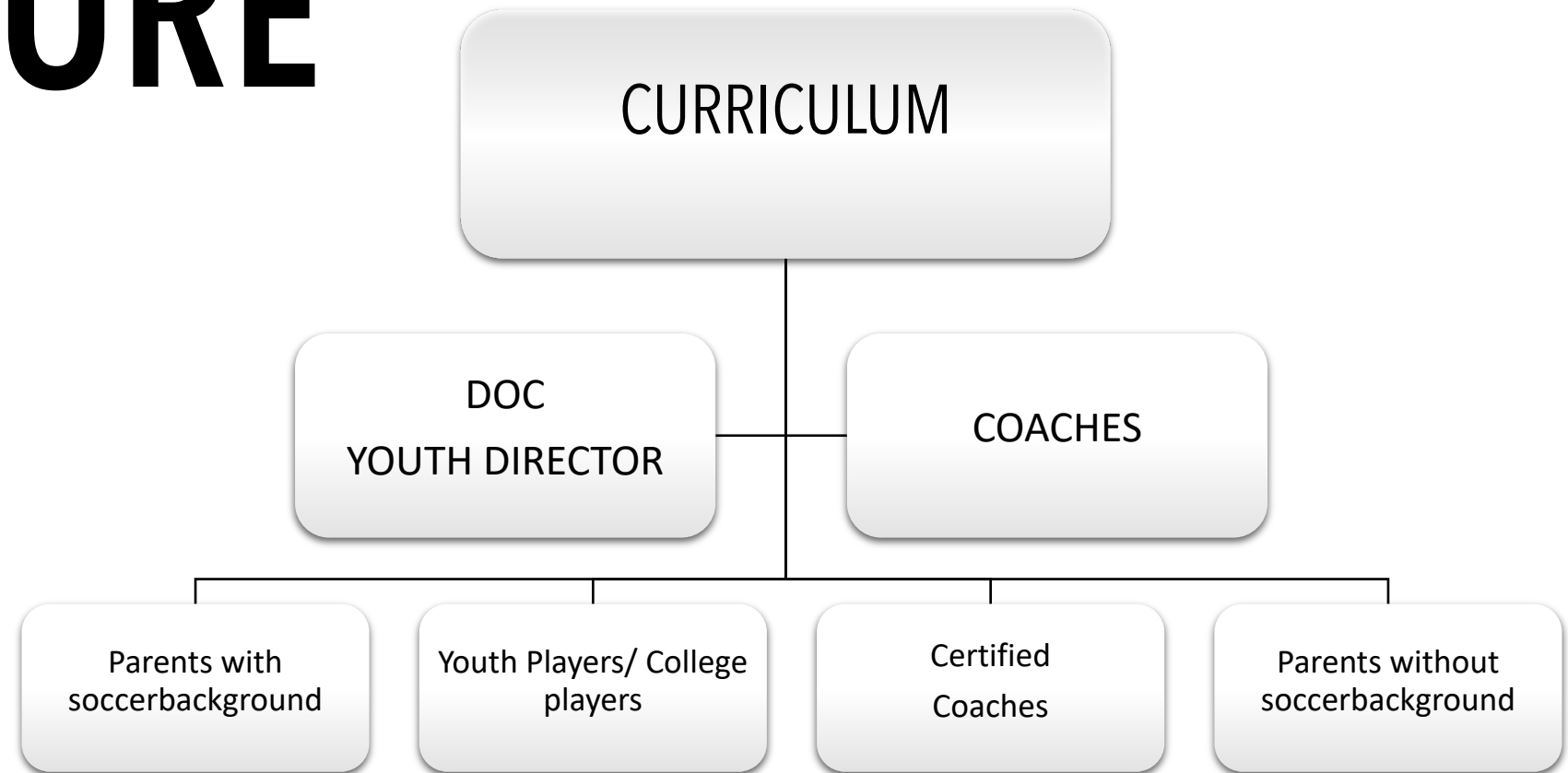


# PARTNERSHIPS

We have a strong network in the football world. We work with professional football organizations that embrace the VTON methodology and recommend VTON in their region. We have nine partnerships with professional football clubs and three partnerships in development.



# STRUCTURE

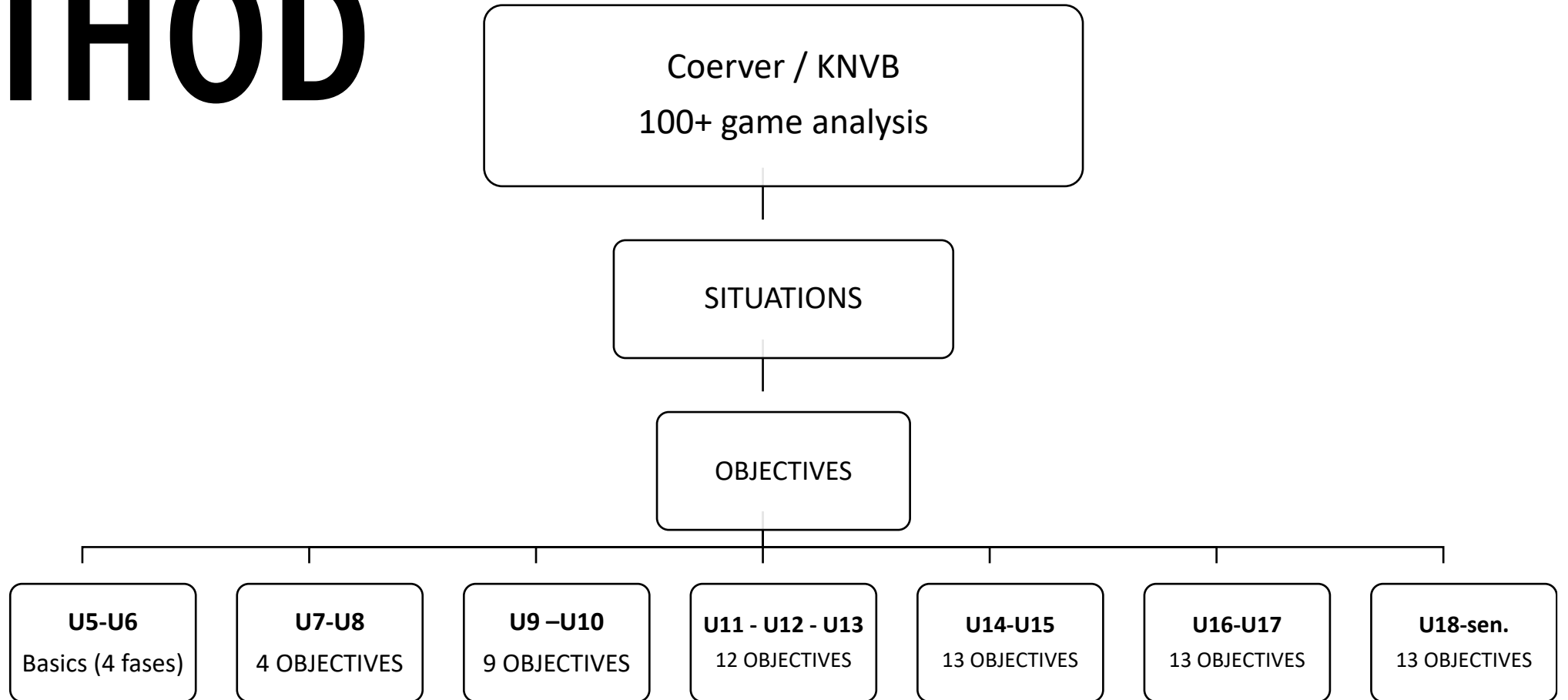


# GOAL

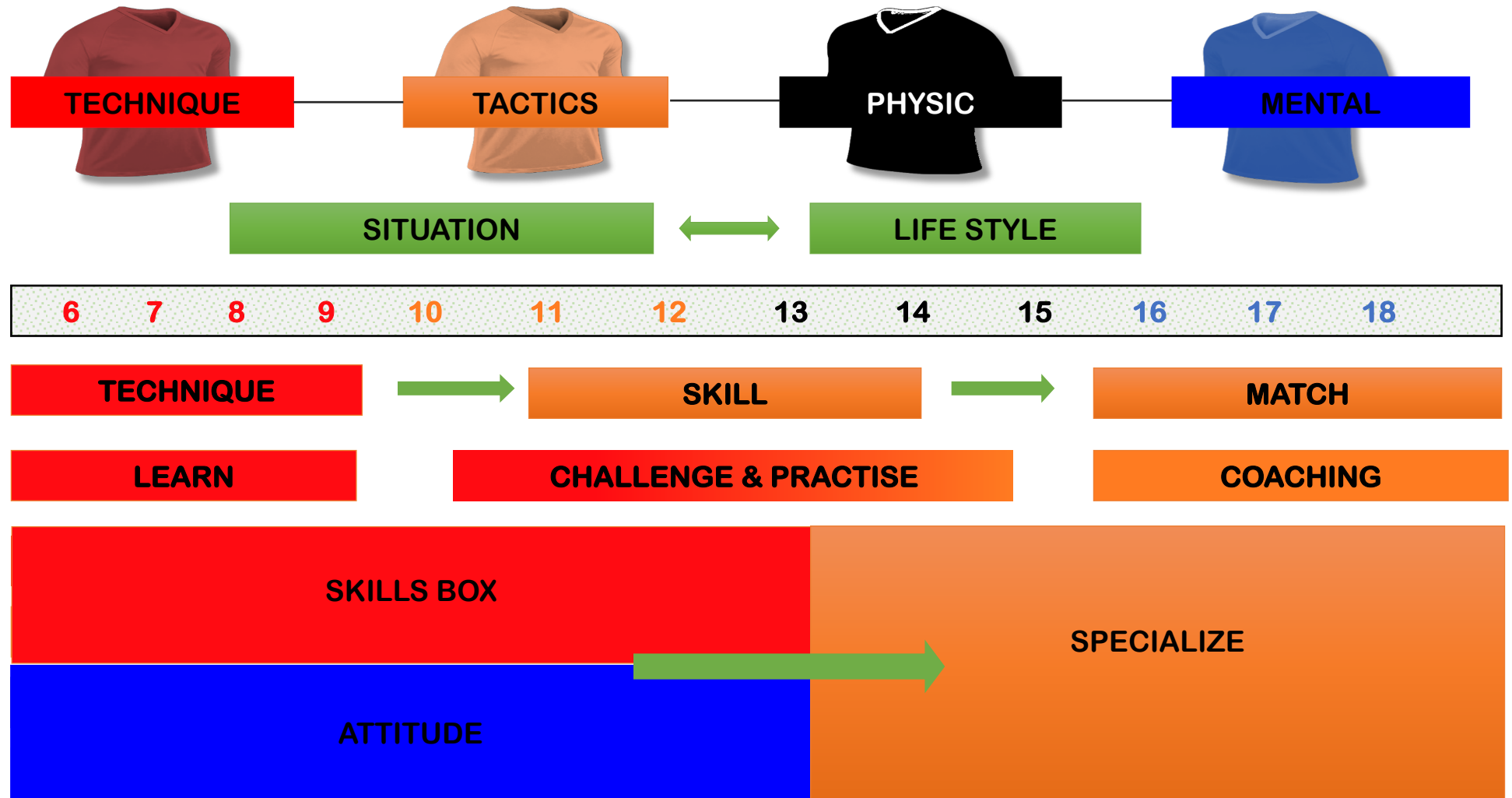
SAME APPROACH TO TRAINING SESSIONS  
SYSTEMATIC DEVELOPMENT OF YOUTH FOOTBALL  
MEASUREMENT OF PLAYER ABILITY  
AGE - ORIENTED TRAINING SESSIONS



# METHOD



# DEVELOPMENT MODEL



# BENEFITS

4 vs. 4 instead 8 vs. 8

- # passes – increases with 135%
- # 1 v 1 duels + 225%
- # moves (Skills) + 280%
- # goals + 500%

# AVERAGE BALLCONTACTS AT PRACTICE + 300%

WITHOUT VTON

10 min	20 min	30 min	40 min	50 min	60 min	Total
70	124	74	43	29	20	362

VTON

10 min	20 min	30 min	40 min	50 min	60 min	Total
364	234	153	110	91	58	1010



# TRAININGSESSION

<i>FASE</i>	<i>BALCONTACTS</i>	<i>DISTANCE</i>
INDIVIDUAL	350	1000m
GROUPEXERCISE	250	1000m
LEARNING FASE / GAME	150	900m
GAME /COMPETITIVE	150	900m
SMALL SIDED GAMES	100	1800m
TOTAL	1000+	5600m





# VTON

A COMPLETE , EASY TO UNDERSTAND, AND INSPIRING  
PLATFORM FOR PRACTICES AND DEVELOPMENT

IGNITING MORE FUN AND BETTER FOOTBALL PLAYERS.

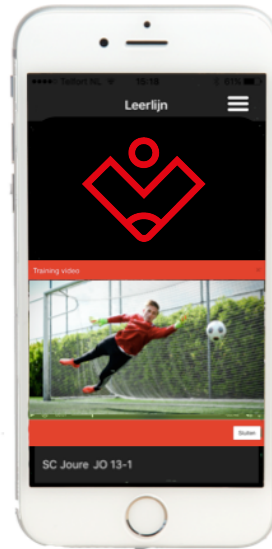
SAVING A LOT OF TIME AND EFFORT FOR FOOTBALL  
COACHES



# VTON

THE FUTURE OF FOOTBALL

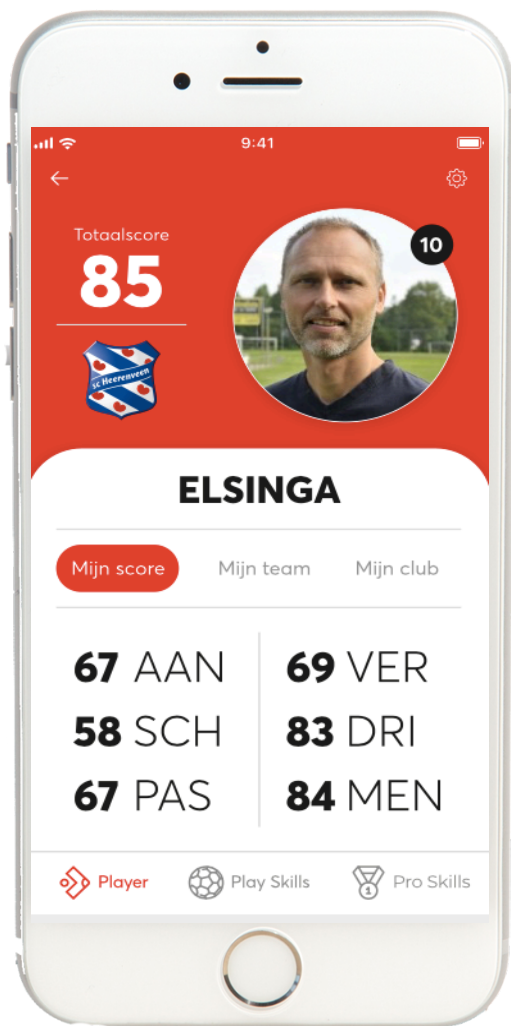
# VTON-APP



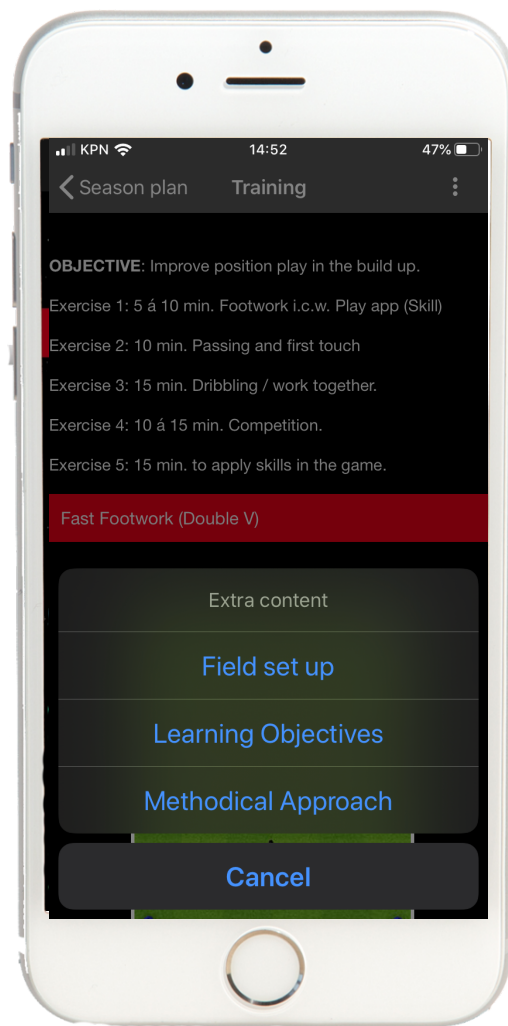
VTON KEEPER APP



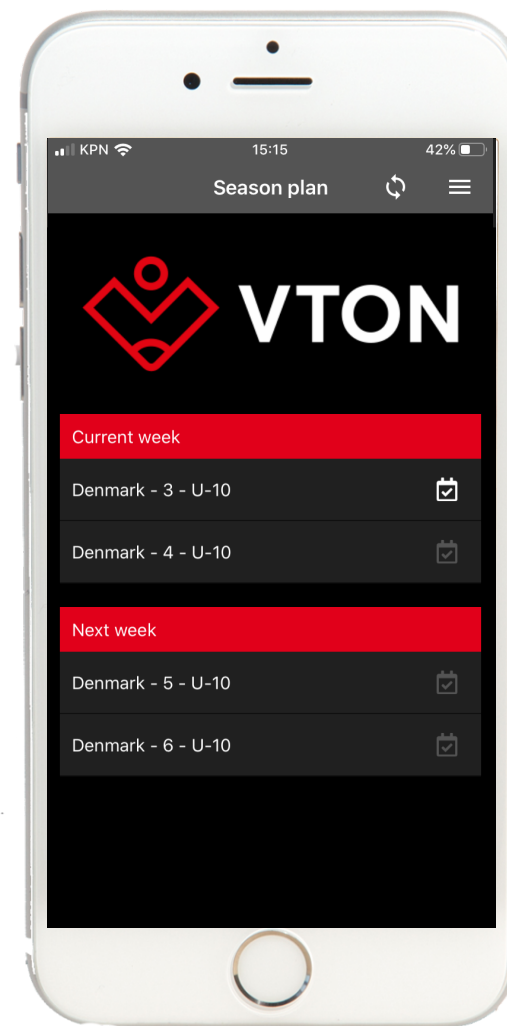
Robin Veldman: (Ajax u16)  
'VTON, A complete CURRICILUM  
in your pocket!'



VTON PLAY APP



STATISTICS



COACH APP

# Games 4 v 4 variations

With goalkeepers



With 2 small goals



With 4 small goals



Line dribble



# PRACTICE

- Purpose : We know what we need to practice related to age and level.
- Challenge : Every session contains a new challenge to improve.
- FUN : Players experience success and enjoy the game.
- Quality & Intensity : These two aspects are linked together and has everything to do with what you practice, what age group and what level.