As coaches, teachers, administrators and parents, we need to look at the big picture for Canadian soccer. We want our players to develop ‘star’ players who can play on the big stage, but we also need to make sure that our players can enjoy the game and have fun. We believe that by encouraging recreational soccer players who can benefit from the health aspects of soccer and give back to the game for years to come as coaches, officials, and administrators.

Long-Term Player Development (LTPD) is the Canadian Soccer Association’s pathway to success on both fronts. LTPD is a player-centred approach that provides guidelines for correct training, competition, and recovery based on scientific principles of human development and athlete training, combined with the experiences of expert coaches.

Player-centred means we respect the development needs of our players first and foremost. We ensure that our young players have fun while they learn so they want to continue playing. It also means we provide challenges and opportunities for special talents so they can develop their abilities and pursue excellence. All these needs are addressed in the seven stages of LTPD.

To learn more about Wellness to World Cup presented by BMO visit: www.CanadaSoccer.com. To learn more about LTPD visit: www.canadiansportforlife.ca.

STAGE 1: ACTIVE LIFE

gives special attention to the promotion of physical activity, including team sports, at a young age. This stage involves the development of healthy habits and a positive attitude toward physical activity.

GOAL: Foster lifetime activity and encourage basic motor skills.

TECHNICAL: Provide a variety of experiences and opportunities to develop physical and mental skills.

PERSONAL: Encourage children to enjoy being physically active.

STAGE 2: FUNDAMENTALS

Long-term player development begins with the development of foundational skills. This stage involves the development of basic motor skills and the introduction of simple games and activities.

GOAL: Early development and introduction of basic movement skills.

TECHNICAL: Introduce basic skill development through imaginative play and games.

PERSONAL: Encourage children to enjoy physical activity and develop a positive attitude towards it.

STAGE 3: LEARNING TO TRAIN

The focus of this stage is the development of fundamental skills and knowledge that will help children transition from playing with their friends to more structured training environments. This stage is designed to help children develop self-esteem and the ability to work effectively in a team.

GOAL: Development of basic skills and strategies.

TECHNICAL: Emphasize the development of basic skills and strategies in a fun and safe environment.

PERSONAL: Encourage children to enjoy physical activity and develop a positive attitude towards it.

STAGE 4: TRAINING TO COMPETE

This stage is designed to help children transition from playing for fun to more structured training environments. This stage is designed to help children develop self-esteem and the ability to work effectively in a team.

GOAL: Development of advanced skills and strategies.

TECHNICAL: Emphasize the development of advanced skills and strategies in a fun and safe environment.

PERSONAL: Encourage children to enjoy physical activity and develop a positive attitude towards it.

STAGE 5: TRAINING TO COMPETE

This stage is designed to help children transition from playing for fun to more structured training environments. This stage is designed to help children develop self-esteem and the ability to work effectively in a team.

GOAL: Development of elite skills and strategies.

TECHNICAL: Emphasize the development of elite skills and strategies in a fun and safe environment.

PERSONAL: Encourage children to enjoy physical activity and develop a positive attitude towards it.

STAGE 6: TRAINING TO WIN

This stage is designed to help children transition from playing for fun to more structured training environments. This stage is designed to help children develop self-esteem and the ability to work effectively in a team.

GOAL: Development of professional skills and strategies.

TECHNICAL: Emphasize the development of professional skills and strategies in a fun and safe environment.

PERSONAL: Encourage children to enjoy physical activity and develop a positive attitude towards it.

STAGE 7: ACTIVE FOR LIFE

This stage is designed to help children transition from playing for fun to more structured training environments. This stage is designed to help children develop self-esteem and the ability to work effectively in a team.

GOAL: Foster physical activity, while also encouraging children to pursue roles in coaching, officiating, and administration.

TECHNICAL: Emphasize physical activity and encourage children to pursue roles in coaching, officiating, and administration.

PERSONAL: Encourage children to enjoy physical activity and develop a positive attitude towards it.

REFERENCES:


