



Information from Ontario Soccer's Long Term Player Development

What is LTPD?

In short, LTPD is very simple. It is a thoroughly researched, tested, proven, and overwhelmingly well-received approach to working with young athletes in soccer-rich countries around the world.

Whether a youngster is in soccer to simply stay active and fit or aspires to play at very competitive levels, LTPD is geared to developing youngsters in an environment that is stimulating, enriching—and fun.

The basic premise is this: at the younger ages (4 through 12) we will focus, incrementally, on physical literacy, touches on the ball, skill development and eventually, training to “compete”. The objective is to help every player develop to his or her true potential, at whatever level they want to play. We can achieve this through improved coaching methods along with superior training and development programs that were implemented in 2013.

WHAT YOU WILL NOTICE

At the earliest ages, you will see a real emphasis on movement, coordination and athleticism. This will lead into skill development, ball work and the many skills required to play- and fully enjoy - the great sport of soccer.

U4/U5/U6	6 players per team (3 vs. 3), no goal keeper. Session run academy style, with 20 min. skills and drills, and a 30 min. mini game. Pug nets or 5' x 8' goals. No Referee. (Coaches: Fundamentals + Making Ethical Decision, Making Head Way and Respect in Soccer)
U7/U8	10 players per team (5 vs. 5) including goal keeper, one 60 min. practice per week and one game per week consisting of two 20 min. halves. 5'x 8' goal. With Referee. (Coaches: Fundamentals + Making Ethical Decisions, Making Head Way and Respect in Soccer)
U9/U10	12 players per team (7 vs. 7) including goal keeper, one 60 min. practice per week and one game per week consisting of two 25 min. halves. No pass ins, 6'x16' goal. With Referee. (Coaches: Learning to Train + Making Ethical Decisions, Making Head Way and Respect in Soccer)
U11/U12	16 players per team (9 vs. 9) including goal keeper, one 60 min. practice per week and one game per week consisting of two 35 min. halves. Pass ins ok, 6'x18' goal. With Referee. No standings (Coaches: Learning to Train + Making Ethical Decisions, Making Head Way and Respect in Soccer)

SKILLS DEVELOPMENT

You will notice an emphasis on training, more practice time and individual skills development and much less on games and “winning” and “losing”. We realize this will require a bit of a shift in attitude for many of us, but we have studied what soccer-countries are doing, and this approach has clearly worked. We need to move in this direction.

Competition and Education

- Will your sons and daughters stop playing games and stop competing? Not at all. But again, the emphasis will be different going forward. We are working on re-shaping the structure of our leagues to maintain competition and create a healthier model for all.
- This is very much about education—better education, training and preparation for our youth coaches, who in turn will provide an improved environment for players at every age and stage of development.
- Recreational players will enjoy the game much more than before. Importantly, they will also learn more and because they are learning and enjoying their experience, will want to stay active in the sport. Elite players will benefit, because the new player pathway we are developing will ensure that, wherever your son or daughter plays

in the province, they will have the opportunity to be seen, identified and recommended for more intensive training at a regional and ultimately "provincial" level of play.

