

Grassroots Player Pathway

The Alberta Soccer Grassroots Pathway is consistent with Canada Soccer's Pathway and its corresponding 'Recreational' stream. It is guided by the principles of Long Term Player Development (LTPD) and encourages lifelong sport participation and an active lifestyle. See below for each LTPD stage and corresponding activities that Alberta Soccer offers within its Grassroots programming.



Let's Play! – Active Start (3 to 6 years old)

- Focus is on the development Physical Literacy and Active Play with a ball.

Offerings:

- Let's Play Clinics – these focus on supporting parents and volunteers in creating activities that engage young players in a positive environment.



Play for Fun – FUNDamentals (6 to 8 years old)

- Focus is on enhancing physical literacy through ball mastery. In essence tricks and flicks with a ball.

Offerings:

- **FUNDamentals Festivals** – communities will receive training and support to implement the preferred training model approach through a special coach training event and festival.



Play for Each Other – Learning to Train (9 to 12 years old)

- A players introduction to team play and strategies

Offerings:

- Skills Challenge – use our skills challenge for goal setting and developing technique
- Team and Player Clinics delivered by Alberta Soccer Coaches



Play On – Soccer for Life (13+ years old)

- Focus is on encouraging continued involvement in sport as a healthy lifestyle choice

Offerings:

- Community/Team Camps – fitness and technical/skills development sessions for players of all ages and abilities.

