



ALBERTA SOCCER ASSOCIATION
The Governing Body of Soccer in Alberta

Training Plans

Soccer for Life (U13-17) Guide



The purpose of Alberta Soccer providing “Periodized Annual Plans” for each stage of development is to:

1. Assist member districts, leagues and clubs in the planning of programming.
2. Educate players, coaches and parents as to the commitment and levels of play required for the various “Stages of Development”.

Alberta Soccer has taken into account various publications from Canada Soccer (LTPD Documentation/CSA Toolkits), district/programming currently in Alberta, facility considerations, differing abilities and commitment levels of play as well as trends in Canada and elsewhere. As one can imagine, it is a difficult task to encapsulate all of this information into a single “one size fits all” document. To that end this guide is designed to assist in explaining the different terms and information presented in the training plans but it is incumbent on the organising district/club to model programming that best fits their situation staying consistent with the Periodized Plan at each Stage of Development.

Calendar

The Soccer for Life (U13-17) Training Plan is designed September through August due to the change over in Age Groups being done from the outdoor season to the indoor season as well as coinciding with the start of the school year.

Programming Levels

The Soccer For Life (U13-17) Training Plan has been designed with 3 levels of participation. These levels are broken down as follows:

- **Level 1 Programming (Recreational)** – Designed for the Soccer For Life (U13-17) recreational player whom wishes to play the game in outdoor only during the early Fall and Spring months. The commitment of the

player is to participate in soccer twice per week.

- **Level 2 Programming (Tier II to IV)** – Designed for the Soccer For Life (U13-17) Tier III & IV player whom wishes to play the game in outdoor as well as indoor. The commitment of the player is to participate in soccer twice per week.
- **Level 3 Programming (Tier I)** – Designed for the Soccer For Life (U13-17) Tier I player whom wishes to play the game in outdoor as well as indoor. The commitment of the player is to participate in soccer three times per week.

Programs

The Soccer For Life (U13-17) Training Plan has three distinct periods of participation:

- **Fall Program** – A six-week program that generally occurs outdoors at the start of September until mid-October.
- **Winter Program** – A sixteen-week indoor program that runs from November until mid-March with a break over the Holiday Period.
- **Spring/Summer Program** – A 10 to 18 week outdoor program that runs as per below:
 - **Level 1 Programming** – mid-April until June 30
 - **Level 2 Programming** – mid-April until Provincial Competition in July
 - **Level 3 Programming** – mid-April until Provincial Competition in August

Weeks of Involvement

The number of weeks per programming level:

- **Level 1 Programming** – 16 weeks
- **Level 2 Programming** – 36 to 38 weeks
- **Level 3 Programming** – 40 weeks

Practice Sessions

The Soccer for Life (U13-17) Training Plan is designed for Districts and Clubs to incorporate practices into their programming.

Each training session should be built around the four corner approach to player development – Technical/Tactical, Physical, Mental, Social/Emotional. Addressing all four of these “pillars” at each practice session will help develop well-rounded players with a foundation in fitness, technical/tactical soccer abilities, self-confidence and leadership skills.

Canada Soccer Toolkits should still be used as a primary source of reference in designing activities for training sessions.

Number of Training Sessions

The number of Training Sessions for each program:

- **Level 1 Programming** – 16
- **Level 2 Programming** – 72-76
- **Level 3 Programming** – 120

Games

All games should adhere to LTPD standards and guidelines and be played in accordance with FIFA Laws of the Game.

Number of Rest Weeks

The number of rest weeks for each program:

- **Level 1 Programming** – 36
- **Level 2 Programming** – 14-16
- **Level 3 Programming** – 12

Multi-Sport Athletes/Seasonal Breaks

Players in the Soccer for Life (U13-17) Stage of Development should be encouraged to participate in other sports and activities. By participating in other sports children will become well-rounded athletes which will only enhance their overall fitness levels and benefit them later in their sporting endeavors. During seasonal breaks in particular it is highly recommended that players engage in other sports.

Weekly Soccer Activities

The number of Preferred Training Model Sessions/Practices/Games per week for each program:

- **Level 1 Programming** – 2x per week
- **Level 2 Programming** – 3x per week
- **Level 3 Programming** – 4x per week

We hope this guide has assisted you in understanding the Training Plan that is recommended for the Soccer for Life (U13-17) Stage of Development. If you have any questions on this plan, please do not hesitate to contact:

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**ALBERTA SOCCER PERIODIZED TRAINING PLAN
FOR PLAYERS IN THE Soccer For Life (U13-U17)
STAGE OF DEVELOPMENT**

MONTHS				SEPTEMBER				OCTOBER					NOVEMBER			
WEEKS (MON-SUN)				Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Level 3 Programming (Tier I)				Fall Program						 Transition	Winter Program					
Level 2 Programming (Tier II-IV)				Fall Program							Winter Program					
Level 1 Programming (Recreational)				Fall Program							Winter Break					
Level 3 - Practices/Strength&Conditioning/Games per week				4	4	4	4	4	4				4	4	4	4
Level 2 - Practices/Strength&Conditioning/Games per week				3	3	3	3	3	3				3	3	3	3
Level 1 - Practices/Games per week				2	2	2	2	2	2							
MONTHS				DECEMBER				JANUARY					FEBRUARY			
WEEKS (MON-SUN)				Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	week 21	Week 22	Week 23	Week 24	Week 25	Week 26
Level 3 Programming (Tier I)				Winter Program		Christmas Break			Winter Program							
Level 2 Programming (Tier II-IV)				Winter Program					Winter Program							
Level 1 Programming (Recreational)				Winter Break												
Level 3 - Practices/Strength&Conditioning/Games per week				4	4				4	4	4	4	4	4	4	4
Level 2 - Practices/Strength&Conditioning/Games per week				3	3				3	3	3	3	3	3	3	3
Level 1 - Practices/Games per week																
TECHNICAL GUIDELINES																
	Level 3	Level 2	Level 1													
WEEKS OF INVOLVEMENT	40	38	16	SEASONAL BREAKS - ADDITIONAL SPORTS/ACTIVITIES TO MAINTAIN PHYSICAL FITNESS LEVELS FOR THE INDIVIDUAL												
MAX MATCHES	40	38	16	MATCHES - MUST ADHERE TO LTPD STANDARDS AND GUIDELINES												
TRAINING SESSIONS	120	76	16	TRAINING - CURRICULUM CONTENT AS PER CSA TOOLKITS - 75-90 Minute Sessions												
# REST WEEKS	12	14	36	TRANSITION - FOCUS ON REGENERATION ACTIVITIES												
TRAINING TO GAME RATIO	3 to 1	2 to 1	1 to 1	RATIO - BASED ON PLAYER LEVEL/FAMILY COMMITMENT - PRACTICES TO GAMES												



MONTHS				MARCH					APRIL				MAY				
WEEKS (MON-SUN)				Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
Level 3 Programming (Tier I)				Winter Program				Spring Break				Spring/Summer Program					
Level 2 Programming (Tier II-IV)				Winter Program								Spring/Summer Program					
Level 1 Programming (Recreational)				Winter Break		Spring/Summer Program											
Level 3 - Practices/Strength&Conditioning/Games per week				4	4					4	4	4	4	4	4	4	
Level 2 - Practices/Strength&Conditioning/Games per week				3	3					3	3	3	3	3	3	3	
Level 1 - Practices/Games per week										2	2	2	2	2	2	2	
MONTHS				JUNE					JULY				AUGUST				
WEEKS (MON-SUN)				Week 40	Week 41	Week 42	Week 43	Week 44	Week 45	Week 46	Week 47	Week 48	Week 49	Week 50	Week 51	Week 52	
Level 3 Programming (Tier I)				Spring/Summer Program													
Level 2 Programming (Tier II-IV)				Spring/Summer Program													
Level 1 Programming (Recreational)				Spring/Summer Program			Summer Break										
Level 3 - Practices/Strength&Conditioning/Games per week				4	4	4	4	4	4	4	4	4	4	4			
Level 2 - Practices/Strength&Conditioning/Games per week				3	3	3	3	3	3	3	3	3					
Level 1 - Practices/Games per week				2	2	2											
TECHNICAL GUIDELINES																	
	Level 3	Level 2	Level 1														
WEEKS OF INVOLVEMENT	40	36-38	16	SEASONAL BREAKS - ADDITIONAL SPORTS/ACTIVITIES TO MAINTAIN PHYSICAL FITNESS LEVELS FOR THE INDIVIDUAL													
MAX MATCHES	40	36-38	16	MATCHES - MUST ADHERE TO LTPD STANDARDS AND GUIDELINES													
TRAINING SESSIONS	120	72-76	16	TRAINING - CURRICULUM CONTENT AS PER CSA TOOLKITS - 75-90 Minute Sessions													
# REST WEEKS	12	14-16	36	TRANSITION - FOCUS ON REGENERATION ACTIVITIES													
TRAINING TO GAME RATIO	3 to 1	2 to 1	1 to 1	RATIO - BASED ON PLAYER LEVEL/FAMILY COMMITMENT - PRACTICES TO GAMES													



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