

Training Plans Soccer for Life (U18+) 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.
- Educate players, coaches and parents as to the commitment and levels of play recommended for the various "Stages of Development".

Alberta Soccer has taken into account various publications from Canada Soccer (Long Term Player Development (LTPD)
Documentation/Coaching 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 document. To that end, this guide is designed to assist in explaining the different terms and information presented in the training plans.

Programming Levels

The Soccer For Life (U18+) 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 (U18+) recreational player whom wishes to play the game in outdoor as well as indoor. The commitment of the player is to participate in soccer once per week.
- Level 2 Programming (Premier to Masters/Classics) – Designed for the Soccer For Life (U18+) 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 (AMSL) —
 Designed for the Soccer For Life (U18+)
 AMSL 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 (U18+) Training Plan has two distinct seasons:

- Indoor Program A 16-week indoor program that runs from November until mid-March.
- Outdoor Program A 20 to 24-week outdoor program that runs from May until September.

Weeks of Involvement

The number of weeks per programming level:

- ➤ Level 1 Programming 36 weeks
- > Level 2 Programming 38 weeks
- ➤ Level 3 Programming 40 weeks

Practice Sessions

The Soccer for Life (U18+) 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 can 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 – N/A



- ➤ Level 2 Programming 38
- ➤ Level 3 Programming 80

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 16
- ➤ Level 2 Programming 14
- ➤ Level 3 Programming 12

Weekly Soccer Activities

The number Practices/Games per week for each program:

- ➤ Level 1 Programming 1x per week
- ➤ Level 2 Programming 2x per week
- ➤ Level 3 Programming 3x per week

We hope this guide has assisted you in understanding the Training Plan that is recommended for the Soccer for Life (U18+) 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 (U18+) STAGE OF DEVELOPMENT

MONTHS					SEPTEMBER				OCTOBER					NOVEMBER				
WEEKS (MON-SUN)					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 (AMSL)					Outdoor	Program			CANADA			Indoor Program						
Level 2 Programming (Premier-Tier 3 & Masters/Classics Major)				Outdoor Program						sition		Indoor Program						
Level 1 Programming (Tier 4+/Co-Ed)					Outdoor	Program						Indoor Program						
Level 3 - Practices/Strength&Conditioning/Games per week					3	3	3					3	3	3	3	3		
Level 2 - Practices/Strength&Conditioning/Games per week					2	2	2					2	2	2	2	2		
Level 1 - Practices/Games per week				1	1	1	1					1	1	1	1	1		
MONTHS					DECE	MBER				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 (AMSL)																		
Level 3 Progra	mming (AMS	SL)		Indoor	Program							Indoor	Program					
Level 3 Progra Level 2 Programming (Programming)	• •				Program Program	Ch	ristmas Br	eak					Program Program					
	remier-Maste	ers/Classics)		Indoor		Ch	ristmas Br	eak				Indoor						
Level 2 Programming (Pr	remier-Maste	ers/Classics) Co-Ed)	week	Indoor	Program	Ch	ristmas Br	eak	3	3	3	Indoor	Program	3	3	3		
Level 2 Programming (Pr	remier-Maste ing (Tier 4+/0	co-Ed) //Games per		Indoor	Program Program	Ch	ristmas Br	eak	3 2	3 2	3 2	Indoor	Program Program	3 2	3 2	3 2		
Level 2 Programming (Programming Level 1 Programming Level 3 - Practices/Strength&C	remier-Maste ing (Tier 4+/(Conditioning	Co-Ed) Co-Ed) (Games per of Games per of G		Indoor Indoor	Program 3 2 1					_		Indoor Indoor	Program Program 3					
Level 2 Programming (Programming (Programming 1	remier-Maste ing (Tier 4+/(Conditioning	Co-Ed) Co-Ed) (Games per ul/Games per ul/G		Indoor Indoor 3	Program 3 2 1	Ch HNICAL				_		Indoor Indoor	Program Program 3					
Level 2 Programming (Programming Level 1 Programming Level 3 - Practices/Strength&Control Level 2 - Practices/Strength&Control Level 1 - Practices	remier-Maste ing (Tier 4+/ Conditioning Conditioning s/Games per	Co-Ed) //Games per veek Level 2	week	Indoor Indoor 3 2 1	Program 3 2 1 TEC	HNICAL	GUIDELII	NES	2	2	2	Indoor Indoor 3 2	Program Program 3 2	2	2			
Level 2 Programming (Programming (Programming 1	remier-Mastering (Tier 4+/C) Conditioning Conditioning s/Games per	Co-Ed) //Games per veek Level 2	Level 1	Indoor Indoor 3 2 1	Program 3 2 1 TEC	HNICAL (GUIDELII	NES	2 1	2 1	2	Indoor Indoor 3 2	Program Program 3 2	2	2			
Level 2 Programming (Programming (Programming Level 1 Programming Level 3 - Practices/Strength&C Level 2 - Practices/Strength&C Level 1 - Practices WEEKS OF INVOLVEMENT MAX MATCHES	remier-Mastering (Tier 4+/C) Conditioning Conditioning s/Games per Level 3 40 40	Co-Ed) //Games per v //Games per v week Level 2 38 38	Level 1 36 36	Indoor Indoor 3 2 1 SEASONA MATCHES	Program 3 2 1 TEC	HNICAL I	GUIDELII DNAL SPOR	NES RTS/ACTIV	2 1 ITIES TO MAND GUIDE	2 1 IAINTAIN P	2 1 HYSICAL F	Indoor Indoor 3 2 1	Program Program 3 2	2	2			
Level 2 Programming (Programming (Programming Level 1 Programming Level 3 - Practices/Strength&Control	remier-Mastering (Tier 4+/C) Conditioning Conditioning s/Games per Level 3 40 40 80	Co-Ed) //Games per v //Games per v week Level 2 38 38 38	Level 1 36 36 0	Indoor Indoor 3 2 1 SEASON/ MATCHES TRAINING	Program 3 2 1 TEC AL BREAKS 3 - MUST A 3 - CURRIC	HNICAL OF STATE OF THE STATE OF	GUIDELII DNAL SPOR D LTPD STA	NES RTS/ACTIV INDARDS A	2 1 ITIES TO MAND GUIDE OOLKITS -	2 1 IAINTAIN P	2 1 HYSICAL F	Indoor Indoor 3 2 1	Program Program 3 2	2	2			
Level 2 Programming (Programming (Programming Level 1 Programming Level 3 - Practices/Strength&C Level 2 - Practices/Strength&C Level 1 - Practices WEEKS OF INVOLVEMENT MAX MATCHES	remier-Mastering (Tier 4+/C) Conditioning Conditioning s/Games per Level 3 40 40	Co-Ed) //Games per v //Games per v week Level 2 38 38	Level 1 36 36	Indoor Indoor 3 2 1 SEASONA MATCHES	Program 3 2 1 TEC AL BREAKS 5 - MUST A 6 - CURRIC ON - FOCU	HNICAL (S) - ADDITION DHERE TO ULUM CON US ON REG	GUIDELII DNAL SPOR LTPD STA NTENT AS I	NES RTS/ACTIV NDARDS A PER CSA T N ACTIVIT	2 1 ITIES TO MAND GUIDE OOLKITS -	2 1 IAINTAIN PELINES 75-90 Minu	2 1 HYSICAL F	Indoor Indoor 3 2 1	Program Program 3 2	2	2			



ALBERTA SOCCER PERIODIZED TRAINING PLAN FOR PLAYERS IN THE Soccer For Life (U18+) STAGE OF DEVELOPMENT

MONTHS				MARCH					APRIL				MAY			
WEEKS (MON-SUN)					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 (AMSL)					rogram		Alberta					Outdoor	Program			
Level 2 Programming (Premier-Masters/Classics)					rogram		Alberta	Spring Bre	ak				Outdoor Program			
Level 1 Programming (Co-Ed/Recreational)					Indoor Program					•			Outdoor Program			
Level 3 - Practices/Strength&Conditioning/Games per week					3				3	3	3	3	3	3	3	3
Level 2 - Practices/Strength&Conditioning/Games per week				2	2						2	2	2	2	2	2
Level 1 - Practices/Games per week					1								1	1	1	1
MONTHS				JUNE					JULY				AUGUST			
WEEKS (MON-SUN)					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 (AMSL)					Outdoor Program											
Level 2 Programming (Premier-Masters/Classics)				Outdoor Program										Summer Break		
Level 1 Programming (Co-Ed/Recreational)				Outdoor Program												
Level 3 - Practices/Strength&Conditioning/Games per week				3	3	3	3	3	3	3	3	3	3	3		
Level 2 - Practices/Strength&Conditioning/Games per week				2	2	2	2	2	2	2	2	2	2	2		
Level 1 - Practices/Games per week				1	1	1	1	1	1	1	1	1	1	1		
TECHNICAL GUIDELINES																
	Level 3	Level 2	Level 1													
WEEKS OF INVOLVEMENT	40	38	36	SEASONAL BREAKS - ADDITIONAL SPORTS/ACTIVITIES TO MAINTAIN PHYSICAL FITNESS LEVELS FOR THE INDIVIDUAL												
MAX MATCHES	40	38	36	MATCHES - MUST ADHERE TO LTPD STANDARDS AND GUIDELINES												
TRAINING SESSIONS	80	38	0		TRAINING - CURRICULUM CONTENT AS PER CSA TOOLKITS - 75-90 Minute Sessions											
# REST WEEKS	12 14 16			TRANSITION - FOCUS ON REGENERATION ACTIVITIES												
TRAINING TO GAME RATIO 2 to 1 1 to 1 N/A				RATIO - BASED ON PLAYER LEVEL/COMMITMENT - PRACTICES TO GAMES												



ALBERTA SOCCER ASSOCIATION The Governing Body of Soccer in Alberta

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