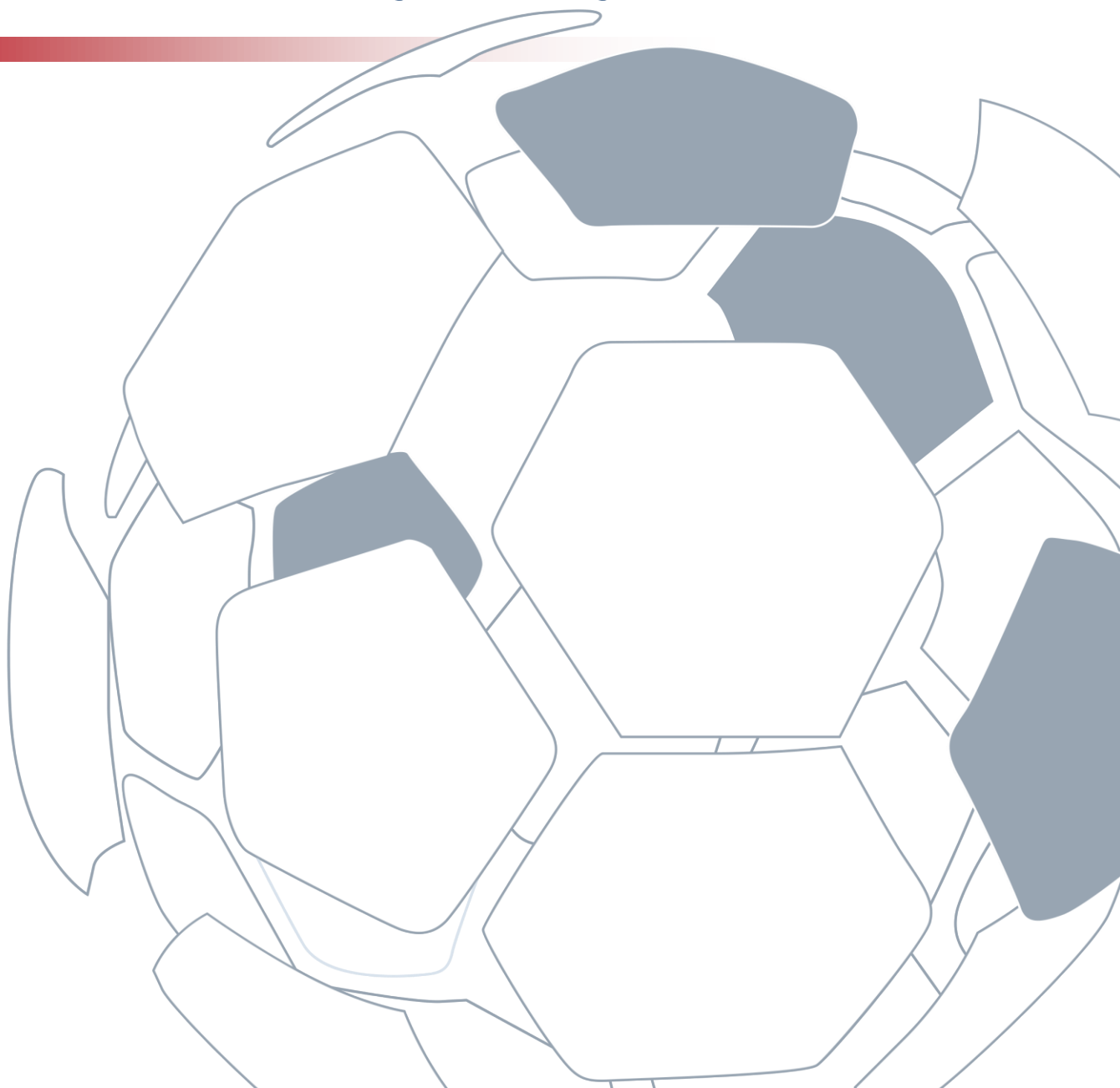




ALBERTA SOCCER ASSOCIATION  
*The Governing Body of Soccer in Alberta*

# LTPD CHECKLIST

How well does your program/league adhere to LTPD?



# Guide to the Long-Term Player Development Checklists

The Alberta Soccer Association has created the Long-Term Player Development Checklist to help Districts, Communities, Associations, Clubs and Leagues measure their program's degree of compliance with the LTPD Model as it relates to player and coach development.

The first checklist looks at program implementation and compliance with LTPD from an organizational perspective based upon the first three LTPD stages of recreational soccer (Active Start, FUNdamentals, Learning to Train).

The second checklist presents recommendations towards league play and a more formal competitive structure. It asks the question, is your league in compliance with the game requirements set out according to each stage of development and its related age group within LTPD?

## What does my Final Score Mean?

Complete each question honestly and tally the score at the bottom of each column. (e.g. Total of 75 points for the Active Start Recommendations). Please note the objective is not to score highly but accurately reflect the degree of compliance with LTPD. Once you have a final score, begin to consider any program adjustments needed to support LTPD within your program.

## Points System (How often does your program comply with the above characteristics at each stage of LTPD?)

1 = NEVER

2=RARELY

3=CONSISTENTLY

4=ALMOST ALWAYS

5=ALWAYS

### LTPD COMPLIANCE SCORING TABLE FOR PROGRAMMING

Total Points	Description
70 to 85 Points	Compliant with supporting the implementation of LTPD
50 to 69 Points	Supportive to LTPD and some areas to be reviewed
25 to 49 Points	Some adherence to LTPD but program requires review
17 to 24 Points	The program is not compliant with LTPD

### LTPD COMPLIANCE SCORING TABLE FOR LEAGUES

Total Points	Description
65 to 75 Points	Compliant with supporting the implementation of LTPD
50 to 64 Points	Supportive to LTPD and some areas to be reviewed

25 to 49 Points                      Some adherence to LTPD but program requires review

17 to 24 Points                      The program is not compliant with LTPD

***For support on working towards LTPD compliance, please contact [grassroots@albertasoccer.com](mailto:grassroots@albertasoccer.com)***

## LONG TERM PLAYER DEVELOPMENT CHECKLIST (FOR DISTRICTS, ASSOCIATIONS AND CLUBS)

**Points System (How often does your program comply with the above characteristics at each stage of LTPD?)**

1 = NEVER 2=RARELY 3= CONSISTENTLY 4= ALMOST ALWAYS 5=ALWAYS

CHARACTERISTIC	Active Start (AS) RECOMMENDATIONS	AS Pts.	FUNDamentals (FUN) RECOMMENDATIONS	FUN Pts.	Learn to Train (L2T) RECOMMENDATIONS	L2 T
Program complies with the LTPD format of instruction	1 on 1 activities		Skill Stations with no substitutes, all players are engaged and active in activities and games		Skill Stations with no substitutes, all players are engaged and active in activities and games	
Program complies with the recommended team sizes for games	3 v 3 games		5 v 5 games		U10 - 7 v 7 Games U12 - 8 v 8 Games	
Duration of practice sessions	45-60 Minutes		60-75 Minutes		75-90 Minutes	
Practice sessions per week	1-2 sessions		1-2 sessions		1-2 sessions	
Sessions incorporate the four training pillar ratios per practice session	General movement 25% Coordination 25% Soccer Technique 25% Small sided Games 25%		General Movement 20% Coordination 20% Soccer Technique 20% Small Sided Games 40%		General Movement 10% Coordination 10% Soccer Technique 40% Small Sided Games 40%	
Size of the game ball	Three		Three		Four	
Size of the game playing field	Length 30-36 Metres Width 25-30 Metres		Length 40-55 Metres Width 30-36 Metres		U10 Length 60-75 Metres Width 42-55 Metres U12 Length 91 - 118 Metres Width 45-91 Metres	
Size of the goals (Maximum)	Height 1.54 Metres Length 2.43 Metres		Height 1.83 Metres Length 3.66 Metres		U10 Height 1.83 Metres Length 5.48 Metres U12 Height 1.83 Metres Length 5.48 Metres	
Use of game officials	Games assistants		Games assistants		Games assistants or Referees	
Program includes refreshment breaks	5 Minute refreshment break		5 Minute refreshment break		5 Minute refreshment break	
Adaptive game rules applied	Pass-ins and no offside		Pass-ins and no offside		U10 Throw-ins and no offside U12	
Program supports the physical components for this stage of development	Activities that promote the introduction of physical literacy with a ball		Development of agility, balance, co-ordination and speed through activities with a ball.		Flexibility, agility, aerobic & anaerobic endurance, core strength & stability, balance, nutrition, prevention & care of injuries, importance of rest & recovery.	
Program supports the technical components for this stage of development	Introduction to techniques of running, dribbling and striking the ball.		Activities/games designed to promote ball mastery: gaining ball control in receiving passes, dribbling and shooting on goal.		Introduction of advanced techniques to those who are capable; technical acquisition in more complex environments and positional specific skills	
Program supports the tactical components for this stage of development	None – have fun		Small children are egocentric – playing with the ball is the most important objective. However, they need to be introduced to co- operation within small groups of players.		Teamwork: development of tasks on positional awareness through small-sided and competitive games.	
Program supports the mental components for this stage of development	Fun, fascination and nurturing a passion for play.		Basic awareness of environment to build intelligence and decision making in games, autonomy over decisions.		Pre-competition routine, introduction to mental preparation, goal setting, coping with winning and losing.	
Coach volunteers receive instructional training & support	Pre-season coach clinic and mentoring		Pre-season coach clinic and mentoring		Pre-season coach clinic and mentoring	
Minimum recommended NCCP Coaching certification	NCCP Active Start		NCCP FUNDamentals Course		NCCP Learning to Train Course	

**70 to 85 pts-** Compliant with supporting the implementation of LTPD  
**25 to 49 pts-** Some adherence to LTPD but programs requires review

**50 to 69 pts-** Supportive to LTPD and some areas to be reviewed  
**17 to 24 pts-** The program is not complaint with LTPD

# LONG TERM PLAYER DEVELOPMENT CHECKLIST (FOR LEAGUES)

**Points System (How often does your program comply with the above characteristics at each stage of LTPD?)**

1 = NEVER 2=RARELY 3=CONSISTENTLY 4=ALMOST ALWAYS 5=ALWAYS

Characteristic	U8 Game Requirements	U8 Pts	U10 Game Requirements	U10 Pts.	U12 Game Requirements	U12 Pts.	U14 Game Requirements	U14 Pts.	U16 + Game Requirements	U16+ Pts.
League Standings Posted	League Standings are not posted		League Standings are not posted		League Standings are not posted		League Standings are posted		League Standings are posted	
Minimum Recommended NCCP coaching certification	FUNDamentals, MED & Making Headway		Learning to Train, MED & Making Headway		Learning to Train, MED & Making Headway		Soccer for Life, MED & Making Headway		Soccer for Life, MED & Making Headway	
Game Format for League Game Play	7 v 7 games		8 V 8 games		11 v 11 games		11 v 11 games		11 v 11 games	
Roster Size for League Game Play	10 to 14 players		11 to 14 players		12 to 16 players		12 to 16 players		12 to 16 players	
Duration of practice sessions	60-75 Minutes		75-90 Minutes		75-90 Minutes		75 - 90 Minutes		75 - 90 Minutes	
Practice sessions per week	1 or 2		1 to 3		1 to 3		2 to 4		2 to 4	
Practice: Game ratios	1:1 or 2:1		1:1, 2:1 or 3:1		1:1, 2:1 or 3:1		2:1, 3:1 or 4:1		2:1, 3:1 or 4:1	
Season Duration	8 to 12 weeks		12 to 20 weeks		16 to 20 weeks		16 to 36 weeks		16 to 36 weeks	
Game duration	40 Minutes (2 x 20 minutes)		50 Minutes (2 x 25 minutes)		60 Minutes (2 x 30 minutes)		80 Minutes (2 x 40 minutes)		90 Minutes (2 x 45 minutes)	
Size of game ball	Three		Four		Four		Five		Five	
Dimensions of game playing field	Length 40-55 M Width 30-36 M		Length 60-75 M Width 42-55 M		Length 100-130 M Width 50-100 M		Length 100-130 M Width 50-100 M		Length 100-130 M Width 50-100 M	
Dimensions of game goals (Max)	Maximum Height 1.83 M Length 3.66 M		Maximum Height 1.83 M Length 5.46 M		Maximum Height 2.44 M Length 7.23 M		Maximum Height 2.44 M Length 7.23 M		Maximum Height 2.44 M Length 7.23 M	
Use of game officials	Games assistants or Referees		Games assistants or Referees		Games assistants or Referees		Referees and Assistant Referees		Referees and Assistant Referees	
Off-sides	Offsides not called		Offsides not called		Offsides called		Offsides called		Offsides called	
Free kicks Throw-ins/Pass-ins	Free kicks are indirect Pass-ins		Free kicks are indirect Throw-ins		Free kicks are in direct & direct Throw-ins		Free kicks are in-direct & direct Throw-ins		Free kicks are in-direct & direct Throw-ins	

**65 to 75 pts-** Compliant with supporting the implementation of LTPD    **50 to 64 pts-** Supportive to LTPD and some areas to be reviewed

**25 to 49 pts-** Some adherence to LTPD but programs requires review    **17 to 24 pts-** The program is not complaint with LTPD



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