



# LONG TERM PLAYER DEVELOPMENT

Long Term Player Development (LTPD) is Canada Soccer's Plan for player development, which is based on doctors', psychologists', and sports science experts' understanding of the stages of human development.

LTPD presents a series of distinct stages which tailors training and expectations on a player's current ability, behaviour, emotions, and understanding.

## Active Start

### Focus:

#### Physical Literacy

- Agility
- Balance
- Coordination



### On-field

- Short activities
- Encourage movement and fun

## FUNDamentals

### Focus:

#### Ball mastery

- Individual technique



### On-field

- Small group activities
- Encourage self-exploration

## Learning to Train

### Focus:

#### Intro to the game

- Tactical awareness



### On-field

- Small-sided games
- Encourage understanding and problem-solving

## WHY do we need Long Term Player Development?

The essence of LTPD is to ensure soccer provides the right coach, for the right player, at the right time. When these "rights" align, soccer will provide the correct blend to create a positive and active learning environment.

**When young soccer players are able to train and compete in an environment that's appropriate to their stage of development, they not only perform their best, they also have more fun!**

Long Term Player Development sets the foundation for all levels of play - promoting a lifetime of soccer enjoyment. Plus, it encourages a healthy sense of competitiveness that comes from within.

LTPD seeks to give ALL players the best chance of success in soccer by tailoring training, competition, and coaching to the player's developmental needs. For more information on LTPD, email [grassroots@albertasoccer.com](mailto:grassroots@albertasoccer.com)

[www.albertasoccer.com](http://www.albertasoccer.com)



# PREFERRED TRAINING MODEL

Alberta Soccer recommends a “station” approach to training within Grassroots Community Soccer Programs, as advocated by Canada Soccer through the Preferred Training Model. This method of delivery is not only more fun for players, but also allows training sessions to be tailored to a community's specific needs, depending on the number of players, parents, and coaches present and the available facilities. It's a Preferred Model for introducing training and developing new-to-soccer parent coaches. [Click here to watch a video about the Preferred Training Model!](#)

## ALBERTA SOCCER

The Alberta Soccer Grassroots Development team offers its members a range of district outreach opportunities for support:

### Development visits

Grassroots Soccer is where the soccer journey starts, and Alberta Soccer provides technical support to all member communities and clubs through two plans of development: Long Term Player Development and the Preferred Training Model. Both plans provide a pathway that leads every aspiring player and coach on their journey.

### Coaching resources

In addition to community visits, Alberta Soccer also offers Session Toolkits and resources for coaches and parents seeking ideas to use in their own practices - each organized by the appropriate stage of development.

### FUNDamentals Festivals

The FUNDamentals Festivals instruct the Preferred Training Model to grassroots soccer players, parents, and coaches - building a positive base for communities to develop their future grassroots soccer programs upon.

### Mini Stars

An Introduction to Excellence Program where EVERY player is encouraged to reach their full potential and nurture a passion to play!

Mini Stars provides a fun yet challenging standards-based training environment where the player always comes first.

**Find out more about Grassroots Development in Alberta, watch our [#ThisIsGrassroots video on YouTube](#)**



**#thisisGRASSROOTS**

