



ALBERTA SOCCER ASSOCIATION
The Governing Body of Soccer in Alberta

Training Plans

Learning to Train (U12) 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 Learning to Train (U12) Training Plan is designed September through August due to the change over in Age Groups occurring from the outdoor season to the indoor season as well as coinciding with the start of the school year.

Programming Levels

The Learning to Train (U12) Training Plan has been designed with 3 levels of participation. These levels are broken down as follows:

- **Level 1 Programming (Recreational)** – Designed for the Learning to Train (U12) 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 III & IV)** – Designed for the Learning to Train (U12) 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** – Designed for the Learning to Train (U12) Tier I & II 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 Learning to Train (U12) 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 ten-week outdoor program that runs mid-April until the end of June.

Weeks of Involvement

The number of weeks per programming level:

- **Level 1 Programming** – 16 weeks
- **Level 2 Programming** – 34 weeks
- **Level 3 Programming** – 38 weeks

Preferred Training Model Sessions

The Learning to Train (U12) Training Plan is designed for Districts and Clubs to incorporate the “Preferred Training Model” in to their programming. The PTM is a FIFA and Canada

Soccer initiative that encourages a “station” approach to training.

Players move from one skill-building activity to the next at regular intervals. The time spent on each activity varies based on the age of the player (see “Training Template”).

This method is not only more fun for young players - who tend to have short attention spans - but also allows training sessions to be tailored to a program or team’s individual needs, depending on the number of players, the number of parents and coaches present, and the available facilities.

Each training session is built around four activity stations, one focusing on General Movement skills, one on Coordination, one on Soccer Technique and another on Small-Sided Games. Addressing all four of these training “pillars” at each practice session will help develop well-rounded young players with a foundation in physical literacy, solid soccer skills and, ideally, an enduring love of the game.

In addition to the PTM, Alberta Soccer recognizes that Clubs may be forced to conduct practices as single groups or teams due to facility shortcomings. Where this occurs the Canada Soccer Toolkits should still be used as a primary source of reference in designing activities for Learn to Train training sessions.

Training Template

For players at the Learning to Train Stage of Development, training sessions should be 75-90 minutes long and incorporate activities that highlight the four pillars of development:

- **10% - General Movement**
- **10% - Coordination**
- **40% - Soccer Technique**
- **40% - Small-sided Games**

Number of PTM Sessions

The number of Preferred Training Model and/or Training Sessions for each program:

- **Level 1 Programming – 16**
- **Level 2 Programming – 34**
- **Level 3 Programming – 68**

For further information on the Preferred Training Model, Learning to Train (U12) Training Template and Curriculum please visit:

http://www.canadasoccer.com/files/CanadaSoccerPathway_CoachsToolKit_LearnToTrain_20141106.pdf

Games

In the Learning to Train (U12) Stage of Development games can occur within the Preferred Training Model or as stand-alone games. All games adhere to LTPD standards and guidelines.

Jamborees and Festivals

One-off Jamborees or end of season fun festivals are also encouraged to celebrate the sport and motivate the players. All games must adhere to LTPD standards and guidelines. In addition to the Preferred Training Model sessions it is recommended that teams participate in one to two stand-alone Festivals/Jamborees per season.

Number of Rest Weeks

The number of rest weeks for each program:

- **Level 1 Programming – 36**
- **Level 2 Programming – 18**
- **Level 3 Programming – 14**

Multi-Sport Athletes/Seasonal Breaks

Players in the Learning to Train (U12) 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 physical literacy 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** – 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 Learning to Train (U12) Stage of Development. If you have any questions on this plan, please do not hesitate to contact:

John Clubb

Manager of Grassroots Development
grassroots@albertasoccer.com

Matt Thomas

Manager of Coach Education
mthomas@albertasoccer.com

Claire Paterson

Coach Education Program Assistant
cpaterson@albertasoccer.com



**ALBERTA SOCCER PERIODIZED TRAINING PLAN
FOR PLAYERS IN THE Learn to Train (U12)
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-II) | | | | Fall Program | | | | | | Transition | | | Winter Program | | | |
| Level 2 Programming (Tier III-IV) | | | | Fall Program | | | | | | | | | Winter Program | | | |
| Level 1 Programming (Recreational) | | | | Fall Program | | | | | | | | | Winter Break | | | |
| Level 3 - Preferred Training Model/Practices/Games per week | | | | 3 | 3 | 3 | 3 | 3 | 3 | | | | 3 | 3 | 3 | 3 |
| Level 2 - Preferred Training Model/Practices/Games per week | | | | 2 | 2 | 2 | 2 | 2 | 2 | | | | 2 | 2 | 2 | 2 |
| Level 1 - Preferred Training Model/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-II) | | | | Winter Program | | Christmas Break | | | Winter Program | | | | | | | |
| Level 2 Programming (Tier III-IV) | | | | Winter Program | | | | | Winter Program | | | | | | | |
| Level 1 Programming (Recreational) | | | | Winter Break | | | | | | | | | | | | |
| Level 3 - Preferred Training Model/Practices/Games per week | | | | 3 | 3 | | | | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| Level 2 - Preferred Training Model/Practices/Games per week | | | | 2 | 2 | | | | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| Level 1 - Preferred Training Model/Practices/Games per week | | | | | | | | | | | | | | | | |
| TECHNICAL GUIDELINES | | | | | | | | | | | | | | | | |
| | Level 3 | Level 2 | Level 1 | TRAINING TEMPLATE - General Movement 10%; Coordination 10%; Soccer Tech. 40%, Small-sided Games 40% | | | | | | | | | | | | |
| WEEKS OF INVOLVEMENT | 38 | 34 | 16 | SEASONAL BREAKS - ADDITIONAL SPORTS/ACTIVITIES TO PROMOTE PHYSICAL LITERACY FOR THE INDIVIDUAL PLAYER | | | | | | | | | | | | |
| MAX MATCHES | 38 | 34 | 16 | MATCHES - MUST ADHERE TO LTPD STANDARDS AND GUIDELINES, PLAYED WITHIN PTM OR STAND ALONE | | | | | | | | | | | | |
| TRAINING SESSIONS | 76 | 34 | 16 | TRAINING - PREFERRED TRAINING MODEL & CURRICULUM CONTENT AS PER CSA TOOLKITS - 75-90 Minute Sessions | | | | | | | | | | | | |
| # REST WEEKS | 14 | 18 | 36 | TRANSITION - FOCUS ON REGENERATION ACTIVITIES | | | | | | | | | | | | |
| TRAINING TO GAME RATIO | 2 to 1 | 1 to 1 | 1 to 1 | RATIO - PLAYER LEVEL/FAMILY COMMITMENT - COMB. OF PREFERRED TRAINING MODEL and/or PRACTICES TO GAMES | | | | | | | | | | | | |



ALBERTA SOCCER ASSOCIATION
The Governing Body of Soccer in Alberta

www.albertasoccer.com

