



LONG-TERM PLAYER DEVELOPMENT (LTPD)

Soccer is the largest participation sport in Canada and the world, providing healthy physical activity for players at all levels of ability. At the most basic level of participation, soccer promotes the integrated development and maintenance of the:

- Cardiovascular system
- Musculoskeletal system
- Neuromuscular system

It helps in preventing many conditions and diseases, including:

- Heart disease
- Obesity
- Osteoporosis

Soccer enhances the being of individuals not only in our local community, but also across the nation.

At the higher performance levels, soccer is a vehicle for elite athlete achievement and hailed internationally as “The Beautiful Game”. It is played with finesse and skills that are difficult to master and players progress through sequential stages of development to become “world class”.

The Canadian Soccer LTPD model is designed to optimize Canadian excellence and lifelong wellness through soccer. By ensuring fun playing experiences for children, a suitable player development pathway for youth and opportunities for lifelong participation for all players regardless of age, gender, ability or disability. LTPD provides a framework for the growth and success of the Beautiful Game and in Canada.

LTPD is a program for soccer player development, training, competition and recovery based on biological age (i.e. physical maturity) rather than chronological age. It is player centred, coach driven and administration, sport science and sponsor supported.

The LTPD model promotes maximum player retention for both optimum wellness and sporting excellence.



LTPD Benefits:

- Eliminates gaps in player development system
- Guides planning for optimal athlete performance at all stages
- Provides a framework for program alignment and integration, from volunteer club coaches to national and professional teams
- Follows scientific principles and practical coaching experiences

Benefits for Players & Parents:

- Better understanding of what makes a good soccer program
- More players learning at their age level and having fun
- Appropriate game and league structures (e.g. size of balls, goals, field etc)
- More opportunity for players to realize their athletic potential
- More coaches who are knowledgeable in leading safe, effective practices

Benefits for Coaches & Clubs:

- Information and education on effective coaching and practice methods
- Guidelines for appropriate game structures
- Guidelines on appropriate competition levels
- Established pathways for player development for all levels of ability and ambition
- Affirmation of best practices for coaches and club administrators

Benefits for All:

- Competitive behavior is fostered in players, while over-competitive behavior is discouraged in adults (e.g. coaches and parents)
- Players, parents, coaches and administrators understand that players are unique and therefore different in interest and aptitude
- Players stay involved in the sport throughout their lives (as players, coaches, referees or club administrators)
- Soccer grows and lifelong wellness is promoted for players of all ages, genders and levels of ability and disability

By following this model as suggested by CSA, ASA and BRSA, Leduc Soccer Association is ensuring that we are able to deliver a soccer program for all ages and ability that gives the necessary tools not only to players, but also to coaches to succeed. Who knows, maybe there is the next Christine Sinclair or Lionel Messi right here in Leduc!

Craig Cooper
Leduc Soccer Association Vice President