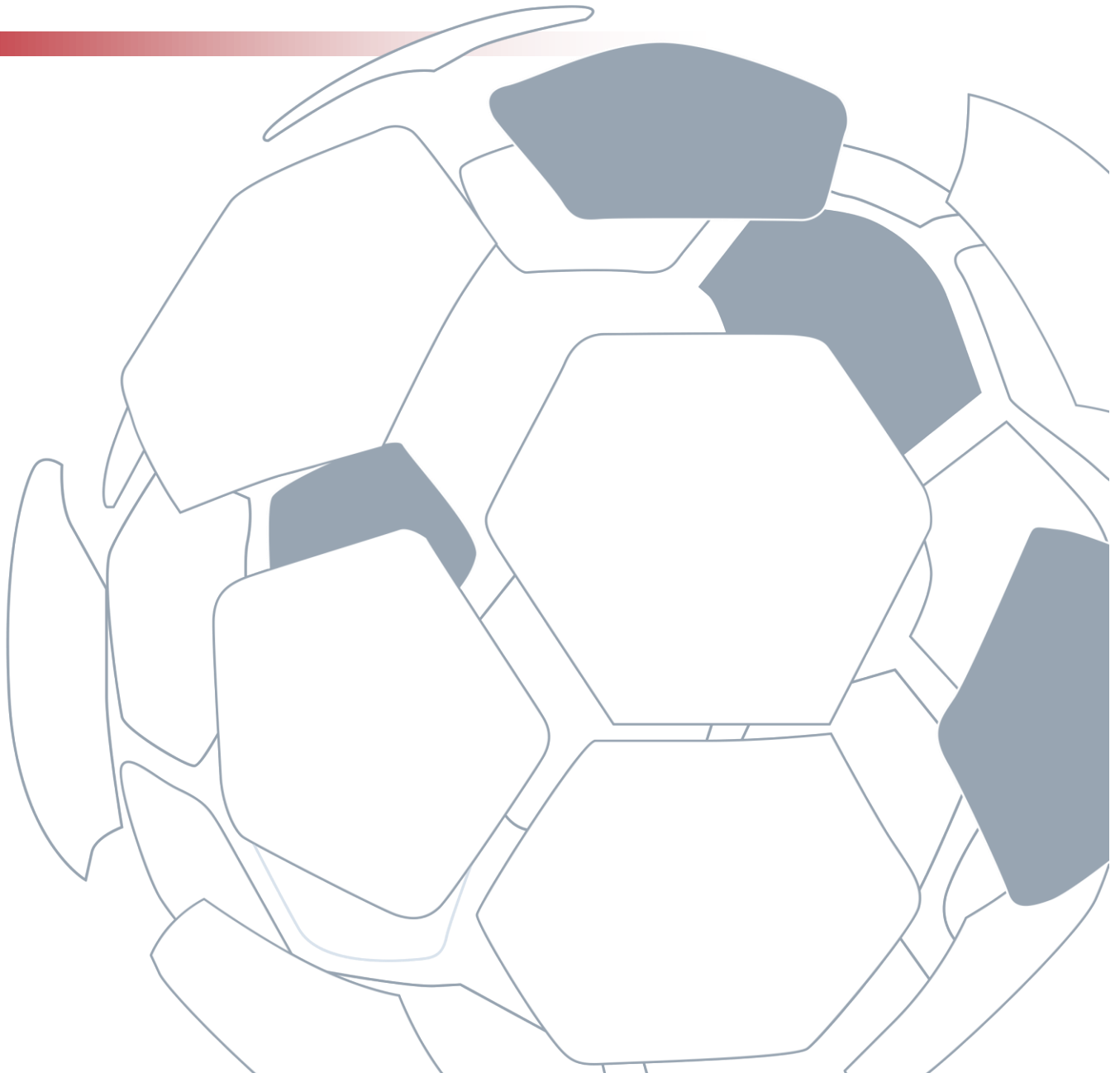




ALBERTA SOCCER ASSOCIATION
The Governing Body of Soccer in Alberta

Training Plans

Learning to Train (U10) 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 (U10) 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 (U10) Training Plan has been designed with 3 levels of participation. These levels are broken down as follows:

- **Level 1 Programming** – Designed for the Learning to Train (U10) 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** – Designed for the Learning to Train (U10) 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 (U10) 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 (U10) 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** – 32 weeks
- **Level 3 Programming** – 32 weeks

Preferred Training Model Sessions

The Learning to Train (U10) 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 (U10), 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 – 32**
- **Level 3 Programming – 64**

For further information on the Preferred Training Model, Learning to Train (U10) Training Template and Curriculum please visit:

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

Games

In the Learning to Train (U10) 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 – 20**
- **Level 3 Programming – 20**

Multi-Sport Athletes/Seasonal Breaks

Players in the Learning to Train (U10) 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 (U10) 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 Learn to Train (U10) 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	Fall Program					Transition			Winter Program				
Level 2 Programming	Fall Program								Winter Program				
Level 1 Programming	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	Winter Program		Christmas Break			Winter Program							
Level 2 Programming	Winter Program					Winter Program							
Level 1 Programming	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	32	32	16	SEASONAL BREAKS - ADDITIONAL SPORTS/ACTIVITIES TO PROMOTE PHYSICAL LITERACY FOR THE INDIVIDUAL PLAYER									
MAX MATCHES	32	32	16	MATCHES - MUST ADHERE TO LTPD STANDARDS AND GUIDELINES, PLAYED WITHIN PTM OR STAND ALONE									
TRAINING SESSIONS	64	32	16	TRAINING - PREFERRED TRAINING MODEL & CURRICULUM CONTENT AS PER CSA TOOLKITS - 75-90 Minute Sessions									
# REST WEEKS	20	20	36	TRANSITION - FOCUS ON REGENERATION ACTIVITIES									
TRAINING TO GAME RATIO	2 to 1	1 to 1	1 to 1	RATIO - PLAYER/FAMILY COMMITMENT - COMBINATION OF PREFERRED TRAINING MODEL and/or PRACTICES TO GAMES									



ALBERTA SOCCER PERIODIZED TRAINING PLAN FOR PLAYERS IN THE Learn to Train (U10) STAGE OF DEVELOPMENT

MONTHS	MARCH					APRIL				MAY			
WEEKS (MON-SUN)	Week 27	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	Winter Program		Spring Break				Spring/Summer Program						
Level 2 Programming	Winter Program						Spring/Summer Program						
Level 1 Programming	Winter Break						Spring/Summer Program						
Level 3 - Preferred Training Model/Practices/Games per week	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
Level 1 - Preferred Training Model/Practices/Games per week								2	2	2	2	2	2
MONTHS	JUNE				JULY				AUGUST				
WEEKS (MON-SUN)	Week 40	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	Spring/Summer Program				Summer Break								
Level 2 Programming	Spring/Summer Program												
Level 1 Programming	Spring/Summer Program												
Level 3 - Preferred Training Model/Practices/Games per week	3	3	3	3									
Level 2 - Preferred Training Model/Practices/Games per week	2	2	2	2									
Level 1 - Preferred Training Model/Practices/Games per week	2	2	2	2									
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	32	32	16	SEASONAL BREAKS - ADDITIONAL SPORTS/ACTIVITIES TO PROMOTE PHYSICAL LITERACY FOR THE INDIVIDUAL PLAYER									
MAX MATCHES	32	32	16	MATCHES - MUST ADHERE TO LTPD STANDARDS AND GUIDELINES, PLAYED WITHIN PTM OR STAND ALONE									
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# REST WEEKS	20	20	36	TRANSITION - FOCUS ON REGENERATION ACTIVITIES									
TRAINING TO GAME RATIO	2 to 1	1 to 1	1 to 1	RATIO - PLAYER/FAMILY COMMITMENT - COMBINATION OF PREFERRED TRAINING MODEL and/or PRACTICES TO GAMES									



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