



LONG-TERM PLAYER DEVELOPMENT (LTPD) POLICY

Doc. No.	BCSA-POL-023
Rev.	0
Originator:	D. Hawkins
Checker	I. Toellner
Approver:	C. Craig
Status:	Published
Effective:	December 2023

Big Country Soccer Association is committed to sustainable soccer development in Alberta and Canada. We recognize as an Association the importance for Long Term Player Development (LTPD) as a necessary platform to support our soccer philosophy. Our approach is to provide players with a fun, positive environment in which they are able to develop their skills and confidence in the sport of soccer.

Long Term Player Development (LTPD) is a program for soccer development, training, competition, and recovery based on biological age (physical maturity) rather than chronological age. It is player-centered, coach-driven and supported by administration, sport science and sponsors alike.

Big Country Soccer Association and its members are required to work towards supporting a LTPD approach to their player development efforts to support growth and sustainability in our soccer programs in the Province and Nationally.

LTPD

- Eliminates gaps in the 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 and Parents

- Better understanding of what makes a good soccer program.
- More players learning at their 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

- Information and education on effective coaching and practice methods.
- Guidelines for appropriate game structures.
- Guidelines on appropriate competition levels.
- Established pathways for players development for all levels of ability and ambition.



LONG-TERM PLAYER DEVELOPMENT (LTPD) POLICY

Doc. No.	BCSA-POL-023
Rev.	0
Originator:	D. Hawkins
Checker	I. Toellner
Approver:	C. Craig
Status:	Published
Effective:	December 2023

- Affirmation of best practices for coaches

Benefits for All

- Competitive behavior is fostered in players, while over-competitive behavior is discouraged in adults (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.

Four Corner Development Model

The Four Corner LTPD model consists of technical, psychological, physical, and social/ emotional components. Each corner of the model reflects a wide aspect of a player's development that must be considered. The gradual progressive development of players is fundamental to the enjoyment, technical competency, and retention in the game.

The Four Corner approach places the player at the center of the development process with soccer experiences that meet the four key needs of the player. As we develop our young people to become athletes, and most importantly good people, it's vitally important that the whole person is developed. Soccer can be used as a vehicle for this development. Each practice session or game can be used to develop a child in all four corners.

The Four Corner development model, as illustrated below, is a change in thinking or approach for some soccer coaches. In the past, we have focused most, if not all, of our information and learning in the Technical and Physical areas of our sport. Very little has gone into developing a player's Psychological or Social /Emotional skills and qualities.

Big Country Soccer Association and its members will continue to strive to develop its soccer programs at all age levels, including recognition and support of the Four Corner model. This includes mentoring coaches on developing their practice plans for their age groups that include coaching points for each of the four corners.



LONG-TERM PLAYER DEVELOPMENT (LTPD) POLICY

Doc. No.	BCSA-POL-023
Rev.	0
Originator:	D. Hawkins
Checker	I. Toellner
Approver:	C. Craig
Status:	Published
Effective:	December 2023



Technical/ Tactical

Players improve by playing lots of soccer and being active in other complementary sports and activities. That said, without a skilled mix of guidance, challenge, appropriate questioning, demonstration, and teaching, it's unlikely that players will reach their true potential.

Physical

To become an effective soccer player there are basic physical movement skills that need to be developed. Agility, Balance, Coordination, and Speed (ABC'S) are all essential qualities for players; between the ages of 4-12, young players have a "window of opportunity" to develop these attributes.

Addressing the state of physical literacy of children is one of the biggest challenges we currently face in society and coaches should help communicate the benefits of physical activity and a healthy lifestyle.

Psychological/ Mental

Creating learning environments that challenge players to be imaginative, creative and reflect on their performance—both during and after practice/game—is fundamental to the development of the future player. Coaches should adopt different coaching styles and methods to meet the individual needs of young players, understanding that there is more than one way for players to learn the game.

Social/ Emotional

Playing soccer can help children learn many life skills: cooperation, teamwork, communication, and friendship are some of the benefits of joining a team and playing the game. To allow these social skills to develop, players should be allowed a safe and supportive environment and given encouragement to learn the game.



LONG-TERM PLAYER DEVELOPMENT (LTPD) POLICY

Doc. No.	BCSA-POL-023
Rev.	0
Originator:	D. Hawkins
Checker	I. Toellner
Approver:	C. Craig
Status:	Published
Effective:	December 2023

References

Canada Soccer Long-Term Player Development Pathway
Alberta Soccer Long-Term Player Development