



ALBERTA SOCCER ASSOCIATION
The Governing Body of Soccer in Alberta

Training Plans

Soccer for Life (U18+) 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 recommended for the various “Stages of Development”.

Alberta Soccer has taken into account various publications from Canada Soccer (Long Term Player Development (LTPD) Documentation/Coaching 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 document. To that end, this guide is designed to assist in explaining the different terms and information presented in the training plans.

Programming Levels

The Soccer For Life (U18+) Training Plan has been designed with 3 levels of participation.

These levels are broken down as follows:

- **Level 1 Programming (Recreational)** – Designed for the Soccer For Life (U18+) recreational player whom wishes to play the game in outdoor as well as indoor. The commitment of the player is to participate in soccer once per week.
- **Level 2 Programming (Premier to Masters/Classics)** – Designed for the Soccer For Life (U18+) 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 (AMSL)** – Designed for the Soccer For Life (U18+) AMSL 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 Soccer for Life (U18+) Training Plan has two distinct seasons:

- **Indoor Program** – A 16-week indoor program that runs from November until mid-March.
- **Outdoor Program** – A 20 to 24-week outdoor program that runs from May until September.

Weeks of Involvement

The number of weeks per programming level:

- **Level 1 Programming** – 36 weeks
- **Level 2 Programming** – 38 weeks
- **Level 3 Programming** – 40 weeks

Practice Sessions

The Soccer for Life (U18+) Training Plan is designed for Districts and Clubs to incorporate practices into their programming. Each training session should be built around the four corner approach to player development – Technical/Tactical, Physical, Mental, Social/Emotional. Addressing all four of these “pillars” at each practice session will help develop well-rounded players with a foundation in fitness, technical/tactical soccer abilities, self-confidence and leadership skills.

Canada Soccer Toolkits can be used as a primary source of reference in designing activities for training sessions.

Number of Training Sessions

The number of Training Sessions for each program:

- **Level 1 Programming** – N/A

- **Level 2 Programming** – 38
- **Level 3 Programming** – 80

Games

All games should adhere to LTPD standards and guidelines and be played in accordance with FIFA Laws of the Game.

Number of Rest Weeks

The number of rest weeks for each program:

- **Level 1 Programming** – 16
- **Level 2 Programming** – 14
- **Level 3 Programming** – 12

Weekly Soccer Activities

The number Practices/Games per week for each program:

- **Level 1 Programming** – 1x 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 Soccer for Life (U18+) 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 Soccer For Life (U18+) 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 (AMSL)	Outdoor Program				Transition					Indoor Program			
Level 2 Programming (Premier-Tier 3 & Masters/Classics Major)	Outdoor Program									Indoor Program			
Level 1 Programming (Tier 4+/Co-Ed)	Outdoor Program									Indoor Program			
Level 3 - Practices/Strength&Conditioning/Games per week	3	3	3	3					3	3	3	3	3
Level 2 - Practices/Strength&Conditioning/Games per week	2	2	2	2					2	2	2	2	2
Level 1 - Practices/Games per week	1	1	1	1					1	1	1	1	1
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 (AMSL)	Indoor Program		Christmas Break			Indoor Program							
Level 2 Programming (Premier-Masters/Classics)	Indoor Program					Indoor Program							
Level 1 Programming (Tier 4+/Co-Ed)	Indoor Program					Indoor Program							
Level 3 - Practices/Strength&Conditioning/Games per week	3	3				3	3	3	3	3	3	3	3
Level 2 - Practices/Strength&Conditioning/Games per week	2	2				2	2	2	2	2	2	2	2
Level 1 - Practices/Games per week	1	1				1	1	1	1	1	1	1	1
TECHNICAL GUIDELINES													
	Level 3	Level 2	Level 1										
WEEKS OF INVOLVEMENT	40	38	36	SEASONAL BREAKS - ADDITIONAL SPORTS/ACTIVITIES TO MAINTAIN PHYSICAL FITNESS LEVELS FOR THE INDIVIDUAL									
MAX MATCHES	40	38	36	MATCHES - MUST ADHERE TO LTPD STANDARDS AND GUIDELINES									
TRAINING SESSIONS	80	38	0	TRAINING - CURRICULUM CONTENT AS PER CSA TOOLKITS - 75-90 Minute Sessions									
# REST WEEKS	12	14	16	TRANSITION - FOCUS ON REGENERATION ACTIVITIES									
TRAINING TO GAME RATIO	2 to 1	1 to 1	N/A	RATIO - BASED ON PLAYER LEVEL/COMMITMENT - PRACTICES TO GAMES									



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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 (AMSL)	Indoor Program		Spring Break			Outdoor Program							
Level 2 Programming (Premier-Masters/Classics)	Indoor Program									Outdoor Program			
Level 1 Programming (Co-Ed/Recreational)	Indoor Program									Outdoor Program			
Level 3 - Practices/Strength&Conditioning/Games per week	3	3				3	3	3	3	3	3	3	3
Level 2 - Practices/Strength&Conditioning/Games per week	2	2						2	2	2	2	2	2
Level 1 - Practices/Games per week	1	1								1	1	1	1
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 (AMSL)	Outdoor Program										Summer Break		
Level 2 Programming (Premier-Masters/Classics)	Outdoor Program												
Level 1 Programming (Co-Ed/Recreational)	Outdoor Program												
Level 3 - Practices/Strength&Conditioning/Games per week	3	3	3	3	3	3	3	3	3	3	3		
Level 2 - Practices/Strength&Conditioning/Games per week	2	2	2	2	2	2	2	2	2	2	2		
Level 1 - Practices/Games per week	1	1	1	1	1	1	1	1	1	1	1		
TECHNICAL GUIDELINES													
	Level 3	Level 2	Level 1										
WEEKS OF INVOLVEMENT	40	38	36	SEASONAL BREAKS - ADDITIONAL SPORTS/ACTIVITIES TO MAINTAIN PHYSICAL FITNESS LEVELS FOR THE INDIVIDUAL									
MAX MATCHES	40	38	36	MATCHES - MUST ADHERE TO LTPD STANDARDS AND GUIDELINES									
TRAINING SESSIONS	80	38	0	TRAINING - CURRICULUM CONTENT AS PER CSA TOOLKITS - 75-90 Minute Sessions									
# REST WEEKS	12	14	16	TRANSITION - FOCUS ON REGENERATION ACTIVITIES									
TRAINING TO GAME RATIO	2 to 1	1 to 1	N/A	RATIO - BASED ON PLAYER LEVEL/COMMITMENT - PRACTICES TO GAMES									



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