# Long Term Player Development (LPTD)

LPTD is a program for soccer player development, training, competition and recovery.

## U5 Boys & Girls • Active Start

**Born 2015/2016**

At this introductory level, the objective is to get moving and to keep active.

<table>
<thead>
<tr>
<th>Division</th>
<th>Training</th>
<th>Games</th>
<th>Game Format</th>
<th>Technical/Tactical</th>
</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>1 Session Weekly</td>
<td>Tuesdays</td>
<td>Small Sided 4x4 (No GK) two -10 minute halves with a 3 minute half time.</td>
<td>Introduce individual skills. Dribbling with all parts of the foot, combined with simple techniques for changing direction (turns, drag backs). Basic shooting where players experience success and the thrill of a goal</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Physical</th>
<th>Psychological</th>
<th>Social/Emotional</th>
<th>Goalkeeping</th>
<th>Additional Programming</th>
<th>Program Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provide a fun setting and simple mode of play that develops basic movement skills in running, jumping, kicking, throwing, and catching. Enjoy a variety of sports and physical activities.</td>
<td>Positive attitude and self-esteem</td>
<td>Fun and passion for play. Experience success and build confidence by receiving positive recognition. Positive attitude and self-esteem.</td>
<td>N/A</td>
<td>TBD</td>
<td>Encourage child activity and develop basic motor skills. Improve player’s soccer technique which revolves around core skills such as passing, receiving and controlling the ball.</td>
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</tbody>
</table>
The U7 program is a developmental soccer program designed to introduce basic soccer skills and techniques.

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<tbody>
<tr>
<td>N/A</td>
<td>1 WEEKLY SESSIONS (45 min/session)</td>
<td>THURSDAY</td>
<td>Small Sided 5v5 (incl GK) two-18 minute halves with a 3 minute half time</td>
<td>Continue to develop dribbling, and introduce dribbling with sole, inside and outside of foot. Continue to introduce and develop techniques for turning and changing direction, including more advanced techniques such as inside and outside hooks, even stepovers and scissors. Develop short passing with side foot and laces, and develop concept of passing to feet. Introduce receiving with inside and outside of foot and instep and introduce crossing and shooting while dribbling.</td>
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</tbody>
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<tr>
<th>PHYSICAL</th>
<th>PSYCHOLOGICAL</th>
<th>SOCIAL/EMOTIONAL</th>
<th>GOALKEEPING</th>
<th>ADDITIONAL PROGRAMMING</th>
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<tr>
<td>Develop the ABCs of movement: agility, balance, coordination and speed. Speed training should focus on quickness and agility continue general development of running, jumping, kicking, throwing and catching. Develop flexibility and suppleness</td>
<td>Basic awareness of environment to build game intelligence and decision making.</td>
<td>Fun and passion for play. Positive attitude and self-esteem.</td>
<td>Players take turn in goal. Development of ball handling at various heights. Introduce simple communication. Work on basic diving technique, develop correct body shape. Introduce the keeper as the last defender &quot;sweeper keeper&quot;</td>
<td>TBD</td>
<td>Technique development through fun. Emphasize skills and ABC (Agility, Balance and Coordination)</td>
</tr>
</tbody>
</table>

LONG TERM PLAYER DEVELOPMENT

LPTD is a program for soccer player development, training, competition and recovery.
## U9 BOYS & GIRLS • LEARNING TO TRAIN
**BORN 2011/2012**

This stage introduces players to disciplined training and begins to develop their understanding of principles of play alongside their skills practice.

### Technical/Tactical

<table>
<thead>
<tr>
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<th>Games</th>
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<th>Physical</th>
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</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>2 Weekly Sessions</td>
<td>1 Weekly</td>
<td>Small Sided 7v (incl GK) two-25-minute halves with a 5-minute half time</td>
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### Long Term Player Development

LPTD is a program for soccer player development, training, competition and recovery.

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**SuperStars Skills Center, GK Academy**

Develop consistency in basic skills. Introduce advanced skills. Introduce Tactics.
<table>
<thead>
<tr>
<th>DIVISION</th>
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<th>GAMES</th>
<th>GAME FORMAT</th>
<th>TECHNICAL/TACTICAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIVISION 1 AND 2</td>
<td>2 WEEKLY SESSIONS (60 min/session)</td>
<td>1 WEEKLY</td>
<td>Small Sided 7v (incl GK) two-25-minute halves with a 5-minute half time</td>
<td>Golden age of skills learning. Practice skills in games to encourage decision making. Develop and refine dribbling. Continue to develop turns, drag backs, shielding, and hooks, as well as fakes such as stepovers and scissors. Refine short passing, develop passing with outside of foot and chips, and introduce medium and long passes. Introduce receiving with all parts of the body and shooting with volleys and half-volleys. Continue small-sided games. Introduce attack and defense principles. Basic team play with 2 and 3 player combinations. Introduce positional awareness in a variety of positions. Teach basic set pieces (free kicks, correct throw-ins)</td>
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</table>

**PHYSICAL**

- Continue to develop ABCs. Maintain flexibility and suppleness. Introduce proper warm-up. Continue to develop quickness and agility.

**PSYCHOLOGICAL**

- Imagination, creativity, increased demands, discipline.

**SOCIAL/EMOTIONAL**

- Golden age of learning; intrinsic motivation is developed by the Fun and Enjoyment that foster desire to play.

**GOALKEEPING**

- Continue to develop ABCs. Maintain flexibility and suppleness. Introduce proper warm-up. Continue to develop quickness and agility.

**ADDITIONAL PROGRAMMING**

- SuperStars Skills Center, GK Academy

**PROGRAM GOAL**

- Develop consistency in base skills. Introduce advanced skills. Introduce Tactics
U13 BOYS & GIRLS • TRAINING TO TRAIN
BORN 2007/2008

At this stage skill training demands and training loads are increased to develop and refine skills and tactics. Tactical awareness becomes an increasingly important facet of training, alongside mental toughness, concentration, and diligence.

**DIVISION 1 AND 2**

**TRAINING**
- DIVISION 1
  - 2 WEEKLY SESSIONS (60 min/session)
- DIVISION 2
  - 1 WEEKLY SESSION (60 min/session)

**GAMES**
- 1 WEEKLY
  - 9v9 Half field, 2 halves of 25 minutes, 5-minute Halftime

**GAME FORMAT**
- TECHNICAL/TACTICAL
  - Develop consistency in base skills. Introduce advanced skills. Develop position-specific skill. Practice with increasingly complex and demanding games. Individualized training to address strengths and weaknesses. Increased emphasis on team play. Understand principles of play such as offensive width and depth, defending pressure, cover and balance. Positional awareness developed in small-sided games and full-sided competitive matches. Develop understanding of defense, midfield, and forward units’ tasks.

**PHYSICAL**
- Flexibility, disciplined warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition, and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest/recovery. Personalized programs needed in order to respect the growth spurt.

**PSYCHOLOGICAL**
- Focus on self-esteem, teamwork, confidence as well as the importance of the “mental” side of the game. Pre-competition routine, introduction to mental preparation, goal setting, coping with winning and losing.

**SOCIAL/EMOTIONAL**
- Golden age of learning; intrinsic motivation is developed by the Fun and Enjoyment that foster desire to play.

**GOALKEEPING**
- Continue to develop ABCs. Maintain flexibility and suppleness. Introduce proper warm-up. Continue to develop quickness and agility.

**ADDITIONAL PROGRAMMING**
- SuperStars Skills Center, GK Academy

**PROGRAM GOAL**
- Develop consistency in base skills. Introduce advanced skills. Introduce Tactics
## TECHNICAL/TACTICAL

**DIVISION 1 AND 2**
- **DIVISION 1**
  - 2 WEEKLY SESSIONS (60 min/session)
- **DIVISION 2**
  - 1 WEEKLY SESSION (60 min/session)

**GAMES**
- 1 WEEKLY

**GAME FORMAT**
- 9v9 Half field (Indoor), 2 halves of 25 minutes, 5-minute Halftime
- 11v11 Full field (Outdoor), 2 halves of 45 minutes, 5-minute Halftime

**TECHNICAL/TACTICAL**
- Develop consistency in base skills. Introduce advanced skills. Develop position-specific skill. Practice with increasingly complex and demanding games. Individualized training to address strengths and weaknesses.
- Increased emphasis on team play. Understand principles of play such as offensive width and depth, defending pressure, cover and balance. Positional awareness developed in small-sided games and full-sided competitive matches. Develop understanding of defense, midfield, and forward units’ tasks.

## PHYSICAL

- Flexibility, disciplined warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition, and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest/recovery. Personalized programs needed in order to respect the growth spurt.

## PSYCHOLOGICAL

- Pre-competition self-talk, imagery, thought-stopping, goal setting, mental toughness, anxiety control and relaxation. Techniques to re-focus. Maintaining mental skills under pressure and fatigue. Performance analysis to identify mental weaknesses.

## SOCIAL/EMOTIONAL

- Athletes develop various traits and skills that will enable them to thrive both on and off the field.

## GOALKEEPING

- Continue refining and perfecting all techniques. Greater emphasis on leadership role regarding communication, positioning, directing players in tactical requirements.

## ADDITIONAL PROGRAMMING

- HP Academy, GK Academy

## PROGRAM GOAL

- Focus on player development for various levels of competition.

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**LONG TERM PLAYER DEVELOPMENT**

LPTD is a program for soccer player development, training, competition and recovery.
# LPTD - Long Term Player Development

## U17 Boys & Girls

### Born 2003/2004

**Training to Compete**

Players who are proficient in their soccer skills now train to refine their maturity in game play, so they can excel under the pressure of a variety of competitive conditions.

### Division 1 and 2

**Division 1**

- **Training:** 2 Weekly Sessions (60 min/session)
- **Games:** 1 Weekly (9v9 Half field (Indoor), 2 halves of 25 minutes, 5-minute Halftime)

**Division 2**

- **Training:** 1 Weekly Session (60 min/session)
- **Games:** 2 Weekly (11v11 Full field (Outdoor), 2 halves of 45 minutes, 5-minute Halftime)

### Technical/Tactical

- Develop consistency in base skills. Introduce advanced skills. Develop position-specific skill. Practice with increasingly complex and demanding games. Individualized training to address strengths and weaknesses. Increased emphasis on team play. Understand principles of play such as offensive width and depth, defending pressure, cover and balance. Positional awareness developed in small-sided games and full-sided competitive matches. Develop understanding of defense, midfield, and forward units’ tasks.

### Physical

- Flexibility, disciplined warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition, and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest/recovery. Personalized programs needed in order to respect the growth spurt.

### Psychological

- Pre-competition self-talk, imagery, thought-stopping, goal setting, mental toughness, anxiety control and relaxation. Techniques to re-focus. Maintaining mental skills under pressure and fatigue. Performance analysis to identify mental weaknesses.

### Social/Emotional

- Athletes develop various traits and skills that will enable them to thrive both on and off the field.

### Goalkeeping

- Continue refining and perfecting all techniques. Greater emphasis on leadership role regarding communication, positioning, directing players in tactical requirements.

### Additional Programming

- HP Academy, GK Academy

### Program Goal

- Focus on player development for various levels of competition.

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# Long Term Player Development

LPTD is a program for soccer player development, training, competition and recovery.
## Long Term Player Development

LPTD is a program for soccer player development, training, competition and recovery.

### FUTBOLCLUB REGINA Programs Overview

#### U19 Boys & Girls • Training to Win

**Born 2010/2011**

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<thead>
<tr>
<th>Division</th>
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</thead>
<tbody>
<tr>
<td>Premier</td>
<td>2 Weekly</td>
<td>1 Weekly</td>
<td>9v9 Half (Indoor) 2 halves of 25 mins</td>
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<tr>
<td></td>
<td>Sessions</td>
<td></td>
<td>11v11 (Outdoor) 2 halves of 45 mins, 5-minute Half-time</td>
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</tbody>
</table>

#### Additional Programming

- Individual fitness program for maintenance, improvement; work and recovery must be well monitored; periodization is critical.
- Increased player concentration, responsibility, discipline, accountability, goal setting, self-confidence, self-motivation, will to win, mental toughness, competitive mentality in practice and games satisfy player’s urge for competition; importance of being educated in the game (watch games on TV and National team games).
- More emphasis is placed on applying skills learned during this time towards performance on and off the field. Responsibility and self-discipline planning for career/sport options.
- Continue refining and perfecting all techniques.
- Greater emphasis on leadership role regarding communication, positioning, directing players in tactical requirements.

#### Program Goal

- HP Academy, GK Academy
- Players should be ready to play regularly in highly competitive and Intense competition.

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### Long Term Player Development

Player’s physical, technical, tactical, and psychological qualities are now fully established, and the focus of training has shifted to optimization of performance.
LTPD is a program for soccer player development, training, competition and recovery.

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<th>DIVISION</th>
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</tr>
</thead>
<tbody>
<tr>
<td>MENS/WOMENS PREMIER TO</td>
<td>TBD</td>
<td>1 WEEKLY</td>
<td>Adaptive game structure to suit the level of play, number of players, and available space.</td>
<td>Basic tactics are sufficient to enjoy the game at a recreational level. More advanced are required for competitive level.</td>
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<tr>
<td>DIV 5, MASTERS, CO-ED</td>
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<tr>
<td>PHYSICAL</td>
<td>PSYCHOLOGICAL</td>
<td>SOCIAL/EMOTIONAL</td>
<td>Health and well being, social engagement</td>
<td>Continue refining and perfecting all techniques. Greater emphasis on leadership role regarding communication, positioning, directing players in tactical requirements.</td>
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**LONG TERM PLAYER DEVELOPMENT**

**ACTIVE FOR LIFE**
At any stage in the LTPD model, regardless of their level of ability, players may decide to play soccer as a purely recreational sport so they can continue to enjoy the game and maintain lifelong wellness.