






LONG TERM PLAYER DEVELOPMENT (LTPD)

-  LTPD is a model of athlete development that parallels what doctors and psychologists have long used to better understand human development.
-  Experts in sport science have identified seven stages of development – each with its own physical, social, psychological, and technical characteristics that form the basis of LTPD.
-  LTPD is designed to give athletes an optimal soccer experience at every stage by putting their needs first. Each stage reflects a different point in an athlete's development.



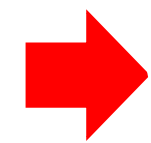


LONG TERM PLAYER DEVELOPMENT (LTPD)

1 Active Start

U4-U6 Male and Female

- ❖ Development of general movement skills
- ❖ No competitive games – encourage the parent and child to play together
- ❖ The player is egocentric and focus should be on individual skills
- ❖ Child should participate in other sports and activities



2 FUNdamentals

U6-U9 Male; U6-U8 Female

- ❖ Development of overall movement skills (ABC's of athleticism)
- ❖ Movement exercises/games
- ❖ Introduced to co-operation and teammates
- ❖ Basic teachings of awareness and decision making
- ❖ Physical Literacy training



3 Learn to Train

U9-U12 Male; U8-U11 Female

- ❖ “Golden Age of Learning”
- ❖ Overall sports skills development
- ❖ Skill learning stage
- ❖ Develop strength through own body weight
- ❖ Introduction to mental, cognitive, and emotional development
- ❖ Other sports and activities



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4 Train to Train

U12-U16 Male; U11-U15 Female

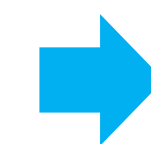
- ❖ Sport specific skill development
- ❖ Onset of growth spurt
- ❖ Talent identification and selection
- ❖ Introduction of advanced techniques and tactical positioning
- ❖ Introduction to mental preparation, goal setting and pre-competition routines
- ❖ Soccer is primary sport, but complimentary sports are encouraged



5 Train to Compete

U15-U20 Male; U15-U19 Female

- ❖ Position-specific physical conditioning
- ❖ Position-specific technical tactical preparation
- ❖ Advanced mental preparation
- ❖ Periodization of sport
- ❖ Able to perform skills under a variety of competitive conditions
- ❖ Soccer is primary sport



6 Train to Win

U19+ Male; U18+ Female

- ❖ Maintenance or improvements of physical capabilities
- ❖ Further development of advanced techniques and skills
- ❖ Focus on performance outcomes
- ❖ Periodization of sport
- ❖ Sport-specific technical, tactical, and fitness training
- ❖ Competitive mentality and will to win



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7 Soccer for Life

All ages Male and Female

- ❖ Access for players of all ages, genders and abilities
- ❖ Youth players, recreational, competitive and high performance players, newcomers, and player retention
- ❖ Opportunities in soccer coaching, officiating and administration
- ❖ Adopt the game structure to suit the level of play, number of players, and field size



When young soccer players are able to train and compete in an environment that's appropriate to their stage of development, they not only perform at their best, but they also have more fun!

