

BC Soccer Long Term Player Development

Monthly Journal on Wellness to World Cup

Issue 1 Mar 2012



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LTPD what is it? Soccer Canada LTDP: Wellness to World Cup

Growing the Beautiful Game

Soccer is the largest participation sport in Canada and the world, providing healthy physical activity for players at all levels of ability.

At the most basic level of participation, soccer promotes the integrated development and maintenance of the cardiovascular, musculoskeletal and neuromuscular systems. It helps in preventing many conditions and diseases (including heart disease, obesity, and osteoporosis) and enhances the well being of individuals across the nation.

At the high performance level, soccer is a vehicle for elite athlete achievement and hailed internationally as “The Beautiful Game.” It is played with finesse and skills that are difficult to master, and players progress through sequential stages of development to become “world class.”

Long-Term Player Development (LTPD)

LTPD is a program for soccer player development, training, competition, and recovery based on biological age (i.e. physical maturity) rather than chronological age. It is player centered, coach driven, and administration, sport science, and sponsor supported.

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.

Changes to CSA Coaching Program

NEW Coach Education Streams **PHYSICAL LITERACY – PARTICIPATION –**

We've recognized for some time that we can be doing a better job of coaching our coaches in Canada. For the most part, British Columbia's soccer coaches are well-meaning parents who have stepped forward to help their children's teams. Some of them may have soccer experience, but a large number do not. Our goal is to do a better job of coaching those coaches, by giving them the skills and information they need to lead their teams at whatever level they are coaching.

To do that, we're introducing a system of new coaching courses geared to coaches and for players playing at youth ages, recreational levels as well as high performance programming. The content development for these courses was based on the *Wellness to World Cup Long-Term Player Development Program* developed by the Canadian Soccer Association.

Within the **PHYSICAL LITERACY** stream, the following courses will replace the current Community Coach Children's, Youth courses with:

- Active Start** (3-6 years old)
- FUNDamentals** (6-8 years old)
- Learning to Train** (8-12 years old)

The new scheme is modular and will allow coaches to enter at any level, therefore, if coaches wish to complete only one of the modules, for example, **Active Start** one can take a three hour course that is focused solely on how to coach at that age level. Under the old system, you had to take a Community Coach Children's course that covered all ages up to U10. The following age related course is a new six hour module on the **FUNDamentals** of soccer which will cover everything up until U8. The next course is designed for 8-12 year olds and will be a 12 hour course covering the **Learning to Train** stage of LTPD - the golden age of learning. In addition to the technical focus of these courses, each module respects the physical, mental and emotional maturation of players. This is the science and the motivating spirit behind the design of the LTPD model for Canadian soccer. These courses are non-examinable and coaches will receive their "Trained Status" upon completion of the respective course(s).

Within the **PARTICIPATION** stream, the following course will replace the current Community Coach Senior course with:

- Active for Life** (12+ and adult soccer)

The former Community Coach Senior course will become what is called the **Active for Life** course and will cover the gap currently left by youth 12 -14 year olds and beyond including the senior player. This will be a 12-14 hour course for coaches at recreational or premier levels of play and will focus on keeping players developing and active in the game – hopefully for lifelong participation.

The new **Active Start**, **FUNDamentals** and **Learn to Train** streams will be ready for rollout by the start of the 2012 calendar year. Overall the new system will be more user-friendly as we will be able to offer more modules with more instructors all across the province. Coaches do not have to complete all courses but jump in at any stage to become trained at whatever level they wish to coach. The methodology and materials offered promise to be a lot friendlier and based around an adult education system of learning to make coaches feel more comfortable. The end result will hope to provide coaches with the opportunity to lead their players and teams better equipped with age relevant soccer information as soon as they've taken their courses.



Stages of Development Focus

STAGE 1: Active Start U4-U6 Female and Male “FIRST KICKS”

Soccer contributes to the well-being of children by engaging them in the sport while teaching them basic movements. At this introductory level, the objective is to get moving and to keep active.

Where:	Home, daycare, schools, clubs, community, parks and recreation centres.
Why:	Provide early opportunities for children to learn basic soccer elements.
Who:	Technical leaders, parent coaches, parents, educators, caregivers.
Coaching:	CSA Mini soccer course.

- **Physical** – Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching.
- **Technical** – The player and the ball: dribbling, kicking and shooting.
- **Tactical** – None.
- **Mental** – Fun, fascination, and passion for play.

Game Structure:

No competitive games – adult and child play together informally.

Recommended training times:

30 to 45 minutes.

Season Length:

4 to 16 weeks Winter/Spring/Summer, indoor and/or outdoor.



Recommendations:

- Player success is encouraged. While the adult should challenge the child player, they should allow the child to “score” goals and “beat” the adult opponent.
- Adult discontinues play when the child has lost interest.

Other Sports- At this stage, players should participate in a variety of additional activities. Swimming and well-structured gymnastics programs are recommended to enhance the full range of basic movement skills and physical literacy.



Example of an Active Start session

Phase	Time/Equipment	Activity Name	Emphasis
Warm Up/Agility	6-8mins	Making Friends with the ball 	Learning the area Listening Basic physical literacy Changing direction
Break	2-3 mins		Hydration/rest
Ball Familiarity Games	6-8 mins	Indy 500 	Listening Running with the ball Dribbling Changing direction
Break	2-3 mins		Hydration/rest
Ball Familiarity Games	6-8 mins	Shark Attack 	Running Dribbling/running with the ball Changing Direction Turning
Break	2-3 mins		Hydration/rest
Small sided Games	10-15 mins	Chain Soccer 	Direction Shooting Dribbling Defending Goal celebrations
	5 mins	Team Cheer and Snack Time	

ACTIVE START COURSE

STAGE 1: Active Start
U4 to U6 Female and Male
"FIRST KICKS"

At this stage, players should participate in stimulating practices and games that develop basic technical skills in a FUN atmosphere. The emphasis should be movement exercises and games that promote a feel for the ball while teaching basic principles of play within a fun but structured setting. Informal games can be set up at the end of practices or as part of a jamboree mixing exercising and games. Play equal time and try all team positions, including goalkeeper, and equal time should be allotted to practices and games.

Pre-requisite: N/A

Course Length: 3.5 hours

Course Fee: FREE

Next Issue:

- Benefits Of LTPD
- Stage Focus 'Stage 2 Fundamentals'
- Grassroots Technical Service Plan

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