



**Ottawa International Soccer Club**

Athlete Development Presentation




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**Soccer Canada LTPD  
Wellness to World Cup**



The 10 Key Factors Behind LTPD

1. The 10-Year Rule
2. The FUNdamentals
3. Specialization
4. Developmental Age
5. Trainability
6. Physical, Mental, Cognitive, and Emotional Development
7. Periodization
8. Calendar Planning for Competition
9. System Alignment and Integration
10. Continuous Improvement





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**Soccer Canada's LTAD**



Canadian Soccer Association

**LONG-TERM PLAYER DEVELOPMENT**




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**STAGE3: Learning to Train**  
U8-U11 Female/U9-U12 Male

**“THE GOLDEN AGE OF LEARNING”**



- ✓ The effect of the role-model is very important at this stage. Children begin to identify with famous players and successful teams, and they want to learn imaginative skills.
- ✓ Skill demonstration is very important, and the players learn best by “*doing*.”
- ✓ Players move from *self-centered* to *self-critical*, and they have a high stimulation level during basic skills training.
- ✓ This is *an important time to teach basic principles of play and to establish a training ethic and discipline.*
- ✓ Repetitions are important to develop technical excellence, but creating a fun and challenging environment is still essential for stimulating learning.

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**STAGE3: Learning to Train**  
U8-U11 Female/U9-U12 Male

**“THE GOLDEN AGE OF LEARNING”**



**Physical** – This is an optimal window for trainability of speed, flexibility and skills.

**Technical** – Building a greater repertoire of soccer related movements; technical skills are developed in training and within the context of basic soccer games.

**Tactical** – Developing environment awareness and encouraging decision making:  
simple combinations, marking and running into space.

**Mental** – *Golden age of learning*; intrinsic motivation is developed by the Fun and Enjoyment that foster desire to play; imagination, creativity, increased demands, discipline.

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**STAGE3: Learning to Train**  
U8-U11 Female/U9-U12 Male

**“THE GOLDEN AGE OF LEARNING”**



**Recommendations:**

- Small leagues provide game fixtures, but no league standings are recorded.
- Players and game formats are organized to support the basic playing experiences.
- All players play equal time and try all team positions, including goal keeping.
- The game structure progresses between ages from simple to more complex.
- The training to competition ratio should be 2 to 3 training sessions for every game.

**Recommended training times:** 45 to 70 minutes.  
**Season Length:** 16 to 20 weeks, indoor and/or outdoor.

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**STAGE4:TrainingtoTrain**  
U11-U15 Female/U12-U16 Male



**“IDENTIFYING THE ELITE PLAYER”**

- ✓ Care must be taken to recognize and protect the long-term interests of each player. Risks and issues can be avoided by ensuring that the development model remains “player centred.”
- ✓ The optimal window of trainability for stamina begins with the onset of Peak Height Velocity (PHV), more commonly known as the adolescent growth spurt.
- ✓ The demands of skill training as well as training loads should increase, thus provoking improvement in mental toughness, concentration and diligence.
- ✓ Awareness of tactics within the game becomes an important facet of the learning process. Players tend to be self-critical and rebellious, but they have a strong commitment to the team.

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**STAGE4:TrainingtoTrain**  
U11-U15 Female/U12-U16 Male



**“IDENTIFYING THE ELITE PLAYER”**

**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.

**Technical** – Introduction of advanced techniques to those who are capable; technical acquisition in a more complex environment and position-specific skills.

**Tactical** – Team work: development of tasks per unit (defensive, midfield or forward unit) and positional awareness through small-sided games and competitive matches.

**Mental** – Pre- competition routine , introduction to mental preparation, goal setting, coping with winning and losing.

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**STAGE4:TrainingtoTrain**  
U11-U15 Female/U12-U16 Male



**“IDENTIFYING THE ELITE PLAYER”**

**Recommendations:**

- Appropriate ratio of training, competition and rest throughout the year; periodized planning is critical.
- Training to competition ratio should be between 5 to 12 for every game.
- First experience in the select programs: regional, provincial and national.

**Recommended training times:** 60 to 75 minutes.  
**Season Length:** As players progress through this stage, they move towards year-round play that includes appropriate rest and recovery periods.

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**STAGE5: Training to Compete**  
U15-U19 Female / U16-U20 Male



**“DEVELOPING THE INTERNATIONAL PLAYER”**

- ✓ Athletes who are now proficient at performing basic and soccer-specific skills are working to gain more game maturity as they learn to perform these skills under a variety of competitive conditions.
- ✓ Fulfillment of each player’s potential depends on their own efforts, the support of teammates, and the unselfish guidance of the coach.
- ✓ They must be exposed to quality playing and training environments which extend their mental, physical, tactical and technical capabilities to their limit.
- ✓ Players must have a sound understanding of soccer principles and concepts, and they should show emotional stability when confronted with pressure situations.

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**STAGE5: Training to Compete**  
U15-U19 Female / U16-U20 Male



**“DEVELOPING THE INTERNATIONAL PLAYER”**

**Physical** – Further develop flexibility, correct 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 and recovery.

**Technical** – Refinement of core skills and position specific-skills; continued development of advanced techniques and skills.

**Tactical** – Decision-making tactical awareness, game appreciation, game analysis, match coaching, productivity, competitive proficiency.

**Mental** – 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)

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**STAGE5: Training to Compete**  
U15-U19 Female / U16-U20 Male



**“DEVELOPING THE INTERNATIONAL PLAYER”**

**Recommendations:**

- ~ Appropriate ratio of training, competition and rest throughout the year; periodized planning is critical.
- ~ Training to competition ratio should be between 5 to 12 for every game.
- ~ Players should play regularly in highly competitive professional and international match play.

**Recommended training times:** 75 to 90 minutes.  
**Season Length:** Year-round play that includes appropriate rest and recovery periods.

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## Mental Training Skills "It's A Mind Game"

Skill	Description/ Topics
Goal Setting	<ul style="list-style-type: none"> <li>~Goal Identification</li> <li>~Team Goals (seasonal, practice)</li> <li>~Individual Goals (seasonal, practice)</li> </ul>
Ideal Performance State (IPS)	<ul style="list-style-type: none"> <li>~Good versus Poor Performances</li> <li>~Self Evaluation/ Personal Identity</li> <li>~Identifying Ideal Performance State</li> </ul>
Emotional Preparation	<ul style="list-style-type: none"> <li>~Energy Makers &amp; Energy Takers</li> <li>~Dealing with Distractions</li> </ul>
Imagery & Mental Rehearsal	<ul style="list-style-type: none"> <li>~Relaxation/ Meditation</li> <li>~Self-Talk (Power Statements/Confidence)</li> <li>~Visualization</li> </ul>
Planning for Success	<ul style="list-style-type: none"> <li>~Journals (practice/ game time/ routine)</li> <li>~Tournament plans</li> <li>~Recovery/ Regeneration Plans</li> </ul>

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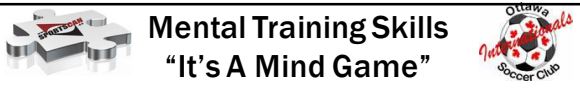
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## Mental Training Skills "It's A Mind Game"

### Mental Skill Samples

[Positive Self Talk](#)      [Goal Setting](#)  
[Practice Goal Sheet](#)    [Tournament Plan](#)

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## Sport Nutrition for Optimum Performance

*A HEALTHY AND WELL-BALANCED NUTRITION STRATEGY, IN COMBINATION WITH A STRUCTURED TRAINING PROGRAM, IS THE FOUNDATION FOR DEVELOPING OPTIMAL HEALTH AND ACHIEVING PEAK PERFORMANCE IN SPORT.*



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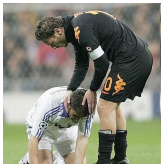
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## Sport Nutrition for Optimum Performance



### Eating for Performance

Do your athletes:

- Ever fade in the last part of games or practices?
- Ever get light headed, have energy slumps or slow reaction times?
- Often feel overly fatigued, tired, cranky, or irritable?
- Ever suffer from a lack of motivation to train or compete?

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## Sport Nutrition for Optimum Performance



Skills	Description
Nutrition for the Informed Athlete	<ul style="list-style-type: none"> <li>Food groups</li> <li>Sources of energy</li> <li>Purpose of protein &amp; fats</li> <li>Portion sizes</li> <li>Meal planning</li> <li>Dealing with eating issues/ concerns</li> </ul>
Developing a proper Hydration Plan	<ul style="list-style-type: none"> <li>What is hydration/ dehydration</li> <li>Effects of water loss</li> <li>Types of fluids</li> <li>What your body needs</li> <li>Hydration plan</li> </ul>
Nutrition for the traveling athlete	<ul style="list-style-type: none"> <li>Importance of healthy eating</li> <li>Eating out (the do's and don'ts)</li> <li>Planning ahead of time</li> </ul>
Training/ Competition Nutrition (Pre, During, Post)	<ul style="list-style-type: none"> <li>Calculating energy needs</li> <li>Recovery and regeneration</li> <li>Developing a plan</li> </ul>




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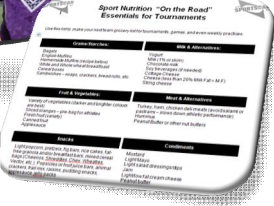
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## Sport Nutrition for Optimum Performance





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**Sport Nutrition for Optimum Performance**

**FUELING YOUR BODY (YOUR BODY IS LIKE A SPORTS CAR)**

During exercise, your body uses energy like a car gas tank. If you don't fill up the gas tank, it's empty and your car doesn't perform. Similar to your body, after every exercise you must refill your body with quality foods and fluids to avoid hitting empty.

Here are some signs you might not be refueling your body properly:

- Tired throughout the day
- Injury prone
- Headaches, irritability, cranky
- Fade near the end of practices, games, and tournaments

**Make sure your body is fueled before, during, and after exercise:**

**START YOUR ENGINE** Get your metabolism and muscles fueled up for practice.

**CHECK YOUR TANK** Keep your fuel tank FULL by eating healthy-energy foods and drinking water or fluids during play.

**REFUEL & REHYDRATE** Eating healthy-energy foods and fluids AFTER exercise is the most important step to keep your body ready and fueled for the next game, practice, or tournament.

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**Physical Conditioning Windows of Opportunity**

**Athletic Abilities**

Physical Abilities

- ✓ Speed
- ✓ Speed-Endurance
- ✓ Aerobic Stamina
- ✓ Maximum Strength
- ✓ Speed-Strength
- ✓ Strength-Endurance
- ✓ Flexibility

Motor Abilities

- ✓ Coordination
- ✓ Balance

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**Physical Conditioning Windows of Opportunity**

**Athletic Abilities for Soccer**

Physical Abilities

- ✓ Speed
- ✓ Speed-Endurance
- ✓ Aerobic Stamina
- ✓ Maximum Strength
- ✓ Speed-Strength
- ✓ Strength-Endurance
- ✓ Flexibility

Motor Abilities

- ✓ Coordination
- ✓ Balance

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## Technical/ Tactical Support



“ Support: Dartfish Software



**DARTFISH**  
SEE. LEARN. SUCCEED.

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## INDOOR OR OUTDOOR



“ Transforming regular practices into private video sessions

“ No Added travel required




**DARTFISH**  
SEE. LEARN. SUCCEED.

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## ADVANTAGES



“ Allowing for accurate and immediate feedback to athletes

“ *Isolate key success criteria required to perform skills correctly*

“ Provide reference material for athletes



**DARTFISH**  
SEE. LEARN. SUCCEED.

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## KEY FEATURES

DURING TRAINING




**LiveDelay**  
*Fast feedback for larger groups of athletes without the need to manipulate equipment*

Ability to use drawing tools on screen to assist with feedback to athletes.

**Quick Capture**  
*Ability to replay video at regular speed or frame by frame.*

Ability to compare video clips in various display methods

- i. Side by Side
- ii. Overlay




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## KEY FEATURES

POSTTRAINING




**Mediabook**  
*Ability to watch video clips at regular speed or frame by frame*

Ability to create Key Positions within each video clip

- i. Provides a printable picture sequence for easy reference

**Tagging**  
*Create customized videos for review in very little time*




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