



Tim Hortons



CANADIAN SOCCER ASSOCIATION'S LTPD PROGRAM



GLEN SHIELDS FUTBOL CLUB



Tim Hortons

LONG
TERM
PLAYER
DEVELOPMENT

<p>STAGE 1 Active Start</p> <p>FIRST KICKS</p>  <p>U4-U6 FEMALE AND MALE</p>	<p>STAGE 2 FUNDamentals</p> <p>FUN WITH THE BALL</p>  <p>U6-U8 FEMALE / U6-U9 MALE</p>	<p>STAGE 3 Learn to Train</p> <p>THE GOLDEN AGE</p>  <p>U8-U10 FEMALE / U9-U12 MALE</p>	<p>STAGE 4 Train to Train</p> <p>THE ELITE PLAYERS</p>  <p>U11-U15 FEMALE / U12-U16 MALE</p>	<p>STAGE 5 Train to Compete</p> <p>INTERNATIONAL PLAYERS</p>  <p>U15-U19 FEMALE / U16-U20 MALE</p>	<p>STAGE 6 Train to Win</p> <p>WORLD CUP PLAYER</p>  <p>U18+ FEMALE / U19+ MALE</p>	<p>STAGE 7 Active for Life</p> <p>SOCCER FOR LIFE</p>  <p>ANY AGE FEMALE & MALE</p>
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SKILL LEVEL	Fundamental movement and play	Fundamental movement and soccer skills	Developing soccer skills and speed	Building physical capacities & developing soccer skills and tactics	Refining skills & specific position play. Physical & mental training	Perfecting performance	Achieve personal best, soccer for fitness, fun and social interaction
GOALS	Encourage child activity and develop basic motor skills. (Physical Literacy)	Technique development through fun. Emphasize skills & ABCs, not tactics.	Focus on technique and skill development and introduce tactics. Fun is still paramount.	Increase training loads and soccer specific skills and tactics. Begin to identify elite players.	Develop players for elite competition.	Maximizing all player capacities: skills, tactics, mentality, physical attributes.	Foster lifelong activity, while also encouraging players to pursue roles in coaching, officiating, and administration.
GAME FORMAT	No competitive games	5 vs 5	7 vs 7	8 vs 8 to 11 vs 11	11 vs 11	11 vs 11	Adapt to suit the level of play
FIELD SIZES	N/A	25m Width / 36m length	36m Width / 55m length	45m Width / 68m length	68m Width / 105m length	68m Width / 105m length	Adapt to suit the level of playing format
GOAL SIZES	N/A	5f/1.52m X 8f/2.44m	6f/1.83m X 16f/4.88m	6f/1.83m X 18f/5.49m	8f/2.44m X 24f/7.32m	8f/2.44m X 24f/7.32m	Adapt to suit the level of playing format
BALL SIZE	Size 3	Size 4	Size 4	Size 5	Size 5	Size 5	Size 5
GAME DURATION	2x12 min + 2x12 Activity	2 x 15 min.	2 x 25 min.	2 x 35 min.	2 x 40 min.	2 x 45 min.	Adapt to suit the level of playing format
SQUAD SIZE	12	10 to 12	12 to 14	16	18	Fifa Rules	Adapt to suit the level of playing format
SEASON LENGTH	12 weeks	12 to 20 weeks	20 weeks (12 Wks in HL)	40 weeks	46 weeks	Year-round	Adapt to suit the level of play
GAMES YEARLY	N/A	12 Games	20 Games (12 in HL)	40 Games	46 Games	50 Games	Adapt to suit the level of play
TRAINING / WEEK	1 (GFC)	1 (GFC)	2 (once in House league)	3	4 to 5	5 to 12	Adapt to suit the level of play
DURATION/SESSION	75 mins (GFC)	75 mins (GFC)	75 mins	75 to 90 mins	75 to 90 mins	75 to 90 mins	Adapt to suit the level of playing format
COACHING LICENSE	Active Start	Fundamentals	Learn to Train	Pre-B and Provincial B	National B and A	National A	Active for life or Competitive stream
REFEREES LICENSE	N/A	District	District	Regional / Provincial	Provincial / National	National / International	District / Regional
SPECIFIC SERVICES	N/A	N/A	N/A	GK, Fitness & Mental Coaches. Physiotherapist	GK, Fitness & Mental Coaches. Doctor & Physio	GK, Fitness & Mental Coaches. Doctor & Physio	Adapt to suit the level of play
GUIDING PRINCIPALS	Parents (optional) to play with the kids. Big Brother/Sister from Competitive Program Involved.	No league standings - Jamboree format- emphasis is on FUN. Equal playing time and try all Team position uncluding goal keeping.	Mini-Soccer League provide game fixture, but no standings are recorded. Equal playing time! Try all team positions including goalkeeper. GFC to provide professional staff coaches for elite athletes.	GFC should be careful to recognize & protect the long-term interests of each athlete. Players at this stage should be provided the exposure to the District, Regional, Provincial and/or Club Academy Program.	National & Provincial players are exposed to quality training & playing environments. They should play regularly in highly competitive matches with Sr. Teams, Provincial, National Youth & Pro Team.	The focus of training shifts to optimization of performance, and players should compete regularly in high-pressure games to develop consistency	The recruitment and retention of players, coaches, referees and administrators is key to the ongoing development of both grassroots and elite soccer in our Club and throughout Canada.

