

# LTPD 2015

## UPDATE for the LTPD

Canadian Sport for Life (CS4L) is a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health and aligns community, provincial and national programming. Long Term Athlete Development (LTAD) is a seven-stage training, competition and recovery pathway guiding an individual's experience in sport and physical activity from infancy through all phases of adulthood. CS4L, with LTAD, represents a paradigm shift in the way Canadians lead and deliver sport and physical activity in Canada. More information for parents and coaches on this and more can be found at [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca).

Specifically for soccer, the Canadian Soccer Association has developed the Canada Soccer's Wellness to World Cup Long-Term Player Development (LTPD) model. It is designed to optimize Canadian excellence and lifelong wellness through soccer. By ensuring fun playing experiences for children, a suitable player development pathway for youth, and opportunities for lifelong participation for all players regardless of age, gender, ability or disability, LTPD provides a framework for the growth and success of the beautiful game in Canada.

The LTPD is a program for soccer development, training, competition and recovery based on biological age (physical maturity) rather than chronological age. It is player centered, coach-driven and supported by administration, sport science and sponsors alike. The Manitoba Soccer Association (MSA), WYSA and FCNW have adopted this program. More information for parents and coaches on this and more can be found at [www.canadasoccer.com](http://www.canadasoccer.com) under the Wellness to World Cup information link under the "Our Programs" tab.

It is important to understand that within this LTPD program there are guidelines for each province to create a format that works best for them. The Manitoba Soccer Association (MSA) and Winnipeg Youth

Soccer Association (WYSA) have given those parameters to each district within Manitoba and met collectively with them to create this season's program details. The program details for FC Northwest (FCNW) are outlined below.

**Stage 1 - Active start – U4 and U5:**

- 3 v 3; rotating two groups at a time using one mini field for game format
- Maximum roster is 12; 10 are recommended
- Male and female combined
- Season runs May & June with two sessions a week: Tuesday and Thursday @ 6PM
- Each session runs 20 (game), 20 (training), 20 (game)
- No standings or playoffs
- End-of-season Jamboree

**Stage 2 - Fun-damentals – U6:**

- 3 v 3; only one group and field at a time for game format
- Maximum roster is 8
- Male and female combined
- Season runs May & June with two sessions a week: Monday and Wednesday @ 6PM
- Each session runs 20 (game), 20 (training), 20 (game)
- No standings or playoffs
- End-of-season Jamboree

**Stage 2 - Fun-damentals – U7:**

- 4 v 4 including a keeper; only one group and field at a time for game format
- Maximum roster is 10
- Male and female separate
- Season runs May & June with two sessions a week, Tuesday and Thursday at 715PM
- Each session runs 20 (game), 20 (training), 20 (game)
- No standings or playoffs
- End-of-season Macro World Cup

**Stage 2 - Fun-damentals – U8:**

- 5v 5 including a keeper; only one group and field at a time for game format

- Maximum roster is 12
- Male and female separate
- Season runs May and June with two sessions a week: Monday and Wednesday at 715PM
- Each session runs 20 (game), 20 (training), 20 (game)
- No standings or playoffs
- End-of-season Macro World Cup

**Stage 3 – Learning to train – U9:**

- 6 v 6 including a keeper; only one group and field at a time for game format
- Maximum roster is 12
- Male and female separate
- Season runs May and June with two sessions a week: Tuesday, Thursday or Sunday, game times TBD
- Each session runs 25 (game), 25 (training), 25 (game)
- Referees provided for game time
- No standings
- One practice session is recommended and is at the discretion of the coaching staff
- End-of-season Jamboree

**Stage 3 – Learning to train – U10:**

- 6 v 6 including a keeper; only one group and field at a time for game format
- Maximum roster is 12
- Male and female separate
- Season runs May & June with two sessions a week: Monday, Wednesday or Friday, game times TBD
- Each session runs 25 (game), 25 (training), 25 (game)
- Referees provided for game time
- No standings
- One practice session is recommended and is at the discretion of the coaching staff
- End-of-season Jamboree

**Stage 3 – Learning to train – U11:**

- 8 v 8 including a keeper; only one group and field at a time for game format
- Maximum roster is 14

- Male and female separate
- Season runs May & June with two sessions a week: Tuesday, Thursday or Sunday, game times TBD
- Each session runs 2 X 30 minute game
- Referees provided
- No standings
- One additional practices session is recommended and is at the discretion of the coaching staff
- End-of-season Jamboree

### **Stage 3 – Learning to train – U12:**

- 8 v 8 including a keeper; only one group and field at a time for game format
- Maximum roster is 14
- Male and female separate
- Season runs May & June with two sessions a week: Tuesday, Thursday or Sunday, game times TBD
- Each session runs 2 X 30 minute game
- Referees provided
- No standings
- One additional practices session is recommended and is at the discretion of the coaching staff
- End-of-season Jamboree

***\*Please note that all game locations are TBD***

***\*Please note that these details are subject to change***

***\*Revised 05/2015***