

Long Term Player Development – Coaches Guide

Effective Date: January 1, 2024

Long Term Player Development (LTPD) is designed to give players an optimal soccer experience at every stage by putting their needs front and center.

A detailed document on LTPD can be found at https://canadasoccer.com/wp-content/uploads/resources/Pathway/EN/CanadaSoccerPathway_LTPDCommunityGuide_EN.pdf

PURPOSE

LTPD gives all players the best chance of success in soccer by tailoring training, competition and coaching to their needs at the appropriate stage of development.

STAGES

1. Active Start

- U4/U6 M/F
- Gives the youngest players the opportunity to develop basic movement skills like running, jumping, landing, kicking, throwing, and catching in a fun setting built around informal play and positive reinforcement.

2. Fundamentals

- U6/U8 F, U6-U10 M
- Allows children to develop their movement ABCs – agility, balance, coordination, and speed – and learn the basics of the game while emphasizing fun, cooperation and maximum time on the ball.

3. Training to Train

- U11/U15 F, U12/U15 M
- The onset of the adolescent growth spurt for most kids during this stage is an ideal time for endurance training. Players are also introduced to concepts like mental preparation, goal setting, and coping with winning and losing while learning more advanced soccer skills, including position-specific techniques.

4. Training to Compete

- U15/U19 F, U16-U20 M
- Players are now working to hone their soccer skills under a variety of competitive conditions in an 11v11 game format that mirrors adult play. Along with the continued refinement of advanced techniques, players work to develop their tactical awareness, discipline and mental toughness.



CANADA SOCCER GRASSROOTS STANDARDS

CRITERIA	ACTIVE START	FUNDAMENTALS		LEARN TO TRAIN	
	U5-U6	U7	U8-U9	U10-U11	U12-U13
Match format (maximum)	No formal matches	3v3	4v4 (no GK) or 5v5 (with GK)	7v7	9v9 [U12] 9v9 or 11v11 [U13]
Coaching qualification	Active Start + MED + RiS + Making Headway + EAP	Fundamentals + MED + RiS + Making Headway + EAP	Fundamentals + MED + RiS + Making Headway + EAP	Learn to Train + MED + RiS + Making Headway + EAP	Learn to Train + MED + RiS + Making Headway + EAP
Maximum match duration	Informal play	30 minutes	40 minutes	50 minutes	70 minutes [U12] 80 minutes [U13]
Maximum match time per player per day	N/A	60 minutes	60 minutes	80 minutes	100 minutes
Minimum rest time between matches	N/A	Duration of one (1) match	Duration of one (1) match	Duration of one (1) match	Duration of one (1) match
Maximum goal size	Pop-up goals 3ft (0.91m) x 5ft (1.52m)	Pop-up goals 3ft (0.91m) x 5ft (1.52m)	5ft (1.52m) x 8ft (2.44m)	6ft (1.83m) x 16ft (4.88m)	6ft (1.83m) x 18ft (5.49m)
Field size	N/A	Width: 18-22m Length: 25-30m	Width: 25-30m Length: 30-36m	Width: 30-36m Length: 40-55m	9v9 Width: 42-55m Length: 60-75m 11v11 Width: 45-90m Length: 90-120m
Ball size	3	3	3 or 4 (or 4 super light)	4 (or 5 light)	9v9: 4 (or 5 light) 11v11: 5 (or 5 light)
Number of memorable events (maximum)	N/A	N/A	Two (2) per year	Two (2) per year	Four (4) per year <i>*One (1) event may be overseas</i>
Referee or Game Leader	N/A	Game Leader	Game Leader or Referee	Game Leader or Referee	Referee
Restarts from Sidelines	N/A	Pass in or dribble in	Pass in or dribble in	Pass in or dribble in	Throw-in



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CRITERIA	ACTIVE START	FUNDAMENTALS		LEARN TO TRAIN	
	U5-U6	U7	U8-U9	U10-U11	U12-U13
Offside	N/A	N/A	No	No	Yes
Retreat line	N/A	Yes (halfway line)	Yes (halfway line)	Yes (one third)	Optional (one third)
Substitutions	N/A	Unlimited (any stoppage or on the fly)	Unlimited (any stoppage or on the fly)	Unlimited (any stoppage)	Unlimited (any stoppage)
Season or block length (indoor/outdoor)	6-16 weeks	6-16 weeks	6-22 weeks	10-22 weeks	10-22 weeks
Team travel time	Within organization	Under 60 minutes each way	Under 60 minutes each way	Under 60 minutes each way	Under 60 minutes each way
Playing time (players encouraged to try all positions)	Players all play	Fair playing time for all players	Fair playing time for all players	Fair playing time for all players	Fair playing time for all players
Player-to-coach ratio	Ideal: 4:1 Maximum: 8:1	Ideal: 6:1 Maximum: 8:1	Ideal: 8:1 Maximum: 10:1 (5v5)	Ideal: 10:1 Maximum: 12:1	9v9 Ideal: 12:1 Maximum: 16:1 11v11 Ideal: 16:1 Maximum: 18:1
Practice-to-match ratio	N/A	1:1	1:1 or 2:1	2:1 or 3:1	2:1 or 3:1
Structured practice duration	30-45 minutes	30-45 minutes	45-60 minutes	60-75 minutes	60-75 minutes
Match day roster guidelines (game day only)	N/A	Ideal: 6 players	Ideal: 8 players	Ideal: 10 players	9v9 Ideal: 14 players 11v11 Ideal: 16 players
Match day format	N/A	Festival format	Festival format	Festival format	Festival or league format
Number of match days (Festival or league play) per week	N/A	One (1)	One (1)	One (1)	One (1)

GOLDEN MINOR SOCCER ALIGNMENT

HOUSE LEAGUE SOCCER PROGRAM

GMS follows the Canada Soccer Grassroots Standards shown above. Each age group will have one practice day throughout the week. For age groups U9 and up there will be one game day on Saturday mornings.

PRACTICE TIMES

Day of the Week	Age Group	Time	Start Date	End Date
Monday	Male U12 U15	5:30-6:30 6:30-8:00	April 22	June 22nd
Tuesday	U7	5:30-6:30	April 23	June 22nd
Wednesday	U5 and Female U9 & U12	5:15-6:00 5:30-6:30	April 24	June 22nd
Thursday	Male U9	5:30-6:30	April 25	June 22nd
Saturday	U9 U12 U15	9:30- 10:45 12:30	April 28	

- U5 Objective
 - Make it fun and have fun yourself.
 - Lots of touches on the ball and a ball for every player at practice
 - Choose practice games to learn skills.
 - Start teaching players about using inside/outside of foot.
 - Teach no hands, concept of “field”, “our goal”, “their goal.”
- U7 Objectives
 - Make it fun and have fun yourself.
 - Lots of touches on the ball and ball for every player
 - Skill drills should be game based.
 - Reinforce using inside of the foot for dribbling and passing, laces for kicking (rather than toe)
 - Teach throw ins, goalies only use hands, pass and receive passes, terms offence and defense.
 - Encourage passing to teammates.
- U9 Objectives
 - Have fun. Skill development should be game based.
 - Develop a better feel for the ball by building their skill around core techniques like passing.
 - Use fun competitions and games with lots of positive feedback to encourage players to practice and challenge themselves.

- Reinforce using inside of the foot for dribbling and passing, laces for kicking (rather than toe)
- Teach throw ins, passing and receiving passes, terms offense and defense, corner kicks, roles of forwards and defensive players, how the game begins and rules around indirect kicks.
- Teach proper substitutions rules during games.
- Begin to teach goaltender rules. Also introducing goal kicks and throwing.
- U12, U15 Objectives
 - Game duration is 30 minutes each half.
 - Offsides and throw-ins are called.
 - Game ball size is 4 (U12) and 5 for (U14 and up)
 - Teams play 9 per side (U12) and 11 per side (U14 and up)
 - Game rules are played in accordance with FIFA rules except for substitutions. Unlimited substitutions may be made, but only with the official's permission and during the stoppage of play.

These websites have great practice ideas, both skills and games to try.

- <https://www.soccercoachweekly.net/practice-plans>
- www.soccercoachweekly.net
- <https://www.usyouthsoccer.org/lesson-plans/>
- <https://www.ontariosoccer.net/grassroots-practices>

BEYOND HOUSE LEAGUE

GMSA is looking to expand our soccer program to give opportunity to players who are keen to develop their soccer skills beyond the house league format. Players must participate in the house league in order to be eligible to play on a rep development, rep team, or exceptional team.

Exceptional Teams (U12 and up)

From time to time, and if there is no Rep or Development Team available, a GMSA Coach can form a team of GMSA registered players to participate in a one-time tournament or exhibition games.

Rep Development (U12) and Rep Program (U15)

- This program is for the more serious player and requires extra time and commitment from both player and parent.
- A further rep fee will be due once the team has been selected. The amount will be determined by the number of players selected with costs of number of tournaments played over season and costs associated with the Coaching as determined by the GMSA Board
- The player will have at least one Rep team practice per week in addition to house team practice.
- Each player is selected by at try-out format directed by the Coach
- The player will travel out of town for tournaments throughout the season.
- Uniforms are provided on loan for the season and are to be returned at season end.
- Accommodation and travel expenses are at the player's own cost.