

LTPD Phase Specific Guidelines

Each phase within LTDP comes with its own set of guidelines based on player development across the 4 corners.

The following pages details the criteria for optimum soccer development within each phase.

Bryst programming is designed to meet the requirements of each phase.

(We do not currently offer programming in the Train to Win phase.)

It is important for coaches to familiarize themselves with this information and be mindful when planning their sessions.



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Active Start Guidelines

At these ages, players should be training 1-2 times per week plus an optional game. Training times should be between 30 minutes and 1 hour. A size 3 ball should be used for training. In the early part of this phase competition may only be in the form of player versus parent. In the later part, small sided games should be 1v1 to 4v4, based on their age and the Ontario Soccer Development Matrix recommendations. This is the stage to learn fundamental movement skills.

There is a clear link between participants who report that they are having fun at practices and the type of learning environment the coach builds. Participants want and need to be involved in choosing what and how they will learn, and want as much as possible to learn through play and mini games rather than through repetitious drills. Research shows that the most important contributor to learning sport skills is the amount of time during a practice that participants are active.

Practice time allotment should be as follows:

10 mins warm up with the ball

10 minutes mins small sided game

10 mins Activity (random practise)

10 minutes mins small sided game

10 mins Activity (random practise)

10 minutes mins small sided game

Psychological

- 1) Make choices to solve problems
- 2) Introduce concept of team versus team games
- 3) Concentration and focus on a task
- 4) Have players provide input
- 5) Confidence

Social/ Emotional

- 1) Cooperation with others
- 2) Receive positive reinforcement
- 3) Following basic rules
- 4) Accepting loss
- 5) Listening to coach
- 6) Making new friends
- 7) Having Fun!

Active Start Phase Areas of Focus

Physical Development

- 1) Basic Movements –Running Jumping, Hopping, Skipping
- 2) Basic motor skills
- 3) Agility
- 4) Balance
- 5) Co-ordination of simple movements,

Technical Development

Introduce ball manipulation techniques

- 1) **Ball Mastery:**
 - a. Dribbling and manipulating the ball with both feet ie. Coerver method. Imagination and creativity is vital.
 - b. Controlling the ball on the ground with both feet and different surfaces.
 - c. Control – Look - Play
 - d. Ball juggling.
- 2) **Progression With the Ball:**
 - a. Shielding the ball.
 - b. Turning with the ball
 - c. Feints and change of direction
 - d. Running with the ball
- 3) **Transmission of the Ball:**
 - a. Passing with a partner using inside and outside of feet, up to 3 versus 1
- 4) **Shooting:**
 - a. Shooting with both feet
 - b. Introduce chip, bent shot, volley
 - c. Turning and shooting
 - d. Scoring goals on nets (fun aspect and freedom of expression)
 - e. Focus on the accuracy of the shot
- 5) **Defending:**
 - a. Introduce 1v1 defending
 - b. Introduce pressure on an opponent and closing space
 - c. Introduce challenging for the ball
 - d. Introduce jockeying
 - e. Introduce the concept of goal-side
 - f. Introduce watching the ball and the opponent
 - g. Introduce when to intercept the ball
 - h. Introduce individual marking around the goal area

Fundamentals Guidelines

At these ages, players should be training 2-3 times per week plus one game. A size 3 or lighter size 4 ball for U8-U9, size 4 or lighter size 5 ball for U10, or futsal ball should be used for training. Competition games should be 4-aside to 7-aside, based on their age and the Ontario Soccer Development Matrix recommendations. The total number of games in an outdoor season should be 16-20. This is the learning stage and football is for fun. It takes ten years of extensive training to excel in any sport. All of these key factors relate to field players and goalkeepers.

Coaches at this level should be very enthusiastic and promote the fun/passion aspect of the game to the players. They must understand children and be able to influence the players. They must join in the training sessions to motivate the young players. Do not start position specialization as it creates emotional stress and affects physical development. Rotate the players around in various positions. Begin teaching the technical elements of the game and play lots of small games with technical conditions, due to short attention spans. Have players master the ball and do not play one-touch soccer due to limited contacts on the ball.

Practice time allotment should be as follows:

15-20 mins warm up with the ball

15-20 mins small sided game

15-25 mins Activity (random practise)

20-25 Mins Game 3v3 to 4v4

Goalkeeping

1. Goalkeepers fielding and handling the ball
2. Introduce distribution with hands and feet
3. Develop footwork and agility
4. Develop the stance
5. Introduce the side dive
6. Introduce diving at the feet of an attacker
7. Develop the ability to take a goalkick
8. Introduce the goalkeeper supporting the defence
9. Introduce the sweeper-keeper role
10. Develop communication skills with teammates
11. Introduce positioning in and around the goal area
12. Introduce positioning and communication on set plays

Tactical Development

- 1) 1 versus 1 attacking a defender and going to goal.
- 2) Introduce triangles of support
- 3) Introduce creating space for the individual
- 4) Introduce combination play
- 5) Introduce goal-side in defending
- 6) Introduce wing play
- 7) Small-sided games with no goalkeepers (3v3, 4v4)
- 8) Goalkeepers learning to protect the goal
- 9) Training in small-sided games.

Social/ Emotional Development

- 1) Provide problem-solving situations on the field
- 2) Have different players lead activities
- 3) Have players provide input
- 4) Receive positive reinforcement
- 5) Introduce Leadership skills
- 6) Team Bonding Activity

Fundamental Phase Areas of Focus

Psychological Development

- 1) Introduce relaxation exercises
- 2) Introduce positive self talk
- 3) Introduce concentration exercises
- 4) Introduce goal setting
- 5) Introduce imagery and focus during games

Physical Development

- 1) Running style (arm movement, leg movement, head position)
- 2) Turning, change of direction and agility.
- 3) Vertical jump
- 4) Basic motor skills (learning to anticipate the ball)
- 5) Balance while in control of the ball
- 6) Co-ordination while running with the ball

Technical Development

- 1) Ball Mastery:
 - a. Dribbling and manipulating the ball with both feet ie. Coerver method. Imagination and creativity is vital.
 - b. Controlling the ball on the ground with both feet and different surfaces.
 - c. Control – Look - Play
 - d. Ball juggling.
- 2) Progression With the Ball:
 - a. Shielding the ball.
 - b. Turning with the ball
 - c. Feints and change of direction
 - d. Running with the ball
- 3) Transmission of the Ball:
 - a. Passing with a partner using inside and outside of feet, up to 3 versus 1
- 4) Shooting:
 - a. Shooting with both feet
 - b. Introduce chip, bent shot, volley
 - c. Turning and shooting
 - d. Scoring goals on nets (fun aspect and freedom of expression)
 - e. Focus on the accuracy of the shot
- 5) Defending:
 - a. Introduce 1v1 defending
 - b. Introduce pressure on an opponent and closing space
 - c. Introduce challenging for the ball
 - d. Introduce jockeying
 - e. Introduce the concept of goal-side
 - f. Introduce watching the ball and the opponent
 - g. Introduce when to intercept the ball
 - h. Introduce individual marking around the goal area

Learn to Train Guidelines

In this phase, players should be training 3 times per week with sessions 90 minutes in length. A size 4 or lighter size 5 soccer or size 5 should be used in training and Games should be 7 a-side or 9-aside, based on their age and the Ontario Soccer Development Matrix recommendations. Introduce offsides in game situations for older players in this phase. The total number of games in an outdoor season should be 16-20. This starts the technical stage where technique must be worked upon daily.

The use of role models is vital at this stage of development. Coaches at this level must be very enthusiastic and sensitive to the athletes. They join in the training sessions to motivate the young players. Encourage decision-making, creativity and emphasize discipline. Players should enjoy co-operative play (working in pairs) and learning how to play. The players at this age must be high on; order, discipline, spirit, communication, creativeness, aggression, vision and passion for the game. Pre-puberty growth in girls can start early during this phase. Pre-puberty growth will start with boys at age 11 and finish at age 15.

Practice time allotment should be as follows:

15 mins warm up with the ball

15-20 mins small sided game

25 mins Activity (Random rather than Block practise)

25 Mins Game 5v5- 7v7

Goalkeeping

1. Develop the decision making on what ball distribution to use
2. Develop the goalkeeper supporting the defence with verbal instructions and positioning
3. Develop goalkeeper stance
4. Develop footwork with agility and coordination
5. Develop sideways dive
6. Introduce deflecting ball
7. Introduce punching the ball with two fists
8. Develop diving at feet of attacker
9. Introduce sweeper/keeper role and reading space behind defenders
10. Develop all aspects of distribution
11. Develop role of goalkeeper on set plays
12. Develop build up from the back and counter attack through the goalkeeper
13. Develop goal-kick technique

Social/ Emotional

- 1) Provide positive reinforcement and timely assessments
- 2) Introduce discipline and structure
- 3) Encourage input and decision making from players
- 4) Team Bonding Activity
- 5) Develop Leadership skills

Psychological Development

- 1) Increase self confidence
- 2) Develop leadership
- 3) Develop relaxation exercises
- 4) Develop positive self talk
- 5) Develop concentration exercises
- 6) Develop goal setting
- 7) Develop imagery and focus during games

Tactical Development

- 1) 1 versus 1 skill in attack and defence
- 2) Providing support for teammates in small-sided games (*4v4, 6v6*)
- 3) 3v3 or 4v4 games. Understanding triangular play
- 4) Develop wing play
- 5) Introduce crosses on the ground. Introduce runs into the box
- 6) Introduce penetrating runs
- 7) Introduce link up from back to front
- 8) Introduce switching the play
- 9) Overloading one team in small-sided games to work on a specific aspect ie. keep possession
- 10) *Develop compact team play*
- 11) Start to show positional play and positional interchange
- 12) Work with the players on finding solutions on the field and encourage risk-taking

Learn to Train Phase Areas of Focus

Physical Development

- 1) Changing direction in relation to a player and a ball
- 2) Running backwards and turning to track a ball
- 3) Start to develop speed and mobility with linear, lateral and multi-directional movement
- 4) Develop endurance through soccer activities
- 5) Agility
- 6) Balance
- 7) Develop strength through own-body weight exercises

Technical Development

1. Ball Mastery:
 - a. Encourage risk-taking with the dribbling skills (*Coerver moves unopposed and then 1v1*).
 - b. Shielding the ball
 - c. Ball juggling.
 - d. Players must get a minimum of 1000 touches on the ball per session.
 - e. Turning with ball
2. Progression With The Ball:
 - a. Control, Look, Play
 - b. Running with ball over distance
 - c. Decision making on running with ball or beating opponent
3. Transmission Of The Ball:
 - a. Passing the ball along the ground with teammates (*two-touch and one-touch*)
 - b. Receiving the ball along the ground from teammates (first touch)
 - c. Use different surfaces for passing
 - d. Introduce combination plays
 - e. Introduce wing play
4. Shooting:
 - a. Shooting the ball on net (individual and combination play).
 - b. Creating the attitude to shoot and the preparation to strike the ball
 - c. Volleying technique
 - d. Develop shooting skills over a longer distance
 - e. Read the goalkeeper position before shooting
 - f. Develop the selection of shots when going to goal
5. Defending:
 - a. Challenge the attacker from different angles
 - b. Develop getting goal-side when ball possession is lost
 - c. Develop the split vision of ball and attacker
 - d. Develop decision making process of when to intercept ball
 - e. *Introduce a second defender as cover*
 - f. Defending using man-to-man marking
 - g. Develop individual marking close to goal
 - h. Develop blocking cross or shot near own goal

Training to Train Guidelines

In this phase, players should be training 4-5 times per week plus one game. Sessions should be 1.5 - 2 hours in length. Games should be 11-aside. The total number of out door games in a season should be 20-25. This is the technical stage with consistent technical work. Players must be technically proficient and displaying creativity.

Coaches should have a strong personality and be very knowledgeable about the game. They should be patient but demanding. Athletes that are experiencing puberty go through growth spurts that can affect their development. Each player must be dealt with as an individual. The players at this age must be high on; discipline, spirit, communication, creativeness, aggression, vision and a passion for the game. They must show courtesy and respect for others, but take responsibility for their own actions.

The recommended practice time allotment is as follows:

15 mins warm up with the ball

15-20mins small sided game

25 mins Activity (Functional or Phase of Play)

25 Mins Game 7v7 or 8v8

Training to Train Phase Areas of Focus

Tactical Development

- 1) *Small-sided games using 4 versus 4 up to 8 versus 8 (do not play with limited touches)*
- 2) **Winning 1 versus 1 match-ups and working towards a goal**
- 3) **Working in small groups (creating space and movement off of the ball, like the wall pass and the overlap run)**
- 4) **Small-sided games showing team shape (support near and far) plus overloading games (4v1, 5v2)**
- 5) *Positional play and understanding the distances between players and their roles*
- 6) *Introduce systems of play moving from 9-aside to 11-aside*
- 7) *Develop flank play with crosses on the ground and in the air*
- 8) **Develop central plays and penetrating runs with link ups**
- 9) **Introduce the switching of the play**
- 10) **Develop decision making of ball into feet or into space**
- 11) **Refine set plays**
- 12) **Using defensive delay (track and cover), pressuring and channelling in small-sided games**
- 13) **Team building using the 4 functional lines (goalkeeper, defenders, midfielders, strikers)**
- 14) **Review the choices that players are making in the small-sided games. Decision-making under pressure and in *reduced spaces*. Use a neutral player to emphasize looking for an open teammate.**

Technical Development

1. **Ball Mastery:**
 - Repetition of skills on a daily routine (dribbling-Coerver, juggling, shooting, heading, passing, crossing, volleying and defending).
 - Learning the basic skills under pressure from an opponent (1 vs. 1, 2 vs. 2 and 5 vs. 5 and going to goal with a goalkeeper).
 - *Using both feet at all times.*
2. **Progression with the ball:**
 - Refine the running and dribbling with the ball and where on the field to use this skill
 - Refine change of pace with the ball
 - *Work on position specialization*
3. **Transmission of the ball:**
 - The technique of heading the ball with power
 - Controlling the ball that travels in the air (first touch) and the lofted pass
 - *Increase passing range to 30-35 metres*
 - Develop combination plays
 - Continue to develop wing play
4. **Shooting:**
 - Shoot with a variety of surfaces
 - Shoot from a variety of distances
 - Shoot from a variety of angles to goal
 - Refine the shooting accuracy
 - Refine decision making in front of goal
 - Refine understanding of following up shot on goal
 - Refine the sequence of dribbling and shooting
 - Refine choice and accuracy of shot
5. **Defending:**
 - Develop jockeying, delay and when to challenge
 - Develop challenging from different angles
 - Introduce ball recovery with body between ball and opponent
 - *Introduce defensive headers and clearing the ball (no heading for u13s)*
 - *Introduce and develop understanding of zonal defense*
 - Refine split vision of ball and opponent
 - Develop understanding of team compactness
 - Develop decision on when and how to intercept the ball
 - Introduce proper distances between defending unit
 - *Introduce high, medium and low pressure*
 - *Introduce the offside trap*
 - Develop last line dropping on vertical play
 - *Introduce recovery runs*
 - Educate players on switching from zonal to man to man in the box
 - Refine ways of blocking crosses and shots
 - *Introduce re-positioning if counter attack is played*
 - *Introduce pressure to pressurize a counter attack*

Social/ Emotional

1. Use team captains as leaders
2. Develop interpersonal skills and teamwork
3. Provide positive reinforcement and timely assessments
4. Refine discipline and structure
5. Encourage input and decision making from players
6. Introduce coaching, refereeing and role modelling
7. Team Bonding Activity
8. Refine Leadership skills

Training to Train Phase Areas of Focus

Goalkeeping

- Working with the feet, as goalkeepers must be good field players
- Refine stance and positioning
- Refine footwork
- Refine the different dives
- Refine ball handling
- Refine tackling at the feet of the attacker
- Develop reading the space behind the defence
- Refine the various methods of distribution
- Progressive training to avoid fear of diving or fear of the ball
- Develop communication with team using certain key words
- Refine role of goalkeeper on defending at set plays
- Develop decision making on starting the attack
- Refine technique for goal-kicks

Physical Development

1. Speedwork over 5, 10, 20 metres (4-6 repetitions)
2. Speedwork with the ball (co-ordination)
3. Emphasize aerobic development at onset of growth spurt
4. Agility work
5. Develop flexibility and mobility
6. Core strength and resistance training exercises
7. Reaction work
8. Monitor diet and hydration
9. Two plus hours of sleep prior to midnight with an average of 8 hours of sleep per night
10. Monitor growth every three months

Psychological Development

1. Develop self talk
2. Develop concentration exercise
3. Continue positive reinforcement
4. Develop mental preparation
5. Introduce managing distractions
6. Develop detailed use of goal setting
7. Develop imagery with self executing perfect technique and play
8. Develop parking and re-focusin
9. Motivate players to work independently away from the field
10. Introduce career planning
11. Develop relaxation exercises

Training to Compete Guidelines

In this phase, players should be training 5 or more times per week plus one game. Sessions should be 1.5 - 2 hours in length. Games should be 11-aside. The total number of games in an outdoor season should be 20-25. Teams should be exposed to and tested in local and US showcase events.

Coaches at this level must be charismatic, experienced, knowledgeable, have managerial expertise and a disciplinarian. Coaches must also show respect for the player, promote values such as honesty, sacrifice, solidarity and fair play. The players at this level must be high on; teamwork, game preparation and winning the duels on the field. Late developers must be given opportunities. Look to perfect technique and tactics with enthusiasm. Develop competitiveness and a winning mentality.

The recommended practice allotment time is as follows:

15 mins warm up with the ball

15-20mins small sided game

25 mins Activity (Functional or Phase of Play)

25 Mins Game 8v8- 11v11

Training to Compete Phase Areas of Focus

Tactical Development

- 1) Using the wall pass in attack under pressure (combination plays)
- 2) Building up the attack from central and wide positions with runs into the box
- 3) Team building using the 4 functional lines
- 4) Perfect switching the play
- 5) Perfect penetrating passes and overlap runs
- 6) Refine wing play
- 7) Refine creating space
- 8) Use defenders in overlapping situations
- 9) Refine set plays
- 10) *Team tactics using 8 vs. 3, 6 vs. 5 and 5 vs. 5 (combined play and creating space)*
- 11) Zonal marking in defending with proper spacing between players
- 12) Re-possessing the ball as a team (team defending)
- 13) Refine team compactness
- 14) Perfect high pressure, medium pressure and low pressure as a team
- 15) Refine recovery runs on counter attacks
- 16) Perfect pressure on the ball to prevent counter attack
- 17) *Full-sided work (11 vs. 11) on tactical speed in attack and in defense*
- 18) Perfect decision making
- 19) High level of competition to test their skills under pressure.

Technical Development

1. **Ball Mastery:**
 - Repetition of skills on a daily routine (dribbling-Coerver, juggling, shooting, heading, passing, crossing, volleying and defending).
 - Learning the basic skills under pressure from an opponent (1 vs. 1, 2 vs. 2 and 5 vs. 5 and going to goal with a goalkeeper).
 - *Using both feet at all times.*
2. **Progression with the ball:**
 - Refine the running and dribbling with the ball and where on the field to use this skill
 - Refine change of pace with the ball
 - *Work on position specialization*
3. **Transmission of the ball:**
 - The technique of heading the ball with power
 - Controlling the ball that travels in the air (first touch) and the lofted pass
 - *Increase passing range to 30-35 metres*
 - Develop combination plays
 - Continue to develop wing play
4. **Shooting:**
 - Shoot with a variety of surfaces
 - Shoot from a variety of distances
 - Shoot from a variety of angles to goal
 - Refine the shooting accuracy
 - Refine decision making in front of goal
 - Refine understanding of following up shot on goal
 - Refine the sequence of dribbling and shooting
 - Refine choice and accuracy of shot
5. **Defending:**
 - Develop jockeying, delay and when to challenge
 - Develop challenging from different angles
 - Introduce ball recovery with body between ball and opponent
 - *Introduce defensive headers and clearing the ball (no heading for u13s)*
 - *Introduce and develop understanding of zonal defense*
 - Refine split vision of ball and opponent
 - Develop understanding of team compactness
 - Develop decision on when and how to intercept the ball
 - Introduce proper distances between defending unit
 - *Introduce high, medium and low pressure*
 - *Introduce the offside trap*
 - Develop last line dropping on vertical play
 - *Introduce recovery runs*
 - Educate players on switching from zonal to man to man in the box
 - Refine ways of blocking crosses and shots
 - *Introduce re-positioning if counter attack is played*
 - *Introduce pressure to pressurize a counter attack*

Psychological Development

- 1) Refine relaxation and anxiety control
- 2) Refine self-talk
- 3) Take responsibility for decision making
- 4) Refine mental preparation
- 5) Manage distractions
- 6) Refine goal setting
- 7) Refine imagery
- 8) Training targets are set within competitive games

Physical Development

- 1) Vertical jump (power and strength)
- 2) Aerobic base (beep test)
- 3) Acceleration and speed (40 meter test with sensors every 5 meters)
- 4) Springing and bounding (Italian Bosco Test)
- 5) Strength and conditioning with individual plan
- 6) Maintain and improve fitness and recovery
- 7) Highly individualized programs based on position specialization
- 8) Monitor flexibility
- 9) Monitor diet, hydration and sleep habits
- 10) Speed and explosiveness with ball.
- 11) Educate players on injury prevention and recovery

Training to Compete Phase Areas of Focus

Goalkeeping

- Perfect positioning
- Perfect footwork
- Perfect all dives
- Perfect handling of balls from all heights and angles
- Perfect diving at feet of opponent
- Refine reading of space behind defenders
- Refine handling of crossed balls
- Refine distribution
- Refine courage, confidence and concentration
- Refine interaction between goalkeeper and teammates
- Refine the decision making on set plays
- Perfect the goal-kick

Social/ Emotional

- 1) Individual feedback
- 2) Refine interpersonal skills and teamwork
- 3) Refine discipline and structure
- 4) Sports Personality Test
- 5) Team spirit, team togetherness and a will to win is vital
- 6) Integrate sport, career and life goals
- 7) Provide positive reinforcement and timely assessments
- 8) Perfect discipline and structure
- 9) Engage with input and decision making from players
- 10) Refine Leadership skills
- 11) Develop coaching, refereeing and role modelling
- 12) Team Bonding Activity

