



L.T.P.D.  
long term player development



# Soccer For Life

## "Soccer for health and growth"



**For coaches of U12 and older females & U13 and older males**



# Soccer For Life

Coach, Soccer For Life practices should follow the principles of more playing, more activity. Players enjoy playing, they learn best from playing. You may have heard the saying "the game is the best teacher".

By preparing your practice plan to incorporate small-sided games you will see a happier, more active, better performing player who will be eager and excited to attend the next practice or game.

Social activities are an important part of creating a team, be creative with your team and have some fun away from the soccer field.

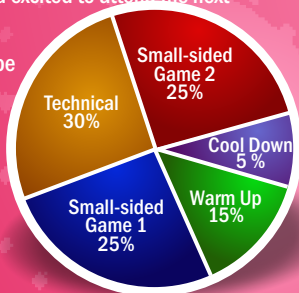
## Practice Focus

Coach, the above chart indicates how your practice sessions should be structured for players in the Soccer For Life development stage. Practice duration should range between 75 and 90 minutes.

**Warm up** - Getting the players prepared to practice and play, mentally and physically. Incorporate various dynamic stretches.

**Small-sided Game 1** - Two teams e.g. 5v5 play with direction and targets. Let them play!

**Technical** - Pick a technical or tactical theme e.g. passing, receiving, shooting, defending, midfield play etc. and pick an exercise where lots of repetition can occur. Coach the players using a variety of teaching styles.



**Small-sided Game 2** - Here is an opportunity for the players to apply what you have just practiced with them. No interference from the coach - just let them play!

**Cool Down** - The players have a chance to cool down, stretch and review the key points from practice.

## Role of the Soccer For Life Coach

- Provide simple teaching points to help your players learn.
- Encourage skill development through games and other activities.
- Provide lots of activity to help contribute to an active lifestyle.
- Set goals that are challenging but realistic.



The Soccer for Life development stage is the seventh stage of soccer development that our players go through. These players could be newcomers to the game or have many years of experience. Coaches should encourage the mastering of new skills and also maintain or improve skills that players may already have.

This stage requires a fun and challenging environment to keep them interested and active in soccer. These recreational and competitive players will enjoy and benefit from exciting and stimulating practices and games.

Players in this recreational and competitive stream can still move over and be a part of the excellence stream and vice—versa.

*Make sport a positive, fun place to be!*

# Four-Corner Approach

The gradual progressive development of players is fundamental to the enjoyment, technical competency and retention in the game. The “four-corner” approach places the player at the center of the development process with soccer experiences that meet the four key needs of the player.



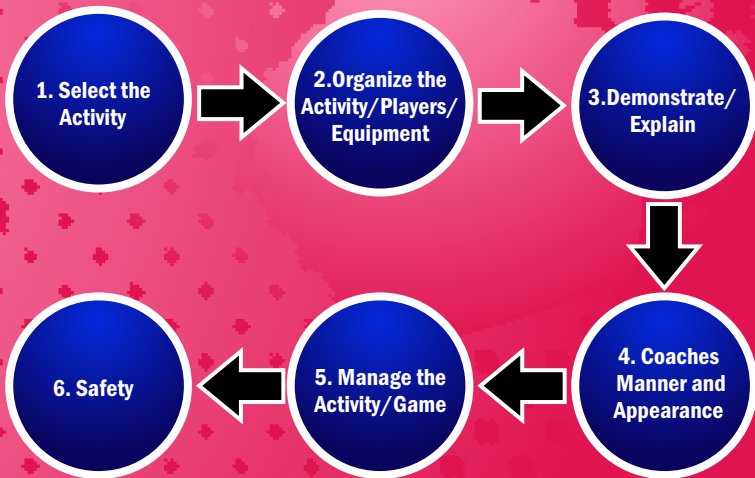
## Soccer For Life Coaches' Tips

- Focus on having fun, in addition to stress release and fitness discipline.
- Basic tactics are sufficient to enjoy the game at a recreational level. More advanced tactics are required for a competitive level.
- Follow appropriate guidelines in the areas of endurance, strength and flexibility training.
- Offer encouragement and support to help your players be the best they can be.
- Instill the importance of fair play and being a good sport.
- Playing situations work best for teaching tactical understanding and building game sense.
- Small-sided games are a great way to teach technical and tactical skills.
- Teach basic principles of play, teach simple tactics.
- During games everyone should play equal time.



*“Consider and respect differences in player development during this stage”*

# Model For Soccer For-Life Coach



## Game — Practice - Season

**GAME :** At this stage teams will play 11v 11 on full-size fields, full-size goals, using a size 5 ball. Each half will be a maximum of 45 minutes.

**PRACTICE:** Recommended time, 75-90 minutes.

**SEASON:** Year-round play with appropriate rest and recovery periods.



# Soccer For Life Clinic

For the players to enjoy and benefit from their soccer experience we recommend that each coach attend a Soccer For Life Coaching Clinic. During the fun, interactive 14-hour course you will be introduced to games and activities that are designed for the Soccer for Life development stage players. Learn how to design and run a safe, age-appropriate practice . For more information please contact your club, district or OSA.

## Resources

For further information on Coaching clinics, practice sessions, LTPD information, game formats etc. please contact any of the resources listed below.

Ontario Soccer Association - [www.soccer.on.ca](http://www.soccer.on.ca)  
Canadian Soccer Association - [www.canadasoccer.com](http://www.canadasoccer.com)  
Canadian Sport 4 Life - [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca)  
Your Club Technical Director  
Your District Technical Director



7601 Martin Grove Rd.  
Vaughan, ON L4L 9E4  
t. 905.264.9390  
f. 905.264.9445



[www.ontariosoccer.net](http://www.ontariosoccer.net)