

Caledon S.C. LONG TERM PLAYER DEVELOPMENT (LTPD)

Development Team Program and Philosophy

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. LTPD is not a new concept. It is simply an approach to create a great environment for developing young players properly to their full potential—a philosophy that has already long been in place in the best soccer nations in the world.

Our commitment at the CSC is to make the game more fun than ever before for the development level player and to provide better development opportunities than ever before for those with aspirations for a future in the sport.

In short, it's about putting player-development first. At the end of the day, that's what everyone involved with our great sport wants. 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.

Development

Micro (U4-U6) – Active Start (3v3)

Active Start is a program that introduces the beginner to the game of soccer via a series of fun soccer related activities, where the Team leader is simply a facilitator who encourages all players. Players are learning in a safe, pressure free environment where the emphasis is on fun.

Recreational

U7 & U8 – Fundamentals (5v5)

Fundamentals continue within this age group as players are encouraged to develop within a small-sided game. The role of the Team Leader is to act as a facilitator to guide the players and create an environment where players try to learn the game for themselves. Technical development is paramount at this age group.

U9 to U12 – Learn to Train (U9 & U10 7v7, U11 & U12 11v11)

Also known as the “Golden Age”, players begin to identify with famous players and teams, and they want to learn imaginative skills. Repetition is key but creating a fun and challenging environment is still essential for stimulating learning.

U13 and Up – Soccer for Life (11v11)

At this stage, players begin to focus on position-specific skills and physical preparation. It requires a fun and challenging environment but provide lots of activities to help contribute to an active lifestyle.

COMPETITIVE DEVELOPMENT TEAM STRUCTURE

No Tryouts, the club will run development sessions from U8 to U12, for all players interested in a higher level of development. The club will explain to all parent's the time commitment for our programs with 3 practices to 1 game ratio.

All development teams will work within a structured program that will be monitored with the assistance of the technical staff. Club Head Coach is available for training sessions and game day help and will rotate as a mentor for each team.

Coaching Methodology

A fun structured environment where the players are encouraged to try things to improve their ability, let them play and learn, small sided games is a key component of the program.

OSA Guidelines

Caledon S.C. will follow the OSA guidelines on time away from the game, each player must have two months off per year and six weeks must be at the same time. Caledon schedule is below to deviate from this must be approved by the club head coach.

The 6 weeks will be at the end of your last game in August for the outdoor season. The players will be given one week off at Christmas time, so no indoor tournaments will be approved.

The additional week is during March break as no tournaments will be approved.