

# Force Soccer Academy

Developing confident, inspired, and competitive athletes.

[forcesoccer.ca](http://forcesoccer.ca)



## Policy on Long-Term Player Development (LTPD) Stage Appropriate Principles

*Updated November 2023*

### I. Introduction

Burlington Force Soccer Academy (BFSA) embraces the Long-Term Player Development (LTPD) model as a cornerstone of our programming to ensure that our young athletes receive the highest quality soccer education tailored to their stage of development. The LTPD framework is informed by research and guidelines provided by the Ontario Soccer Association and is aligned with our mission to foster a lifelong passion for the sport of soccer.

### II. LTPD Commitment

BFSA commits to the full integration of the LTPD model within our Academy, ensuring that the physical, psychological, and tactical training provided is appropriate for the age and developmental stage of each player. By prioritizing the needs of the players, we aim to facilitate their progress and enjoyment within the sport, allowing each individual to reach their potential.

### III. Values & Benefits of the LTPD Model at BFSA

- **Child-Centered Play:** Allowing young players to enjoy the game in a manner consistent with their age and capabilities.
- **Appropriate Scaling:** Utilizing fields, team sizes, and equipment that are suitable for the various developmental stages.
- **Increased Engagement:** Ensuring more individual ball time and decision-making opportunities for each player.
- **Educated Coaching:** Providing coaches who are trained to understand and cater to the developmental needs of young athletes.
- **Development Pathways:** Creating clear and progressive pathways that grow with the player.
- **Holistic Growth:** Viewing player development as a journey that encompasses more than just athletic skill.

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## IV. Implementation Strategies

- **Coaching Recruitment & Training:** Employing coaches who embody the LTPD philosophy and have been educated through the Ontario Soccer Association and Canada Soccer.
- **Continuous Assessment:** Regularly evaluating our coaching methods and training programs to align with LTPD principles.
- **Professional Development:** Encouraging our coaches to pursue ongoing education (K.E.Y. - Keep Educating Yourself) that complements the LTPD model.
- **Cultural Shift:** Addressing the “win at all costs” mentality by emphasizing development and performance over short-term victories.
- **Equitable Play:** Ensuring fair game time distribution for all players who have earned this by committing to training.
- **Supportive Feedback:** Providing individualized coaching and feedback to support player development.
- **Community Engagement:** Hosting fun days, festivals, and educational sessions for parents and members of the Academy.
- **Expert Insight:** Inviting guest speakers and offering training sessions for Academy coaches and parents to reinforce the LTPD framework.

## V. Parental and Community Education

BFSA recognizes the crucial role parents and the community play in the successful implementation of the LTPD model. We will provide education and resources to ensure they are well-informed advocates and supporters of this development-first approach.

## VI. Review and Improvement

This policy will be subject to periodic review and adjustment to reflect the latest in developmental science and soccer education, ensuring that BFSA remains at the forefront of youth soccer development.