

Club Head Coaches Ontario LTPD Implementation

Over the next 2 hours

Long Term Player Development

- Background and process
- LTPD Principles and Philosophy
- Current situation in Ontario
- New Vision
- 2012 Priorities
- Coaching Development
- Your input



Background

Canadian Sport for Life (Sport Canada)

- Political environment

Canadian Soccer Association (CSA)

- Wellness to World Cup Volume 1 – 2008

OSA Board Support

- Coaching Certification progression

OSA Implementation

- Staff turnover and challenges
- Progressive clubs and districts

Current Situation

- TAC process and progress
- OSA Board Endorsement - Sept 2011



Long Term Player Development

What is LTPD?

“Vision for soccer player development, training and competition, and recovery based on biological age (physical maturity) rather than chronological age. It is player centred, coach driven and administration and sports science supported”



LTPD - Principles

1. **10- year rule**
Accumulation of hours / number of touches
2. **The Fundamentals**
ABC's, running, jumping throwing, kicking, catching and dribbling.
3. **Specialisation**
Early engagement / late specialisation
4. **Recognising Development Age**
Difference between dvpt age and chronological age, RAE
5. **Trainability (Training Emphasis periods)**
Critical periods of the body's responsiveness

LTPD - Principles

6. **Four Cornered Approach**
Holistic approach – Technical / Tactical, Physical, psychological and social / emotional.
7. **Periodisation / Calendar planning**
Age appropriate games for development stages, training to playing ratios etc
8. **System Alignment and Integration**
Collaboration of stakeholders
9. **Continuous Improvement**
Remain at the forefront of international knowledge and research.

"Those of us who are involved in youth development or in soccer academies, must bear in mind that, of the 16 years olds who sign a professional contract, 85% are out of professional football by the age of 21"

- UEFA 2007

Development Stages

LTPD Stage	Age	Skill Level	Match Format	Program
Active Start "First Kicks"	U4 – U6	Fundamental movement and play	No competitive games	Play with parents and friends
FUNDamentals "Fun with the ball"	U6-U9 M U6-U8 F	Fundamental movement and soccer skills	3 v 3 to 5 v 5	Entry level program, Club teams
Learning to Train "Golden age of learning"	U9-U12 M U8-U11 F	Developing soccer skills and speed	6 v 6 to 8 v 8	Club Teams program, Schools
Training to Train "Identifying the elite player"	U12-U16 M U11-U15 F	Building physical capacities and developing soccer skills and tactics	8 v 8 to 11 v 11	District, Provincial, NTC, Academies (Provincial, school and private)
Training to Compete "Developing the international player"	U16 – U19 M U15 - U18 F	Refining skills and position play specific physical and mental training	11 v 11	NTC National Youth Teams Pro Teams
Training to Win "Building the world cup player"	19+ Males 18+ Females	Perfecting performance	11 v 11	Pro Teams (Top 10 leagues in world) National Teams
Soccer for Life (Comp / Rec)	12 + M and F (Health and Amateur Achievement)	C - PB intensive training R - Soccer for fitness, fun and social interaction	11 v 11 (adapt to suit the level of play)	C – Competitive teams, Uni, college R – Former players all levels (Rec)

Benefits of LTPD?



- Eliminates gaps in player development system
- Guides planning for optimal athlete performance at all stages
- Provides a framework for alignment and integration
- Follows scientific principles and practical coaching experience

Players and Parents

- Better understanding of what makes a good soccer program
- More players learning at their level and having fun
 - Appropriate game and league structures
- More opportunity for players to reach their potential
- More coaches who are knowledgeable in leading safe and effective practices

Coaches and Clubs

- Information and education on effective coaching and practice methods
- Guidelines on appropriate game structures
- Guidelines on appropriate competition levels
- Established pathways for player development for all levels and abilities / ambition
- Affirmation of best practice for coaches and club administrators

Benefits for All

- Competitive behaviour is fostered in players, while **over competitive** behaviour is discouraged (coaches and adults)
 - Players, parents and coaches understand that players are unique
- Players stay involved in the sport throughout their lives (coaches, referees, administrators)
- Soccer grows, lifelong wellness is promoted for players of all ages, genders and ability levels.

World Best Practice – FFA, KNVB, FA, NZF, JFA, DFB

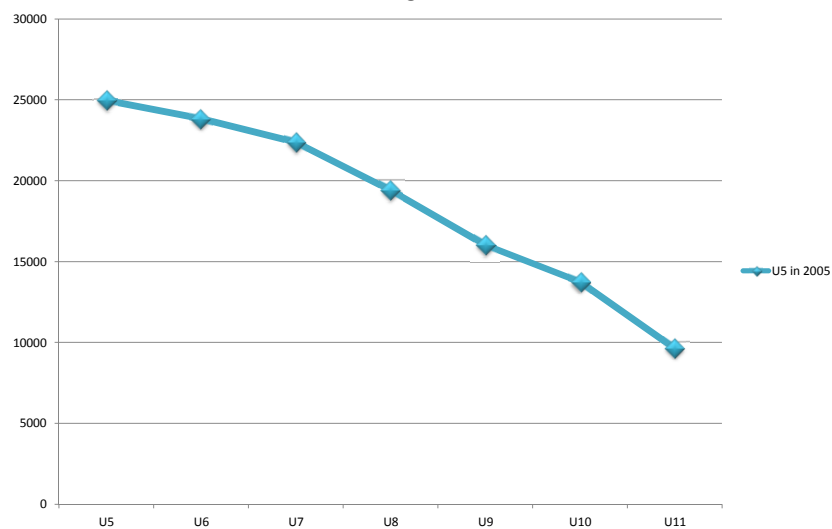
Current Situation in Ontario

- **No unity, consistency or alignment**
 - Leadership, governance structure, overdose on rules, credibility?
- **Coaching**
 - Quantity and quality
- **Communication**
 - Audiences can't be reached (filters)
 - Disconnect and rumour mill
 - Survey results
- **Participation drop off**



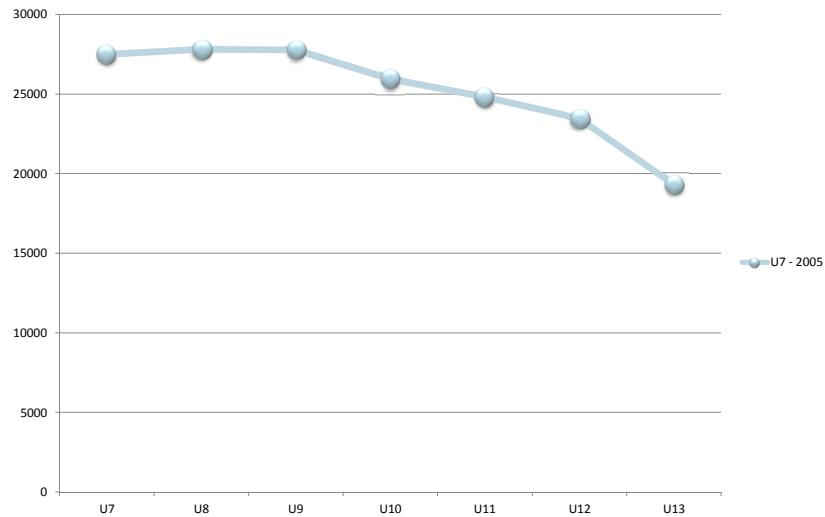
Current Situation in Ontario

U5 in 2005 Registration Decline



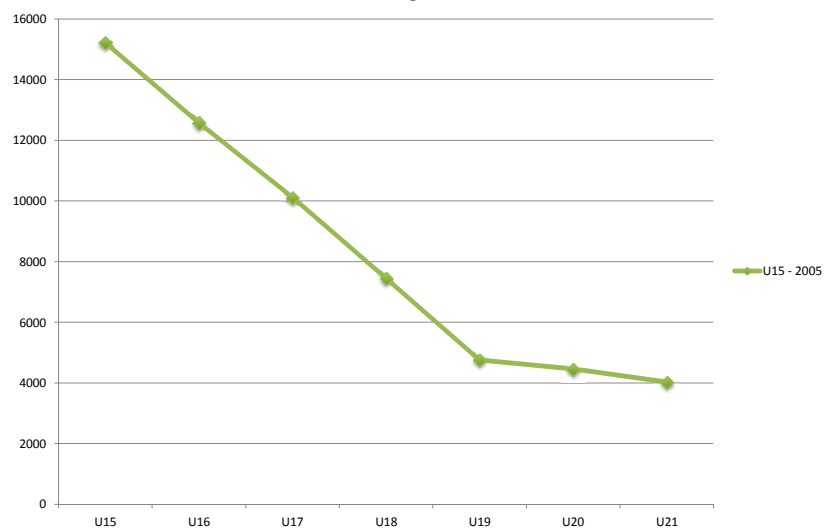
Current Situation in Ontario

U7 in 2005 Registration Decline



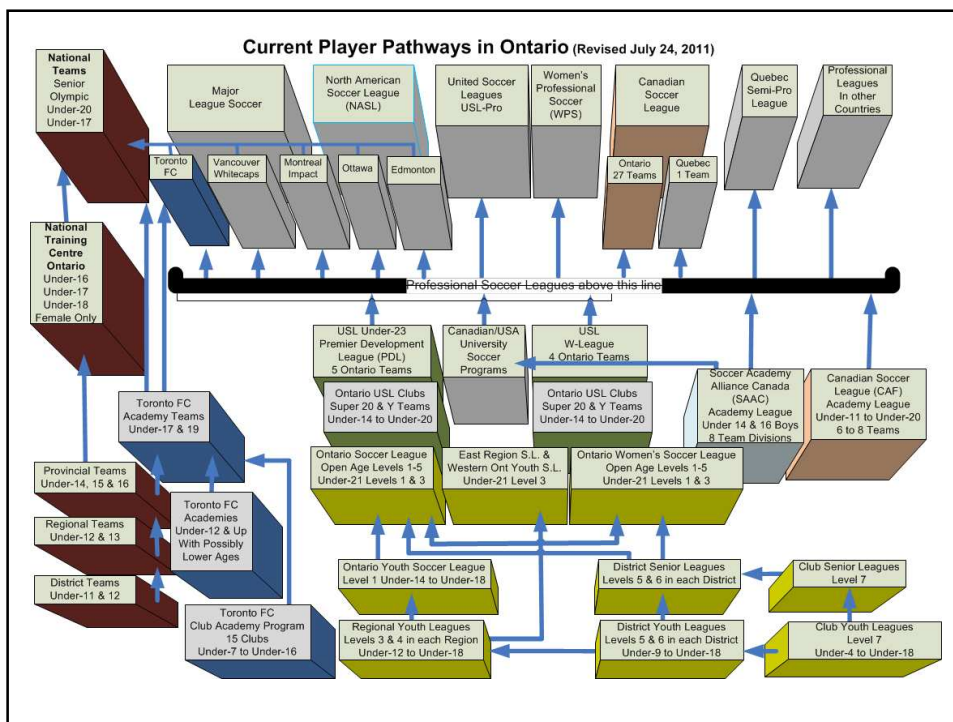
Current Situation in Ontario

U15 in 2005 Registration Decline



Current Situation in Ontario (cont.)

- **Competitive Structure**
 - Where do I start.....Fundamentally flawed
 - Overemphasis on winning
 - Tournament / Trophy mentality
 - Team focus, rules, Terra power rankings
- **Player Development**
 - Pathway / Fragmentation – clarity and focus
 - No consistency
 - Dis service to player development
- **National Team progression**



Comparison to LTPD

LTPD Best practice	What we currently do
No promotion and relegation, no scores or standing until 12 years (U13).	League and Cup competitions exposing 'success' from U9 years. Competition and league rules supporting U9 winning mentality.
Player centered, development stage focused coach development	Strong, athletic players drawn to teams from early ages to create 'powerhouse teams' to reach the OYSL (U14)
Skill development focus in child and youth competition.	<ul style="list-style-type: none"> • Trophy and league position focus in youth soccer • Recreational focus on 'anything but' development (Team focus not individual)
Alignment and clarity on a player development pathway (unity)	Focus on poaching and not coaching, parents are unsure what is really best for their young player
All partners working together in a common direction (Country, Province, Districts, Clubs)	No common direction or binding MOU between partners. Inconsistency in interpretation and application soccer.

New Vision

- Clear integrated pathway
 - Players, coaches and referees to reach their potential within the game
- Players needs are put first in all decisions
- Consistency in delivery of all programs throughout the province (player, coach and referee)
- Unity and alignment of all stakeholders in the Strong, credible and trusted leadership



New Vision

- Financial security to ensure sustainability and ongoing development
- Quantity and quality of players, coaches and referees increased
- Clubs the hub of their communities
- Ontario players contributing 70% players of all national squads



Priorities

Coaching

- New system / processes and manuals
- LF Workshop
- LF Support and Development
- Development stage specific resource (hands of every coach in 2012)
- LF Workshops 2012
- 2012 Coaches Conference

Communication

- Number of audiences
- Confirm audience reach
- Communication strategy
 - Regular messages
 - Various mediums
 - All audiences (visual, web, written)
- Video / pod cast dvpt
- LTPD dedicated website
- Education critical!!

Priorities

Pathway/Competition

- Finalise Framework
- New competitive structure dvpt (pilot)
- Operational considerations (role clarity)
- Competition / tournament review
- Impact analysis new structure
- Technical/ Club Excellence Standards developed
- Monitoring system developed
- Geographical solutions
- Rules review and development
- IT requirements

Consultation

- TAC
- OSA Board
- OSA Internal Staff
- League Management
- Club Head Coaches and District TD's
- District Administrators
- LTPD Champions
- District Boards
- Clubs (District meetings)
- Talented / Elite workshops

Competitive Structure

- Phased in from 2013 (6-8 year process)
 - Starting with Y9
 - No scores no standings until players reach U13
 - No promotion or relegation
 - Skill development focus U13 (Festivals not Tournaments)
 - District Competition U9 – U12, Provincial U13 +
 - Appropriate practice to game ratios (3:1)
 - LTPD recommended playing formats (Consistency!!)
 - Club focus (Standards driven)
 - Objective and transparent Standards monitoring system
 - Player Development League (U13 plus, club based)

Coach Development

- Master Learning Facilitator Selection (MLF)
- Learning Facilitator Selection (LF)
- LF Training Workshop
- LF Evaluation and support
- 2012 Coaching Courses
- Coaching Course Administration



21

Learning Facilitator's

- On line application process
- Screened all 107 applicants.
- Contacted successful and unsuccessful applicants in writing
- LF annual contract created and signed by LF's
- Approx 50% are new LF's
- Transparent LF application process annually



LF Workshop

- LF Workshop – 5th / 6th November
- 76 LF's invited to attend training
- Focus – New delivery and Content
 - Facilitation over Instruction
 - New methodology / philosophy
- New content, covered will be;
 - AS – FUN- L2T – S4L
- LF's touch the majority of our club coaches
 - Accurate and Consistent message



Ontario Soccer Association Learning Facilitator Process



LF Support and Development



LF Support and Development

- Formalised support structure for LF's
- Documented reviews of performance
- Action plan for areas to work on
- On going formal training
- Geographical responsibility for MLF's



LF Support and Development

- Increase LF Base
- Increase MLF Base
- Must attend a full training workshop to conduct courses
- Must conduct a minimum of 3 workshops to maintain LF Status
- LF Contract for 2012



Old to NEW



Old Course	New LTPD Course
Community Child	Active Start / FUNdamentals TBC Pending CSA / NCCP
Community Youth	Learning To Train TBA Pending CSA / NCCP
Community Senior	Soccer For Life TBA Pending CSA / NCCP

Coaching Course Information

Active Start	FUNdamentals	Learn To train	Soccer For Life
<ul style="list-style-type: none"> • Introduction • 4 yrs to 6 yrs • 3.5 hrs • 2 options 	<ul style="list-style-type: none"> • u6-u8 female • u6-u9 male • 7 hours 	<ul style="list-style-type: none"> • u8-u11 female • u9-u12 male • 14 hours • Youth Comp 	<ul style="list-style-type: none"> • 12 + Male • 11 + female • 14 hours • Senior Comp



Requirements to Coach a Competitive team in 2012

Completion of Senior Diploma

Or

Completion of Learning To Train & MED

For U9 to U12 Male and U8 to U11 Female

Completion of Senior Diploma

Or

Completion of Soccer for Life & MED

For U12+ Male and U11+ Female

COURSE COSTS

- | | |
|-------------------------|-----------------|
| • Active Start Option 1 | \$20 per coach |
| • Active Start Option 2 | \$50 per coach |
| • Fundamental | \$75 per coach |
| • Learn to Train | \$140 per coach |
| • Soccer for Life | \$140 per coach |

NB: Subject to December 2011 OSA Board Meeting Approval





OSA COACHING CONFERENCE FEBRUARY 25th 26th

Sunday Feb 26th - On Field sessions

Saturday Feb 25th - CHC Workshop

Guest Coaches

Richie Wilson Y.D.C. Scottish F.A

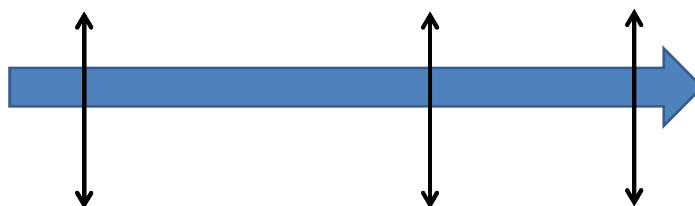
Ray Clark DfC and P.D C.S.A

Canadian Sport for Life National Summit

– Gatineau – Ottawa (1st – 3rd February)

Timeline

Nov 2011



- Information Gathering
- Consultation / Education
- Project Delivery

Sept 2012

- Review of all consultation and project results

Oct 2012

- LTPD Implementation Plan finalised
- Ongoing board support
- District roadshow / education



Next Steps

1. December Board meeting
 - Certainty resources
 - RFD's submitted
2. Further development of the competitive structure
3. Education, Consultation and Information gathering

Visible progress

- LF Workshop (Nov)
- CHC November Workshops (Nov)
- Communication (ongoing)
- New Coaching Courses 2012
- 2012 OSA Coaches Conference
- Further consultation (tbc)



“It's the constant and determined effort that breaks down all resistance and sweeps away all obstacles”

- Claude M. Bristol

“When patterns are broken new worlds emerge”

- Tuli Kupferberg

