Footwork is introduced including side-skip to get in GOALKEEPING: No goalkeepers at this age. All players success and build confidence by receiving positive MENTAL: Fun and passion for play. Experience jumping, kicking, throwing and catching. TACTICAL: No tactical instructions. Emphasis on the success and the thrill of a goal! Long-term Player Development (LTPD) is the Canadian Soccer Association's pathway to success on both fronts. LTPD is a player-centred approach that provides guidelines for correct training, competition, and recovery based on scientific principles of human development and athletics training, combined with the expertise of coaches.

Player-centred means we respect the development needs of our players first and foremost. We ensure that our young players have fun while they learn so they want to continue playing. It also means we provide challenging opportunities for special talents so they can develop their abilities and pursue excellence. All these needs are addressed in the seven stages of LTPD.

To learn more about Wellness to World Cup presented by BMO visit: www.CanadaSoccer.com. To learn more about LTPD visit: www.canadiansportforlife.ca.

**STAGE 1: ACTIVE LIFE**

As coaches, teachers, administrators and parents, we need to look at the big picture for Canadian soccer. We want to develop ‘star’ players who can play on the big stage, but we want them to also enjoy the game and be passionate about playing soccer. Encourage recreational soccer players who can benefit from the health aspects of soccer and give back to the game for years to come as coaches, officials, and administrators.

**STAGE 2: FUNDAMENTALS**

Leagues will be organized giving goals and games that develop basic technical skills. The focus would be on movement exercises and games that encourage confidence for the ball while still teaching basic principles of play within a fun but structured setting (informal games) will be set up at the end of practice sessions.

**STAGE 3: LEARNING TO TRAIN**

The games will now be more structured giving goals and games that develop basic tactical skills. The focus would be on movement exercises and games that encourage confidence for the ball while still teaching basic principles of play within a fun but structured setting (informal games) will be set up at the end of practice sessions.

**STAGE 4: TRAINING TO LEARN**

The games will now be more structured giving goals and games that develop basic tactical skills. The focus would be on movement exercises and games that encourage confidence for the ball while still teaching basic principles of play within a fun but structured setting (informal games) will be set up at the end of practice sessions.

**STAGE 5: TRAINING TO COMPETE**

The games will now be more structured giving goals and games that develop basic tactical skills. The focus would be on movement exercises and games that encourage confidence for the ball while still teaching basic principles of play within a fun but structured setting (informal games) will be set up at the end of practice sessions.

**STAGE 6: TRAINING TO WIN**

The games will now be more structured giving goals and games that develop basic tactical skills. The focus would be on movement exercises and games that encourage confidence for the ball while still teaching basic principles of play within a fun but structured setting (informal games) will be set up at the end of practice sessions.

**STAGE 7: ACTIVE FOR LIFE**

As coaches, teachers, administrators and parents, we need to look at the big picture for Canadian soccer. We want to develop ‘star’ players who can play on the big stage, but we want them to also enjoy the game and be passionate about playing soccer. Encourage recreational soccer players who can benefit from the health aspects of soccer and give back to the game for years to come as coaches, officials, and administrators.