

## Long-Term Player Development (LTPD) - Villarreal Alberta Academy

Villarreal Alberta Academy is committed to every soccer player registered in our academy. We send an email to all the players when registrations are released and make sure there is a spot available for them if they choose to return. Often times, we don't get a chance to advertise on social media as our returning players fill up the spots.

Villarreal Alberta Academy has a direct pathway with La Liga Premier League team Villarreal CF. What this means is we are able to provide a future in soccer to our young soccer players by offering the tools to help them get there. Our idea is to provide all players that have a dream and ambition of reaching their goals with the tools to make their path as successful as possible.

Long-Term Player Development (LTPD) is a framework that has been implemented in Canada to guide the development of soccer players from childhood to adulthood. The principles of LTPD are based on scientific research and best practices in player development, and they are designed to ensure that players receive appropriate training and support at each stage of their development.

Each stage of the LTPD framework has specific goals and objectives that are aligned with the physical, mental, emotional, and social development of players at that particular stage. For example, in the Active Start stage, the focus is on developing basic movement skills and introducing children to soccer through fun games and activities. In the FUNdamentals stage, the emphasis is on developing fundamental movement skills and introducing basic soccer skills and concepts.

The LTPD framework is based on the following principles:

1. Age-appropriate training: Players should receive training that is appropriate for their age and developmental level.
2. Long-term perspective: Player development should be viewed as a long-term process that takes into account the needs of players at each stage of their development.
3. Holistic approach: Player development should address all aspects of a player's life, including physical, mental, emotional, and social development.
4. Quality coaching: Players should receive coaching from qualified coaches who have been trained in age-appropriate coaching methods.
5. Player-centered approach: Player development should be focused on the needs and interests of the player, rather than the needs of the coach or team.
6. Multi-sport participation: Players should be encouraged to participate in multiple sports and activities to develop a range of physical skills and avoid burnout.

The implementation of LTPD principles in Canada has led to significant improvements in player development and performance at all levels of the game. Canadian soccer players have achieved success on the international stage, including winning bronze medals at the 2012

and 2016 Olympic Games.

Top 3 Authoritative Reference Publications or URLs:

1. Canada Soccer - Long-Term Player Development:

<https://www.canadasoccer.com/long-term-player-development-p156049>

2. Coaching Association of Canada - Long-Term Athlete Development:

<https://www.coach.ca/long-term-athlete-development-s16745>

3. Sport for Life Society - Long-Term Athlete Development:

<https://sportforlife.ca/long-term-athlete-development/>