



# Long Term Player Development

*Gary White, Technical Director*



# Parent Education



**“Parents play a vital role in supporting their children's long term soccer development”**

***Gary White, Technical Director***

Washington Youth Soccer’s Long Term Player Development Plan was not only created for clubs and coaches in order to support the growth of their programs, but also to expose parents to the most comprehensive holistic modern day player centric developmental methods & Ideology used by industry experts & successful country’s across the globe.

By describing the correct areas of focus at each stage of a players development, parents now can insure that their children’s education is being correctly facilitated by their coach and club. With the facts clearly stated parents will now be able to hold clubs more accountable for the services they render.

Parents have a big responsibility in eradicating touchline abuse during games and educating their children in the importance of fair play. This responsibility also includes increasing their knowledge and understanding of what is chronologically appropriate in terms of training and education in order to allow their children to enjoy longevity in the game and achieve ever lasting positive memories.

## **Why was Long Term Player Development Created?**

To develop better players by creating training environments where the coaches and parents focus is on development and not on the short term result of a game or a medal. Our Long Term Player Development model is just that **“Long Term”**, and we aim to provide a standardized structured support plan to guide our clubs, coaches and parents in order to assist all our players to reach their full potential in the game.

# Long Term Player Development



## What is Long Term Player Development?

- A New System to Create a Logical Progression in Holistic Player Development
- A Global Industry Best Practice Methodology, Philosophy & Culture
- Incorporates Age Appropriate Training
- Focuses on Technical & Tactical Training and Development
- Emphasizes Physical & Mental Training and Development
- Highlights Motion Management Training and Development
- Spotlights the Well Being Aspects of Player Development

## What are the Long Term Player Development Objectives?

- Change the current mentality of the game
- Eliminate setting players up for failure (due to backward thinking)
- Create lifelong soccer enthusiasts, interested in the game for many years
- Create quality technical players who enjoy the real fruits and longevity of the game
- Development of players and coaches
- Produce better quality coaches
- Educate parents and the soccer community at large about what a long-term approach to training and preparation really means.

# The Player Development Pathway

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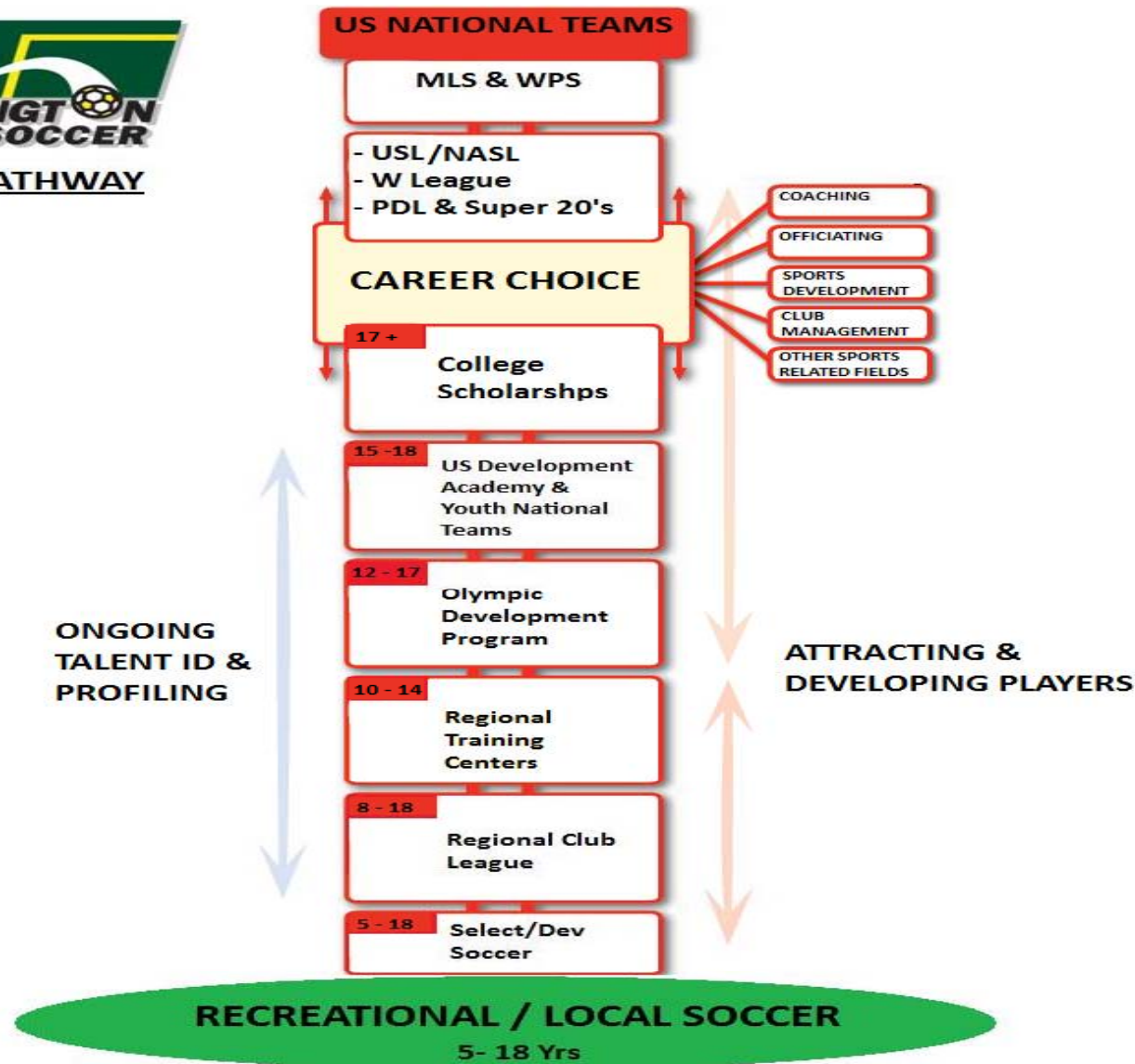


Our Player Pathway diagram on the following page sets out the journey from “Playground to Professional”, from an early introduction and involvement in the game of soccer through to elite level. These stepping stones are typically through club, state, regional and national routes.

Our pathway shows how a player can progress from grassroots level right through to becoming an elite player. There are various stages within the pathway so we can map out a player's progress from starting out through to reaching the very top.

Underpinning and supporting the pathway is our Long Term Player Development plan which provide guidance and establish principles for optimum development at each stage of a player's journey in the sport.

# The Player Development Pathway



# Long Term Player Development



## Zone 1

5- 12 Year Olds  
Development Belief  
"Preparing to Learn"

Stage 1:  
*5-7 years old*

Stage 2:  
*8-12 years old*



## Zone 2

13 – 18 Year Olds  
Development Belief  
"Preparing to Compete"

Stage 1:  
*13-15 years old*

Stage 2:  
*16-18 years old*



## Zone 3

18 + Year Olds  
Development Belief  
"Preparing to Win"

18+  
years old

# Long Term Player Development



## Zone 1

5- 12 Year Olds  
Development Belief  
"Preparing to Learn"

Stage 1:  
*5-7 years old*

## Stage 1: 5-7 years old Switching Players on & Learning to Move



Spark imagination  
and creativity



Develop movement  
skills and general  
coordination



Develop speed,  
agility, balance



Soccer education  
hidden in fun games  
during training



Small sided jamborees  
encourages total  
involvement, expression,  
and enjoyment

# Long Term Player Development



## Zone 1

5- 12 Year Olds  
Development Belief  
"Preparing to Learn"

Stage 1:  
*5-7 years old*

### Role of the Coach

- Create a safe and pressure free environment for the players
- Provide fun and enjoyable activity
- Provide stimulating activities that promote fundamental skills and development

### Organized Play Overview

- **Number of games per year:** No Organized Season
- **Periods of play:** Open / Voluntary no seasonal schedule
- **Participation in tournaments:** Seasonal Jamboree's only

### Age Specific Training Environment

- **Technical training:** Very High (everyone has a ball)
- **Tactical training:** Very Limited
- **Physical training:** Movement management
- **Mental training:** Enjoyment & skill development

### Game Day Structure

- **Number of players:** 3 v 3
- **Field Size:** 30 x 20 Yards
- **Ball Size:** 3

# Long Term Player Development

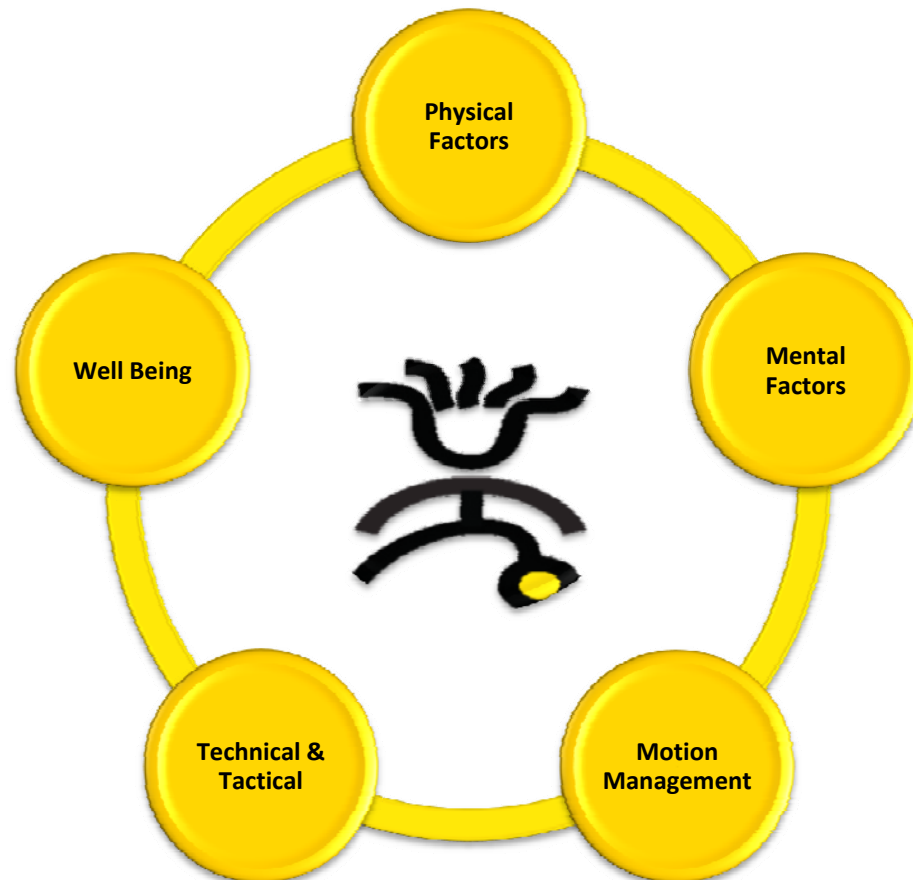


## Stage 1: 5-7 years old Age Appropriate Training Curriculum

### Zone 1

5- 12 Year Olds  
Development Belief  
"Preparing to Learn"

Stage 1:  
*5-7 years old*



# Long Term Player Development



Stage 1:  
5-7 years old

## Age Appropriate Training

### *Development Belief “Preparing to Learn”*

#### Technical & Tactical

- Repetition & Using all surfaces of both feet in order to create comfort on the ball -**
- Basic soccer and sports actions: kicking, catching, dribbling, running and shooting
  - Fun Skills Program – Example Star 1 Soccer program
  - Developing feel and mastery of the ball
  - Competition through 'Small sided games'

#### Physical Factors

- Building agility & speed -**
- Multi-directional and high speed exercises under 10m and for less than 5 seconds, concealed in fun games
  - Feeling and sensory awareness
  - Small sided game endurance
  - Muscular endurance (own body weight exercises)

#### Mental Factors

- Creation of self belief -**
- Building confidence (create opportunities for players to be successful)
  - Motivate players to play away from training, home work 3000 ball touches a day
  - Utilize player's ability to dream and imagine (encourage it)

# Long Term Player Development



Stage 1:  
5-7 years old

**Age Appropriate Training**  
***Development Belief “Preparing to Learn”***

## Motion Management

### Developing movement control -

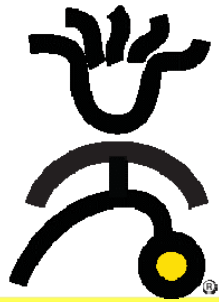
- Kicking and striking
- Agility, balance and coordination, with and without the ball
- Running, jumping, hopping and bounding
- Throwing and catching
- Awareness of space and sensory awareness of body position
- Multi sport participation

## Well Being

### Learning to be a performer -

- Introduce a team code of conduct
- Introduce general principles of the game
- Encourage basic professional preparation and recovery methods (Warm up, hydration!!)
- Teach players and parents good habits in terms of nutrition

# Long Term Player Development



## Zone 1

5- 12 Year Olds  
Development Belief  
"Preparing to Learn"

Stage 2:  
8-12 years old

## Stage 2: 8-12 years old Learning the Games Fundamental Skills



Technical mastery & experimentation is needed for skill acquisition



Small sided games & playing opportunities



Continue to develop movement management



Encourage and develop confidence



Develop goal setting quality's and improvement indicators

# Long Term Player Development



## Zone 1

5- 12 Year Olds  
Development Belief  
“Preparing to Learn”

Stage 2:

a) *U10  
Players*

### Role of the Coach

- Motivate and stimulate players to continue to develop
- Set targets that can be achievable but not easy to easy to achieve push players and install a can do mentality (persistence and desire to achieve) support improvement and be positive
- Assist players to develop self reliance and self confidence and encourage them to analyze and watch as much soccer as they can.
- Assist them to create idols for them to look up to.

### Organized Play Overview

- **Number of games per year:** Limited number of games 3:1 ratio training to games
- **Periods of play:** Multi Sport Participation
- **Amount of travel:** In state (1 hour max)
- **Participation in tournaments:** None (Seasonal Jamboree's only)
- **Amount of championships offered:** None

### Age Specific Training Environment

- **Structured Practice:** Low
- **Unstructured Practice:** High
- **Technical training:** Very High (everyone has a ball)
- **Tactical training:** Very Limited (1 v1, 2 v2, 3 v3 – 5v 5 with GK's no positional training)
- **Physical training:** Movement management not fitness training
- **Mental training:** Learn how to train

### Game Day Structure

- **Number of game per year:** Limited number of organized games 3:1 Training to game ratio
- **Number of players:** 6 v 6 max
- **Game Length:** 2 x 25 minute half's
- **Subs:** Free flowing
- **Goalkeeper Status:** Rotate
- **Field Size:** 60 x 40 Yards
- **Ball Size:** 4

# Long Term Player Development



## Zone 1

5- 12 Year Olds  
Development Belief  
“Preparing to Learn”

Stage 2:

b) *U12  
Players*

### Role of the Coach

- Motivate and stimulate players to continue to develop
- Set targets that can be achievable but not easy to easy to achieve push players and install a can do mentality (persistence and desire to achieve) support improvement and be positive
- Assist players to develop self reliance and self confidence and encourage them to analyze and watch as much soccer as they can.
- Assist them to create idols for them to look up to.

### Organized Play Overview

- **Number of games per year:** 30 max 3:1 ratio training to games
- **Periods of play:** Multi Sport Participation
- **Amount of travel:** Day trips 2 x overnight trips per year
- **Participation in tournaments:** Round robin tournaments only
- **Amount of championships offered:** State 9 v 9 only

### Age Specific Training Environment

- **Structured Practice:** Moderate amount
- **Unstructured Practice:** Moderate amount
- **Technical training:** High (everyone has a ball)
- **Tactical training:** Moderate (1 v1, 2 v2, 3 v3 – 5v 5, 7 v 7 begin to identify players positional qualities)
- **Physical training:** Speed development
- **Mental training:** Learn how to train

### Game Day Structure

- **Number of game per year:** 30 max 3:1 Training to game ratio
- **Number of players:** 9 v 9 max
- **Game Length:** 2 x 30 minute half's
- **Subs:** Free flowing
- **Goalkeeper Status:** Share time
- **Field Size:** 55 - 60 x 80 -85 Yards
- **Ball Size:** 4

# Long Term Player Development

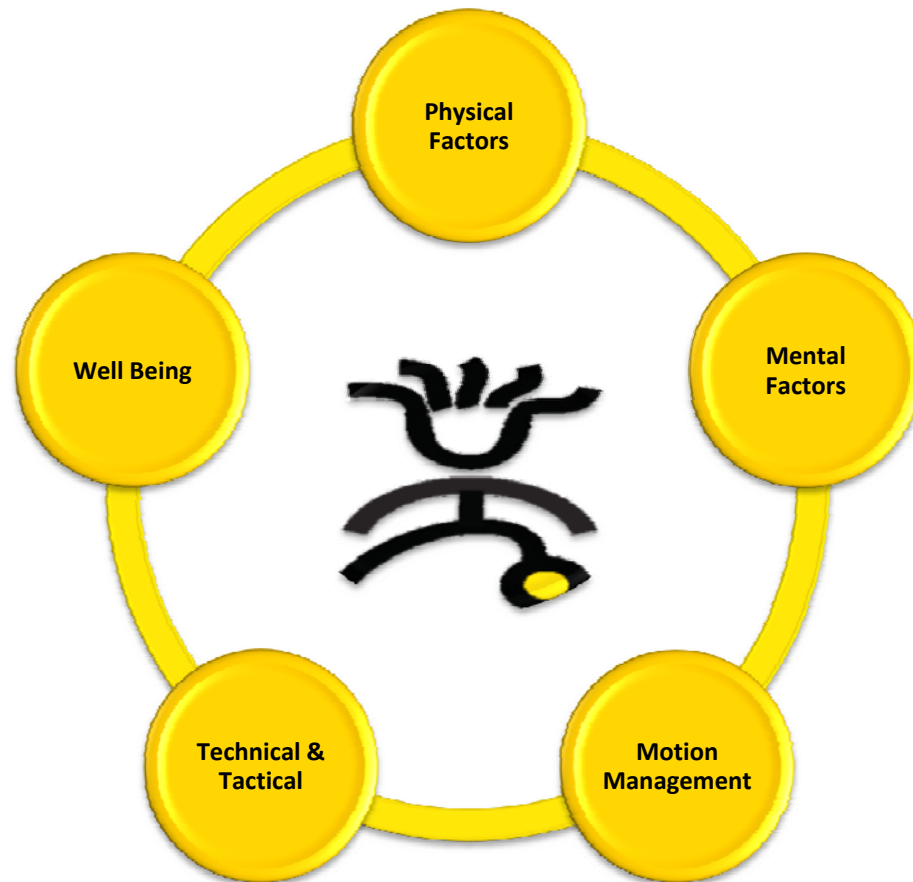


## Stage 2: 8-12 years old Age Appropriate Training Curriculum

### Zone 1

5- 12 Year Olds  
Development Belief  
"Preparing to Learn"

Stage 1:  
8-12 years old



# Long Term Player Development



**Stage 1:**  
*8 - 12 years  
old*

## Age Appropriate Training

### *Development Belief “Preparing to Learn”*

#### **Technical & Tactical**

##### **Learning by playing the game -**

- Fundamental soccer techniques • Continually polishing skill development
- Feel development, mastery of fundamental ball techniques • Continued development of confidence with the ball and game in game scenario's • Willingness to experiment creativity
- Small sided games 4 v 4 – 6 v 6 • Anticipated ratio of practice to game is 3: 1

#### **Physical Factors**

##### **Speed & power progression -**

- Multi-directional and high speed exercises under 20m and for less than 5 seconds
- Various acceleration starts • Feeling and sensory awareness.
- Small sided game endurance • Muscular endurance (own body weight exercises)
- Warming up dynamically and cooling down with some static stretching • Preparation and flexibility education

# Long Term Player Development



**Stage 1:**  
*8 - 12 years  
old*

## Age Appropriate Training

### *Development Belief “Preparing to Learn”*

#### **Mental Factors**

#### **Developing self confidence -**

- Continue to raise the player’s expectations and targets to attain whilst giving them full support and positive direction
- Structure training sessions where a guided discovery learning environment to soccer problems can be utilized
- Players learn by visual demonstrations, paint the picture and give the let the freedom to fill in the gaps to improve attention and focus skills
- Assist the players to channel their emotions to assist their game not harm it. Knowledge of how to switch on and control emotional energy will be a vital skill as they grow in the game
- Positive mental attitude towards training and education is imperative to successful performance; development of this quality at this age will be very beneficial in the long run
- Developing knowledge and understanding of the factors and circumstances players at this age can control is essential in terms of mental focus and confidence

# Long Term Player Development



Stage 1:  
8 – 12 years old

## Age Appropriate Training *Development Belief “Preparing to Learn”*

### Motion Management

#### **Confident movement -**

- Development of soccer specific agility, balance and coordination
- Various running, jumping, hopping and bounding movements
- Throwing and catching actions
- Awareness of space and sensory awareness of body
- Controlling movement
- Multi – Sport athletes

### Well Being

#### **Learning the lifestyle of a performer -**

- Working with parents, coaches should consistently reinforce the importance of good hydration and good nutrition. Increasingly, the young player will take more responsibility for the foods they choose to eat, based upon their early experiences
- Encourage players to always consume water and further educate the importance of hydration
- Specific education on the laws of the game and the importance of the role of discipline and respect on how we conduct ourselves
- Encouraging healthy lifestyles through sport

# Long Term Player Development



## Zone 2

13 – 18 Year Olds  
Development Belief  
“Preparing to Compete”

Stage 1:  
*13-15 years old*

## Stage 2: 13-15 years old Learning the Game



Physical and emotional changes due to puberty



Logical progression from technique to tactical skill & development



Strength, power and anaerobic endurance development



Needed commitment & personal initiative through self motivation



Putting winning and losing into a healthy perspective is key

# Long Term Player Development



## Zone 2

13 – 18 Year Olds  
Development Belief  
“Preparing to Compete”

Stage 1:  
a) U14  
Players

### Role of the Coach

- Continue the development of technique and game understanding
- Prepare sessions that encourage decision-making abilities on both sides of the ball
- Encourage players physical development, competitiveness and commitment
- Encourage commitment and competitiveness during all sessions
- Constructive player, coach and parent communication provides ongoing evaluation and increases

### Organized Play Overview

- **Number of games per year:** 30 max 3:1 ratio training to games
- Periods of play: Some time off
- **Amount of travel:** Regional play
- **Participation in tournaments:** Max 3 games in 4 days
- **Amount of championships offered:** State & Regional

### Age Specific Training Environment

- **Structured Practice:** High
- **Unstructured Practice:** Low
- **Technical training:** High (everyone has a ball)
- **Tactical training:** Moderate (variations) functional training
- **Physical training:** Introduce strength training (muscular Endurance)
- **Mental training:** Learn how to compete

### Game Day Structure

- **Number of game per year:** 30 max 3:1 Training to game ratio
- **Number of players:** 11 v 11
- **Game Length:** 2 x 35 minute half's
- **Subs:** No re-entry in the same half
- **Goalkeeper Status:** Based on ability
- **Field Size:** 100 x 60 yards
- **Ball Size:** 5

# Long Term Player Development



## Zone 2

13 – 18 Year Olds  
Development Belief  
“Preparing to Compete”

Stage 1:  
b) U16  
Players

### Role of the Coach

- Continue the development of technique and game understanding
- Prepare sessions that encourage decision-making abilities on both sides of the ball
- Encourage players physical development, competitiveness and commitment
- Encourage commitment and competitiveness during all sessions
- Constructive player, coach and parent communication provides ongoing evaluation and increases

### Organized Play Overview

- **Number of games per year:** 30 max 3:1 ratio training to games
- **Periods of play:** Limited breaks
- **Amount of travel:** National play
- **Participation in tournaments:** Max 3 games in 4 days
- **Amount of championships offered:** State & Regional

### Age Specific Training Environment

- **Structured Practice:** Very High
- **Unstructured Practice:** Very Low
- **Technical training:** High (everyone has a ball)
- **Tactical training:** Moderate (variations) functional, unit and team training
- **Physical training:** Seasonal program
- **Mental training:** Learn how to compete

### Game Day Structure

- **Number of game per year:** 30 max 3:1 Training to game ratio
- **Number of players:** 11 v 11
- **Game Length:** 2 x 40 -45 minute half's
- **Subs:** No re-entry
- **Goalkeeper Status:** Based on ability
- **Field Size:** 115 -120 x 70 yards
- **Ball Size:** 5

# Long Term Player Development



## Zone 2

13 – 18 Year Olds  
Development Belief  
“Preparing to Compete”

**Stage 1:**  
*13-15 years old*

## Stage 1: 13-15 years old Age Appropriate Training Curriculum



# Long Term Player Development



**Stage 1:**  
*13 - 15 years  
old*

## Age Appropriate Training

*Development Belief "Preparing to Compete"*

**Technical  
& Tactical**

### **Skill training to address individual strengths and weaknesses -**

- Reliability in executing quality fundamental techniques
- Ability to play with consistency and quality under the pressure of game related conditions
- Technical / Tactical implication development
- Positional awareness both sides of the ball
- Development of your role within the team from a tactical standpoint
- Rotation of playing positions
- Deep knowledge of the laws of the game
- Development of how to read and understand the needs of the game
- Understanding the principles of attack and defense
- Options of set pieces in attack/defense

# Long Term Player Development



**Stage 1:**  
*13 - 15 years  
old*

## Age Appropriate Training

*Development Belief "Preparing to Compete"*

### Physical Factors

#### **Developing the soccer athlete –**

- Massive physical development plays a large part during this phase (skeletal growth, nervous system development and hormonal development)
- Speed sessions should focus on quality not quantity and need to be soccer specific
- Strength and power on and off the ball becomes an important factor in training
- Develop endurance through multiple sprint activities with different lengths of work and recovery:
- Flexibility is very important in maturing individual, and developed through dynamic exercise and static stretching sessions
- Soccer fitness testing can be introduced: tests for Strength, Speed, Agility, Power and Endurance

# Long Term Player Development



**Stage 1:**  
*13 - 15 years  
old*

## Age Appropriate Training

### *Development Belief “Preparing to Compete”*

#### **Mental Factors**

- **Developing commitment & the foundations for excellence -**
- Development of goal-setting abilities in training & individual practice
- Develop understanding of high quality training and competitiveness
- Development of the ability to focus on relevant cues, at the right time. Attention training introduced to develop ability to switch attention in different situations
- Introduction to pre-performance routines to help develop focus
- Introduction to techniques to control emotions before and after games
- Develop ability to keep highs and lows in perspective: developing self-concept
- Coaching processes should develop mental coping strategies with regard to 'under pressure' situations
- Psychological skills including imagery, self-talk, commitment, goal setting and performance evaluation techniques in defeat and victory are important
- Development of individual profiling to guide goal-setting and training

# Long Term Player Development



**Stage 1:**  
*13 - 15 years  
old*

## Age Appropriate Training

*Development Belief "Preparing to Compete"*

### **Motion Management**

#### **Applying athletic qualities -**

- Agility, balance and coordination at speed
- Running efficiently with and without the ball
- Jumping, hopping, and bounding: encourage the child to be athletic
- Awareness of space & sensory awareness of body position
- Postural control in many different positions and activities

### **Well Being**

#### **Learning the lifestyle of a performer -**

- Performance = Training + Recovery + Adaptation.
- Players to take increasing responsibility for each of these factors
- Rest, nutrition and hydration are all key factors
- Education regarding substance abuse
- Introduction to injury prevention and injury management
- Introduction to performance analysis to guide players

# Long Term Player Development



## Zone 2

13 – 18 Year Olds  
Development Belief  
“Preparing to Compete”

**Stage 2:**  
*16-18 years old*

## Stage 2: 16-18 years old Learning the game



Focus on improving core skills and tactical application (with positional specificity)



Emphasis on individualized physical & lifestyle development



increased player responsibility, expectations and focus



College & Sounders FC pathway programs targets



Investing in appropriately managed, player centered programs

# Long Term Player Development



## Zone 2

13 – 18 Year Olds  
Development Belief  
“Preparing to Compete”

**Stage 2:**  
*16-18 years old*

### Role of the Coach

- Encourage players to develop potential, demonstrate independent thought and skill execution and performances relative to overall team strategy in practice and competitive situations
- Physical development is optimized and the player learns to adapt training to maximize competitiveness in matches whilst still training for longer term development aims
- Providing objective and constructive feedback, and involving players in reviewing this, to maintaining confidence and focus

### Organized Play Overview

- **Number of games per year:** 30 max 5:1 ratio training to games
- **Periods of play:** Limited time off
- **Amount of travel:** National / International play
- **Participation in tournaments:** Max 3 games in 4 days
- **Amount of championships offered:** State, Regional National

### Age Specific Training Environment

- **Structured Practice:** Very High
- **Unstructured Practice:** Very Low
- **Technical training:** Moderate
- **Tactical training:** High (Team and Group Variations)
- **Physical training:** Seasonal
- **Mental training:** Train to compete

### Game Day Structure

- **Number of game per year:** 30 max 5:1 Training to game ratio
- **Number of players:** 11 v 11
- **Game Length:** 2 x 40 – 45 minute half's
- **Subs:** No re-entry
- **Goalkeeper Status:** Based on ability
- **Field Size:** 115 – 120 x 70 yards
- **Ball Size:** 5

# Long Term Player Development

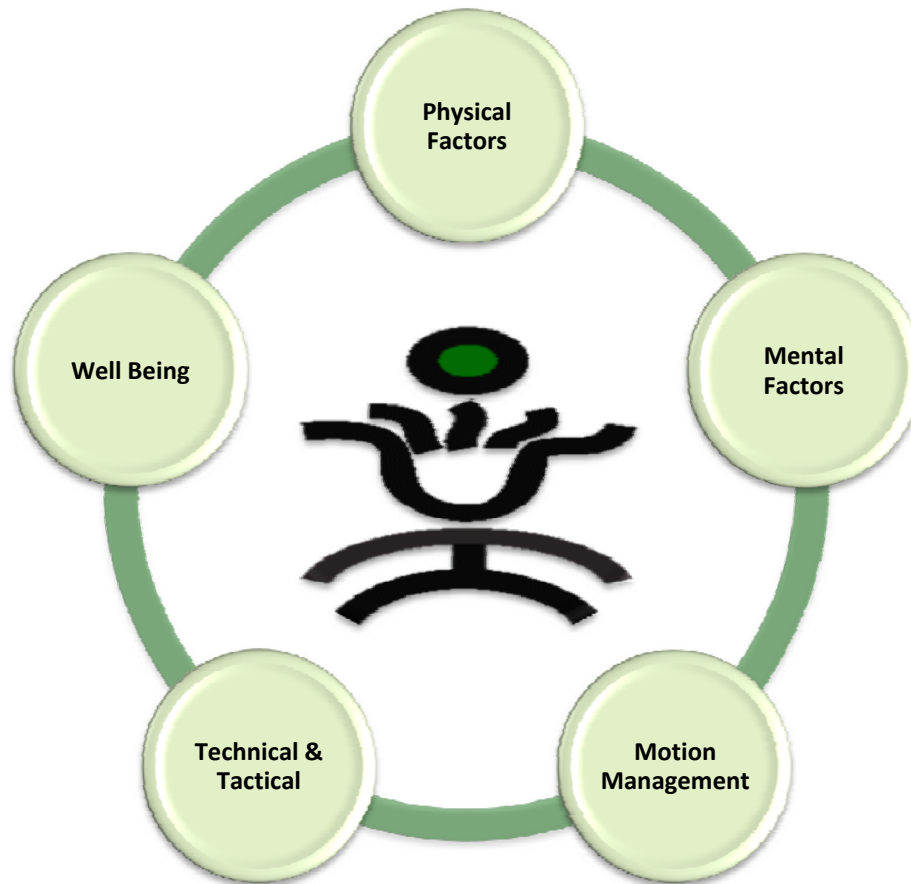


## Zone 2

13 – 18 Year Olds  
Development Belief  
"Preparing to Compete"

Stage 2:  
*16-18 years old*

## Stage 2: 16-18 years old Age Appropriate Training Curriculum



# Long Term Player Development



**Stage 2:**  
*16 - 18 years  
old*

## Age Appropriate Training

*Development Belief "Preparing to Compete"*

**Technical  
& Tactical**

### **Proficiency in all soccer skills -**

- Soccer-specific technical and game skills under competitive conditions and at high intensity
- Individualization of skills: 'Creativity ' Consistency and control
- Competition-simulation training
- More advanced team play and principles in the full game
- Awareness of new styles/systems of play
- Develop a winning mentality and implement 'winning tactics'
- Ability to link to players/units of team movement on/off the ball
- Play 11 v 11 format
- Ability to read the game
- Awareness of opponent's tactics, strengths and weaknesses
- Adaptation to different situations.
- Clarity of team shape and role within the team
- Options of set pieces in attack/defense

# Long Term Player Development



**Stage 2:**  
*16 - 18 years  
old*

## Age Appropriate Training

### *Development Belief "Preparing to Compete"*

#### Physical Factors

#### **Programs to prepare for competition –**

- Multi-directional speed, incorporating speed endurance (0-40s), soccer specific acceleration, and reactive speed
- Power & capacity and aerobic power
- Low intensity aerobic training is also important in recovery
- Individual flexibility training routines in accordance with individual needs
- Fitness Testing: for strength, speed, agility, power and endurance
- Anaerobic & aerobic energy systems fully trainable in a soccer specific manner, with heart rate monitoring to allow training intensity to be monitored. This means endurance and skill training can be integrated
- Speed endurance & Multiple High intensity interval training over various durations to develop anaerobic

# Long Term Player Development



**Stage 2:**  
*16 - 18 years  
old*

## Age Appropriate Training

### *Development Belief “Preparing to Compete”*

#### **Mental Factors**

#### **Preparing for excellence or optimal performances -**

- Learning to develop a performance-driven approach, encouraging players to independently set goals based upon constructive performance planning and review
- Developing commitment to high quality practice and competitiveness
- Understanding role clarity and commitment within team preparation
- Development of techniques to control over excitement on the pitch.
- Full use of positive thought techniques including positive self-talk and imagery
- Players have a consistent ability to focus attention, with the appropriate focus maintained under pressure
- Players have consistent pre-performance routines, developed in practice, in match simulated environments, and match situations
- Develop use of emotional understanding and control techniques in practice and matches in relation to individual and team performance
- Development of mental coping strategies in structured practice and real pressure situations

# Long Term Player Development



**Stage 2:**  
*16 - 18 years  
old*

## Age Appropriate Training

### *Development Belief "Preparing to Compete"*

#### **Motion Management**

##### **Efficient and effective movement -**

- Functional posture control and muscular recruitment exercises fully integrated into players training
- Agility, balance and coordination at speed
- Running efficiently with and without the ball
- Jumping, hopping, and bounding
- Awareness of space & sensory awareness of body position at speed, under pressure

#### **Well Being**

##### **Supporting optimal performances -**

- Optimize personal approaches to nutrition, hydration, recovery and regeneration (including the introduction of ice baths and reinforcing the importance of sleep).
- Develop personal plans, injury prevention & management
- Introduction to the concept of, and delivery through, coaching teams: specialist physiotherapists, fitness coaches
- Introduction to, and development of, strategies to taper training to allow peak performances to be possible.
- Engagement with coach and referee education for continued development of game knowledge

# Long Term Player Development



## Zone 3

18 + Year Olds  
Development Belief  
"Preparing to Win"

18+  
years old

## 18+ years old Preparing to Win



Maximizing performance



Focus of training at this stage is about creating winning performances



Encourage the full spectrum of technical, tactical, physical conditioning and psychological support



Being a top level performer means being an athlete 24/7.



The higher the level of performance the more specialist coaching, support and expertise is required

# Long Term Player Development



## Zone 3

18 + Year Olds  
Development Belief  
“Preparing to Win”

18+  
years old

### Role of the Coach

- Shaping fully developed players into a team that is prepared technically, tactically, physically and mentally to win matches consistently

### Organized Play Overview

- **Number of games per year:** Team Games Plan
- **Periods of play:** Team Rules
- **Amount of travel:** National / International play
- **Participation in tournaments:** Teams Games Plan
- **Amount of championships offered:** League affiliation

### Age Specific Training Environment

- **Structured Practice:** Very High
- **Unstructured Practice:** Very Low
- **Technical training:** Moderate
- **Tactical training:** High (Team and Group Variations)
- **Physical training:** Seasonal
- **Mental training:** Train to win

### Game Day Structure

- **Number of game per year:** Team Games Plan
- **Number of players:** 11 v 11
- **Game Length:** 2 x 45 minute half's
- **Subs:** No re-entry (Dependent on league/competitions)
- **Goalkeeper Status:** Based on ability
- **Field Size:** 115 – 120 x 70 yards
- **Ball Size:** 5

# Long Term Player Development

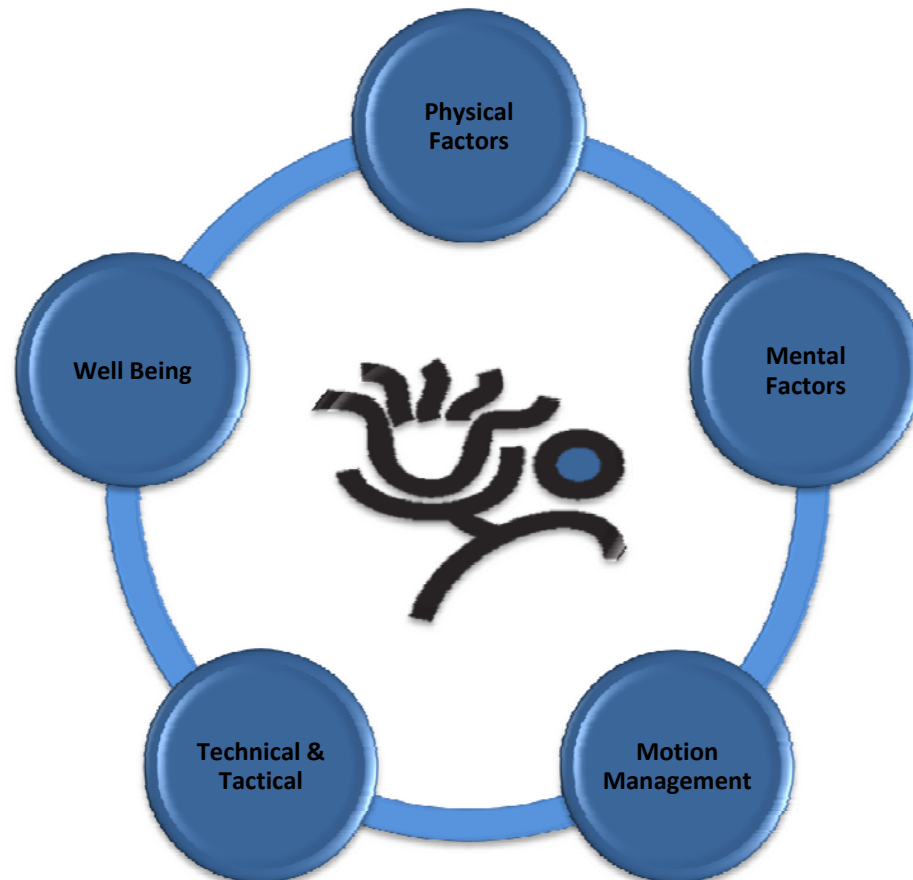


18+ years old  
Age Appropriate Training Curriculum

## Zone 3

18 + Year Olds  
Development Belief  
"Preparing to Win"

18+  
years old



# Long Term Player Development



*18 + years  
old*

## Age Appropriate Training

*Development Belief “Preparing to Win”*

### Technical & Tactical

#### **Consistently and effectively applying skills -**

- Complete refinement of soccer specific skills
- Ability to improvise with skills
- Automatic and consistent performance of soccer specific skills
- Develop effective competition strategies
- Clarity of team shape and roles within
- The importance/variation/options of set pieces in attack/defense

### Physical Factors

#### **Winning athletes -**

- Training for all fitness factors integrated into individualized, planned, periodical and appropriately tapered programs to allow peak performance for matches
- Acceleration and multi-directional speed, with and without the ball
- Plyometric techniques to develop strength and power
- Speed endurance and multiple high intensity intervals over various durations to develop anaerobic power and capacity and aerobic power
- Low intensity aerobic training is also important in recovery
- Individual flexibility training routines in accordance with individual needs
- Monitoring of physical status as part of the training program is essential

# Long Term Player Development



*18 + years  
old*

## Age Appropriate Training

### *Development Belief “Preparing to Win”*

#### Mental Factors

#### **Consistently being 'in the zone' -**

- Goal-setting is integral to all aspects of training and performance.
- Players work in unison with coaches to plan, monitor and review goals
- Continued development of mind/body awareness and arousal regulation techniques that are regularly for training, preparation, and performance situations
- Highly focused pre-performance routines and advanced attention control strategies in competitive training and match environments under the highest-pressure
- Consistent and effective emotional control and intelligence demonstrated in match environments
- Advance use of coping strategies in high-pressure situations
- Advanced individual use of psychological skills to maximize performance

#### Motion Management

#### **On and off the ball -**

- Agility, balance and coordination at speed
- Moving efficiently with and without the ball
- Space awareness and sensory awareness of body position at high speeds and under highest pressure

# Long Term Player Development



*18 + years  
old*

## Age Appropriate Training

*Development Belief “Preparing to Win”*

Well  
Being

**'It's what we do every day that counts' -**

- Understand responsibility for healthy lifestyle role modeling and promotion
- Maximize and take full responsibility for personal approaches to nutrition, hydration, recovery, regeneration and lifestyle management
- Optimize all approaches to tapering to peak performance
- Further engagement with coach education for continued development of game knowledge
- Learn new skills through coaching and refereeing

# Long Term Player Development



## Zone 1

5- 12 Year Olds  
Development Belief  
"Preparing to Learn"

Stage 1:  
*5-7 years old*

Stage 2:  
*8-12 years old*



## Zone 2

13 – 18 Year Olds  
Development Belief  
"Preparing to Compete"

Stage 1:  
*13-15 years old*

Stage 2:  
*16-18 years old*



## Zone 3

18 + Year Olds  
Development Belief  
"Preparing to Win"

18+  
years old

# Long Term Player Development



## Supporting Washington Coaches

The damage that can be done by inappropriate coaching practices at an early stage may not be fully recoverable at a later stage in a child's soccer development, with this in mind Washington Youth Soccer continues to redefine through constant research and development our content and delivery systems in order to offer our members the most modern coaching and education courses, workshops and seminars available.

### **2010 Washington Youth Soccer Coaching Education Programs:**

- U6, U8 & U10 Modules
- Team Management
- FUTSAL & SSG's
- Movement and Coordination
- Goal Keeping Functional training
- Female Soccer Development
- Positional Roles
- Sports Science
- Sports Psychology
- Systems & their Variations
- Set Play situations
- Match and Player Analysis
- State E Certificate
- State D License
- National C License
- National B License
- National A License

Please visit the **"Technical Zone"** at [www.wsysa.com](http://www.wsysa.com) for further details.

# Long Term Player Development

Preparing to Learn



Preparing to Compete



Preparing to Win



Developing Players, Creating Dreams...

*Gary White, Technical Director*