



LONG TERM PLAYER DEVELOPMENT

PEMBERTON YOUTH SOCCER



At Pemberton Youth Soccer, our aim is to spread joy at all levels and provide age appropriate programs with an emphasis on learning and improving. All programs follow the 'Long Term Player Development' guidelines of Canada Soccer.

PYSA 4 PILLARS OF COACHING

Based on what young athletes consider fun and joyful sports experiences that will keep them in sport.



WORKING HARD

- TEMPO IN SESSIONS
- SHORT INTERVENTIONS
- CHALLENGING EACH OTHER
- COMPETITIVE GAMES AND ACTIVITIES
- FOCUS



TEAM SPIRIT

- INCLUSION
- POSITIVE LANGUAGE
- MAKING UP FOR EACH OTHERS MISTAKES
- IGNITING THE FURNACE OF HUMAN CONNECTION



POSITIVE COACHING

- CATCH THEM DOING WELL
- ALLOWING RISK, MAKING MISTAKES
- BE PRESENT, CONNECT
- MODEL
- CLARITY AND CONSISTENCY
- BE INTENTIONAL



LEARNING + IMPROVING

- GAME REALISTIC SESSIONS
- CHALLENGING, REACHING FLOW STATES
- EMPHASIS ON SKILL + IMPROVEMENT VC. SCHEMES TO WIN GAMES
- LEARNING THROUGH DOING
- EVALUATE WHAT WE TRAIN

CANADA SOCCER BELIEVES EVERY PLAYER DESERVES THE BEST POSSIBLE SOCCER EXPERIENCE.



Whether they dream of playing for Canada's National Teams or simply want to have fun with her friends, taking the right approach to the game when children are young, sets the stage for a lifetime of enjoyment.

The **Canada Soccer Pathway** provides a roadmap for players of all ages and aspirations who want to play soccer at a recreational, competitive or high-performance excel levels, with the aim of encouraging lifeline participation. The **Pathway** is built around the principles of Long-Term Player Development (LTPD).

For players under the age of 12, many of whom are lacing up cleats for the first time, the goal of this approach is simple...

GET KIDS TO FALL IN LOVE WITH THE GAME.

AT PYSA WE ARE PLAYER CENTERED

- Sharing the passion for the game
- Understanding stages of development
- Age-appropriate practices and games
- Focus on Development
- Providing Joyful experiences
- Developing a Community of learners - players, coaches, parents
- Young players as active participants in their own learning | Player Agency
- Integration of parent volunteers
- Integration of Junior Coaches
- Giving back to the Community
- Partnerships with likeminded organizations

WHAT IS LTPD?

LTPD is a model of athlete development that parallels what doctors and psychologist her mom used to better understand human development; as a series of distinct stages, which take us from infancy through adulthood. A persons, abilities, behavior, and emotions, as well.

Similarly, experts in sport, science have identified seven stages of development, each with its own physical and psychological characteristics – that form the basis for LTPD. When young soccer players are able to train in competing in environment, that's appropriate to their age of development, they not only perform at their best, they also have more fun.

In other words, LTPD is designed to give players an optimal soccer experience by putting their needs front and centre.

LTPD GIVES ALL PLAYERS THE BEST CHANCE OF SUCCESS IN SOCCER

BY TAILORING TRAINING, COMPETITION AND COACHING TO THEIR NEEDS AT THE APPROPRIATE STAGE OF DEVELOPMENT.

WHY LTPD?

We don't expect kids to compete in spelling bees without first teaching them their ABC's. When activities and expectations, don't match with a child development stage, this can set them up for failure.

The same is true with young children or thrust into soccer at the expense of developing skills and having fun. The negative consequences can last a lifetime. Some kids develop bad habits and poor skills and can become discouraged. Many don't achieve their performance potential. Others end up leaving the sport altogether because they don't enjoy the game.

PEMBERTON YOUTH SOCCER ASSOCIATION

“Piaget believes that children must not be taught certain concepts until reaching the appropriate cognitive development stage. Also, accommodation and assimilation are requirements of an active learner only, because problem solving skills must only be discovered, they cannot be taught.”

As such we, as coaches, become facilitators of learning, presenting age appropriate practices and games that kids can engage with and learn from. We cannot control what children learn and at what pace, but we can offer the richest possible learning environments that are suitable for each child's world of experience.

THE FIRST 3 LTPD STAGES

The first 3 LTPD stages, with guide development up to age 12, are built around small sided games. There are no league standings for these age groups; the focus is on learning and having fun.

STAGE 1 ACTIVE START

U-4/U-6 M/F

Gives the youngest players the opportunity to develop basic movement skills, like running, jumping, landing, kicking, throwing, and catching in a fun, setting, built around informal play in positive reinforcement.

STAGE 2 FUNDAMENTALS

U-6/U-8 F + U-6/U-10 M

Allows children to develop their movement ABC's - agility balance, coordination, and speed - and learn the basics of the game, while emphasizing fun and cooperation and maximum time on the ball.

STAGE 3 LEARNING TO TRAIN

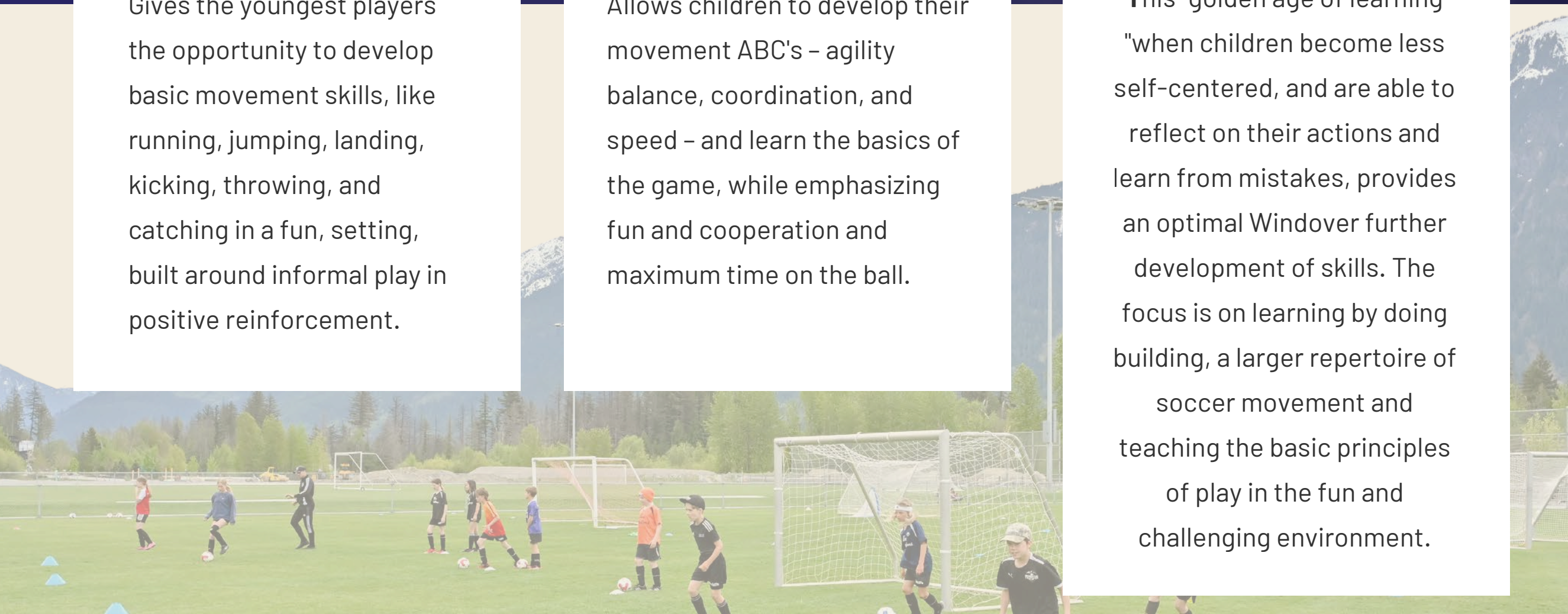
U-8/U-11 F, U-9/U-12 M

This "golden age of learning" when children become less self-centered, and are able to reflect on their actions and learn from mistakes, provides an optimal window for further development of skills. The focus is on learning by doing building, a larger repertoire of soccer movement and teaching the basic principles of play in the fun and challenging environment.

AT PEMBERTON YOUTH SOCCER ASSOCIATION WE...

Keep the ball rolling (as much as possible, up to 80%) as players learn through doing.

Interventions are short and to the point and often full of open ended questions, so players can be active participants in their learning. We love using the countdown which allows players to adjust and correct themselves while continuing to be engaged in the activity.



PEMBERTON YOUTH SOCCER ASSOCIATION

At these stages the Pemberton Youth Soccer Association is always looking for synergies and partnerships to provide local players with further opportunities for higher levels in various (larger) communities in the Lower Mainland. A trend is emerging of more older players (13 and beyond) wanting to continue playing at the competitive level and opportunities are provided through the club as well as partnership clubs and academies.

A current active partnership with Whistler Youth Soccer is another step (combined competitive teams and/or competitions) to provide appropriate competitive opportunities during various stages.

A robust Junior coaching program also keeps local players in the game.

LTPD STAGES PROGRESSING INTO COMPETITION

As children move into adolescence, official league, standings are introduced in the game, becomes more competitive, with more emphasis on strategy and tactics, with a steady increase in training time over the next three LTPD stages (4-6) moved to large-sided games and year-round play, the most advanced players are given the opportunity for further development with the Canada soccer pathways Excel program. Others may decide to continue playing recreationally, moving straight to LTPDCH seven.

STAGE 4 TRAINING TO TRAIN

U-11/U-15 F, U-12/U-15 M

The onset of the adolescent growth spurt for most kids during this stage is an ideal time for endurance training. Players are also introduced to concepts like mental preparation, goal setting and coping with winning and losing while learning more advanced soccer skills including specific position specific techniques.

STAGE 5 TRAINING TO COMPETE

U-15/U-19 F, U-16/U-20 M

Players are now working to hone their soccer skills under a variety of competitive conditions in a 11 v 11 game format that mirrors adult play. Along with the continued refinement of advanced techniques, players work to develop their tactical awareness, discipline and mental toughness.

STAGE 6 TRAINING TO WIN

U-18+ F, U19+ M

With most of their soccer skills now fully established, the focus on EXCEL players at National Team, semi-professional and professional levels shifts to performing at their best. They work on adapting strategies quickly to suit changing demands, establishing a pre-training and pre-match routine, and maintaining optimal physical and psychological fitness.

STAGE 7 ACTIVE FOR LIFE

U-18+ F, U19+ M

This stage encompasses, boys, and girls, men and women of all ages and abilities, who want to play soccer for fun and fitness. They may be youth players, who don't pursue high-performance play through EXCEL program, former competitive players, who don't intend to play internationally or professionally or they may be brand new to Soccer. In all cases, the game structure is adapted to suit the level of play the number of players in the available space.

LTPD IS PLAYER-CENTERED:

Respecting the development needs of players is the number one priority. This means but he sure recreational players have fun at all so that those are the special talents are given opportunities for for the development as they move along the Canada Soccer Pathway.

LTPD IS INCLUSIVE:

A handful of players may follow the Canada Soccer Pathways EXCEL program all the way to a National team or professional club but LTPD is also designed for the 99% who won't. It's about giving everyone the best possible soccer experience every step of the way.

LTPD RECOGNIZES COMPETITIVENESS COMES FROM WITHIN:

The fact that there are no standings for players under 12 does not translate into a lack of competitive spirit. When kids play in an environment, where learning is put a head of winning, they're less afraid to make mistakes and more willing to take risks in order to try out the new skills they learned during practice. They are free to play their own best game without worrying they'll be chastised for a poor, match result.

PEMBERTON YOUTH SOCCER ASSOCIATION

- Embracing an active and engaged community | Be all in!
- While displaying good citizenship
- Competition, Recreation, playing, coaching, refereeing, volunteering, giving back to the Community.
- We can only do this together, in our Community and with our partners.
- Increased JOY for all through Hard Work, Team Spirit, Positive Coaching, Learning & Improving.
- Active for life, at all levels, and life-long learning.

PEMBERTON YOUTH SOCCER

OUR MISSION + VISION

Pemberton Youth Soccer Association is dedicated to promoting sportsmanship and fellowship by offering youth in Pemberton a positive, fun and safe soccer environment at recreational and competitive levels.

Our passion for soccer play, at all levels, inspires our players and volunteers year after year. With competent coaches and officials, a priority on safety and sportsmanship, and a beautiful natural environment we put smiles on our player's faces and the faces of their parents.

