

Long Term Player Development is Canadian Soccer's version of Canadian Sport For Life's Long Term Athlete Development model that was developed by two Canadian experts, Istvan Balyi and Richard Way. The generic concepts within LTAD were transferred into a soccer context by a panel of leading Canadian Soccer experts. Their document, "Wellness to World Cup, Volume 1," was published in 2008; Volume 2 was published in 2011.

In a nutshell, this seven stage model is a framework for the enjoyable involvement and development of soccer players of all abilities and ages. It also more clearly defines the pathway for the development of elite players who wish to pursue excellence.

LTAD and LTPD consist of seven distinct stages based on both gender and the biological, not chronological age, of the athlete or player. Up until now, the "system" has favoured children who are born in the first three months of the year. It also recognizes that girls develop earlier, both physically and mentally, when compared to boys. It is player centred, coach driven, and administration, sport science, and sponsor supported.

The first three stages, Active Start, FUNdamentals and Learning to Train, encourage physical literacy and sport for all. It recommends that children participate in and experience many different sporting experiences, not just one sport. The next three stages, Training to Train, Training to Compete and Training to Win, focus on excellence. During this phase, as the athlete will begin to reduce the number of sports that they compete in until the age of 15 or 16. The final stage, Active for Life, encourages life-long physical activity. At any point in the pathway, players can enter the Active for Life stream.

The benefits of LTPD for players is that it:

- Eliminates gaps in the player development system.
- Guides planning for optimal athlete performance at all stages.
- Provides a framework for program alignment and integration, from volunteer club coaches to national and professional teams.
- Follows scientific principles and practical coaching experiences.

The Community Sport Stream has four courses based on Stages 1, 2, 3, and 7 of the Long Term Player Development Model. The first three courses, Active Start, FUNdamentals and Learn to Train, deal with soccer training and the importance of physical literacy for players up to 12 years of age.

More information about Long Term Athlete/Player Development can be found at the following links:

LTPD From the Canadian Soccer Association

<http://www.canadasoccer.com/canada-soccer-pathway-ltpd--s16879>

Wellness to World Cup Document Link:

http://www.canadasoccer.com/files/CSA_2009_W2WC_Brochure_EN.pdf

LTPD is based on LTAD:

<http://canadiansportforlife.ca/learn-about-canadian-sport-life>

http://canadiansportforlife.ca/sites/default/files/user_files/files/CS4L%2020EN_Jan_17_web%20FINAL.pdf

LTPD and the Ontario Soccer Association:

<http://www.ontariosoccer.net/player/ltpd>

<http://www.ontariosoccer.net/images/publications/2015/player/grassroots/How-Soccer-Is-Changing-In-Ontario.pdf>

Talented Player Pathway

<http://www.ontariosoccer.net/player/talented-pathway>

Soccer for Life Pathway

<http://www.ontariosoccer.net/player/s4l>

<http://www.ontariosoccer.net/images/publications/2015/player/S4L-League-Management-Info-For-Parents-And-Coaches.pdf>