

Soccer Nova Scotia

Coach and Player Education



Long Term Player Development program review tool

Characteristics	Active Start (AS) U4, U5, U6	Score (0-3)	Fundamentals (FUN) U7, U8	Score (0-3)	Learn to Train (L2T) U9, U10, U11, U12	Score (0-3)
					U9, U10	U11, U12
Program complies with the LTPD format of instruction	U4/5 - 1 on 1 activities U6 - Preferred Training Model		Preferred Training Model - Stations: All players are engaged and active in activities and games		Foundation: Preferred Training Model - Stations: all players are engaged and active in activities and games Competitive: GAG sessions	
Player : Coach ratio	U4/U5: 1:1 with significant other U6: Ideal 6:1 / Max 8:1		Ideal 8:1 / Max 10:1		Ideal 10:1 / Max 12:1	Ideal 12: 1 / Max 14:1
Season length	8-15 weeks		10-22 weeks		10-22 weeks	
Duration of practice sessions	45-60 Minutes		45-60 Minutes		60-75 Minutes	
Practice sessions per week	1 session		1-2 sessions		1-2 sessions (foundation) 2-3 sessions (competitive)	
Four training pillar ratios per practice session	General movement 25% Coordination 25% Soccer Skills 25% Soccer Activities 25%		General Movement 20% Coordination 20% Soccer Skills 20% Small Sided Games 40%		General Movement 10% Coordination 10% Soccer Skills 40% Small Sided Games 40%	
Size of the ball	3		3 or 4		4 or Light 5	
Adaptive SSG rules applied	Pass-ins/dribble No corners No offside No dropkicks from GK Multiple balls in play		Pass-ins/dribble No corners No offside No dropkicks from GK Retreat line		Throw-ins optional No offside Limited dropkicks from GK Retreat line	Throw-ins used Offsides introduced Limited dropkicks from GK Retreat line
Physical components for this stage of development	Activities that promote the introduction of physical literacy with a ball		Development of agility, balance, co-ordination and speed through activities with a ball. All players are engaged and active		Further development of agility, balance, co-ordination and speed through activities and games. All players are engaged and active	
Technical components for this stage of development	Introduction to techniques of: Running Dribbling Striking the ball		Activities designed to promote ball mastery Gaining ball control in receiving passes Dribbling and shooting on goal		Introduction of advanced techniques to those who are capable Technical acquisition in more complex environments	
Tactical components for this stage of development	None – have fun		Small-Sided-Games: self discovery		SSG: development of tasks within game, intro & advancement of positional awareness	
Mental components for this stage of development	Fun, fascination and nurturing a passion for play.		Basic awareness of environment to build intelligence and decision making in games, autonomy over decisions.		Introduction to mental preparation - goal setting, coping with winning and losing.	
Coach volunteers receive training & support	Pre-season coach clinic and continued mentoring		Pre-season coach clinic and continued mentoring		Pre-season coach clinic and continued mentoring	
Minimum recommended NCCP Coaching certification	NCCP Active Start + MED (Delivery) Game Leader (SSG)		NCCP FUNDamental + MED (Delivery) Game Leader (SSG)		NCCP Learning to Train +MED	
	AS total Pts		FUN total Pts		L2T total Pts	

Points System (How often does your program comply with the above characteristics at each stage of LTPD?)

0 = NEVER, 1 = OCCASIONALLY, 2 = REGULARLY, 3 = ALWAYS

Total Points	Description
33 to 42 Points	Compliant with supporting the implementation of LTPD
22 to 32 Points	Supportive to LTPD and some areas to be reviewed
10 to 21 Points	Some adherence to LTPD but program requires review
0 to 10 Points	The program is not compliant with LTPD