



Why do we need a Long-Term Player Development (LTPD) model?

- Raise the level of physical literacy
- Decrease the risk of injury and disease
- Increase the number of children and adolescents staying involved
- Trust in football clubs
- Guides coaches to create a learning environment
- Higher achievements/performance
- More enjoyment



ACTIVE FOR LIFE PHASE:

Through the lifespan
Improving the quality of life through an active lifestyle and social interaction.

PERFORMANCE PHASE: Ages 22+

Performing at the highest level from an individual and team standpoint.
Playing to win.

LEARNING TO WIN PHASE:

Ages 17 to 22

Development of a winning mentality. Understanding the qualities necessary to achieve success and appropriately respond to failure within the game.

GAME TRAINING PHASE:

Ages 13 to 16

Learning key game principles. Understanding how to effectively play the game as a cohesive team.

SKILL ACQUISITION PHASE:

Ages 9 to 12

Refinement of fundamental skills to effectively play the game. Majority of time should be spent on developing techniques into skill for game application.

FUN PHASE: Ages 6 to 8

Building physical literacy - fundamental motor skills to value physical activity as part of holistic development of the person. The focus is on learning through the means of fun activities and an introduction into some structured competition.

ACTIVE START: Up to age 5

Cultivate a child's passion to play in order to make physical activity an enjoyable part of daily life



Risks of playing outside of the appropriate LTPD Phase:

- **Appropriate level of competition is critical to technical, tactical, social, emotional, and mental development at all phases**
- **Over-competition and undertraining at the "Skill Acquisition" and "Game Training" phase result in a lack of basic skills, fitness, and knowledge.**
- **Players develop bad habits because of the over-emphasis on winning instead of developing to fulfill their potential**
- **Children don't have fun. As a result, many athletes end up burning out and dropping out of sport because of the excessive stress to perform well early in development.**

