



Glenfir Soccer Academy Program

The Glenfir Soccer Academy follows Soccer Canada's Long Term Player Development (LTPD) model. Players enrolled in the Academy will begin training in stage three, as they will have received prior training in stages one and two through their clubs (e.g. SOYSA).

Stage 3: Learning to Train

At the entry level of the Academy this is an important time to teach basic principles of play and to establish a training ethic and discipline. Repetitions are important to develop technical excellence, but creating a fun and challenging environment is still essential for stimulating learning.

- **Physical** – This is an optimal window for trainability of speed, flexibility, and skills.
- **Technical** – Building a greater repertoire of soccer related movements; technical skills are developed in training and within the context of basic small sided soccer games.
- **Tactical** – Developing environment awareness and encouraging decision making – simple combinations, marking, and running into space.
- **Mental** – Intrinsic motivation is developed by the fun and enjoyment that foster desire to play; imagination, creativity, increased demands, discipline.

Stage 4: Training to Train

Here our player development model remains centred around skill training as well as training loads, thus provoking improvement in mental toughness, concentration, and diligence. Awareness of tactics within the game becomes an important facet of the learning process.

- **Physical** – Flexibility, disciplined warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition and proper diet (pre-game, post-game, and tournaments), prevention and care of injuries, importance of rest/recovery. Personalized programs needed in order to respect the growth spurt.
- **Technical** – Introduction of advanced techniques to those who are capable; technical acquisition in a more complex environment and position-specific skills.
- **Tactical** – Team work; development of tasks per unit (defensive, midfield, or forward unit) and positional awareness through small-sided games.
- **Mental** – Pre-competition routine, introduction to mental preparation, goal setting, and coping with winning and losing.

Stage 5: Training to Compete

We are now working to gain more maturity; also, players are exposed to quality playing and training environments which extend their mental, physical, tactical, and technical capabilities to their limit.

- **Physical** – Further develop flexibility, correct warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition and proper diet

(pre-game, post-game, and tournaments), prevention and care of injuries, importance of rest/recovery.

- **Technical** – Refinement of core skills and position specific-skills; continued development of advanced techniques and skills.
- **Tactical** – Decision-making tactical awareness, game appreciation, game analysis, match coaching, productivity, competitive proficiency
- **Mental** – Increased player concentration, responsibility, discipline, accountability, goal setting, self-confidence, self-motivation, will to win, mental toughness, competitive mentality in practice and games; satisfy player's urge for competition; importance of being educated in the game (watch games on TV, National team games, and movies).

Stage 6: Training to Win

The majority, if not all, of the player's physical, technical, tactical, and physiological qualities are now fully established (within the confines of the program), and the focus of training has shifted to optimizing performance. They may still require additional tactical experience in high pressure games to develop consistency. The focus is on the maximization of all capabilities. This stage may be beyond the scope of our soccer academy, however stage six remains the ultimate goal.

- **Physical** – Individual fitness program for maintenance, improvement; work and recovery is well monitored; periodization is critical.
- **Technical** – Further development of advanced techniques and skills; refinement of general skills and individual positional skills; game-related technical repetition under pressure.
- **Tactical** – High degree of decision making, leadership and game analysis skills; ability to adjust game plan and adapt playing strategies to suit changing demands.
- **Mental** – Increased concentration and responsibility, leadership, discipline, accountability, goal setting, self confidence, self motivation, will to win, mental toughness, competitive mentality, established pre-practice and pre-game routine.

For more information on the Canadian Soccer Association's LTPD, please visit www.canadasoccer.com and www.ltad.ca.

Soccer Academy Program Components:

1. Ball Control
2. Passing and Shooting
3. Understanding Free Kick and Dead Ball Situations
4. Defending
5. Attacking
6. Tactics
7. Goalkeeping
8. Training and Fitness

1. Ball Control

- a. Before we start education – Stage 3
- b. Foot control – Stage 3
- c. Control of high balls – Stage 3
- d. Heading – Stage 4
- e. Turning with the ball / Gaining the advantage – Stage 4
- f. Dribbling the ball – Stage 3
- g. Running with the ball / Improving pace – Stages 3 & 4

- h. Feinting / Gaining the advantage – Stage 4
- i. Shielding the ball – Stages 3 & 4
- j. Improving control by using ideas from other arts of the world where soccer and soccer tricks are daily fun – Stage 4
- k. *Exams on control, making it clear that each child understands and can explain – Stages 3 & 4*

2. Passing and Shooting

- a. Before we start education – Stage 3
- b. Inside, outside, and instep of foot kicks – Stage 3
- c. Volleying, chipping, and bending of the ball – Stages 3 & 4
- d. What makes a good pass? – Stage 3
- e. Passing tactics – Stages 3 & 4
- f. Support play – Stages 3 & 4
- g. Heading the ball in attack – Stages 4 & 5
- h. Shooting to score – Stages 3 & 4
- i. How to attack the goal – Stage 4
- j. General principals of attacking play – Stage 4
- k. *Soccer quiz to show understanding of material taught – Stages 3 & 4*

3. Understanding Free Kick and Dead Ball Situations

- a. Education of why we do certain tactics – Stage 3
- b. Free kicks from different areas on the field – Stages 4 & 5
- c. The throw-in and tactics – Stages 4 & 5
- d. Goal kicks – Stage 4
- e. Corner kicks and the various types – Stages 4 & 5
- f. The basics of direct or indirect free kicks and penalties – Stage 4
- g. Winning a drop ball – Stage 4
- h. Gaining the advantage – Stage 4
- i. *Education quiz to show understanding – Stage 4 & 5*

4. Defending

- a. Before you start education – Stage 3
- b. Principals of defending – Stages 4 & 5
- c. How to jockey the opponent – Stage 4
- d. Challenging the opponent – Stages 4 & 5
- e. Tackling skills – Stages 3 & 4
- f. Safe play – Stages 4 & 5
- g. Clearing the ball and why – Stages 4 & 5
- h. Support play – Stages 3 & 4
- i. Marking systems – Stages 4 & 5
- j. Team formations – Stages 4 & 5
- k. The offside rule – Stages 3,4 & 5
- l. Defending positions and there priorities – Stages 4 & 5
- m. Defending at corners – Stages 4 & 5
- n. Defending free kicks and throw-ins – Stages 4 & 5
- o. Defending and involving yourself in attack – Stages 4 & 5
- p. *Defending quiz and unit exam – Stages 4 & 5*

5. Attacking

- a. Before we start education – Stage 3
- b. Principals of attacking play – Stages 4 & 5
- c. Building an attack – Stages 4 & 5
- d. The through ball / killer pass – Stages 4 & 5
- e. Crossing techniques – Stages 4 & 5
- f. Taking opponent on 1 on 1 – Stages 3,4, & 5
- g. Shooting techniques and complete breakdown – Stages 3 & 4
- h. Attacking throw-ins and corners – Stages 4 & 5
- i. Attacking free kicks and gaining the advantage – Stages 4 & 5
- j. *Quiz, players to answer basic questions on material* – Stages 4 & 5

6. Tactics

- a. What are tactics – Stages 4 & 5
- b. Formations – Stages 4 & 5
- c. Formations and systems of play – Stages 4 & 5
- d. Defending and attacking tactics – Stages 4 & 5
- e. Attacking and defending principals of play and why we do certain actions – Stages 4 & 5
- f. Set piece tactics – in attack and defense – Stages 4 & 5
- g. *Quiz on our understanding of basic tactics* – Stages 4 & 5

7. Goalkeeping

- a. The basics – Stage 3
- b. 12 key considerations – Stages 3 & 4
- c. Dealing with different types of shots – Stages 3,4, & 5
- d. Distribution, throws, and kicks – Stages 3,4, & 5
- e. Positional sense on corners, throw-ins, free kicks, and penalties – Stages 4 & 5
- f. Every player tries goalkeeping if only for a short period of time – Stage 3
- g. Understanding why we do certain actions by simple quiz exams – Stages 4 & 5

8. Training and Fitness

- a. Training basics education – Stage 3
- b. Loosening up and stretching do's and don'ts – Stage 3
- c. Understanding how to train for soccer – Stages 4 & 5
- d. Using advanced methods for developing our players – Stages 4 & 5
- e. Soccer diet and nutrition education – Stages 4 & 5
- f. Aerobic and anaerobic fitness – Stages 4 & 5
- g. Soccer as a fitness sport for life – Stages 4 & 5
- h. *Exams on our knowledge of training and fitness and general facts on nutrition* – Stages 4 & 5