

Training Plans Soccer for Life (U13-17) Guide



The purpose of Alberta Soccer providing "Periodized Annual Plans" for each stage of development is to:

- 1. Assist member districts, leagues and clubs in the planning of programming.
- 2. Educate players, coaches and parents as to the commitment and levels of play required for the various "Stages of Development".

Alberta Soccer has taken into account various publications from Canada Soccer (LTPD Documentation/CSA Toolkits), district/programming currently in Alberta, facility considerations, differing abilities and commitment levels of play as well as trends in Canada and elsewhere. As one can imagine, it is a difficult task to encapsulate all of this information into a single "one size fits all" document. To that end this guide is designed to assist in explaining the different terms and information presented in the training plans but it is incumbent on the organising district/club to model programming that best fits their situation staying consistent with the Periodized Plan at each Stage of Development.

Calendar

The Soccer for Life (U13-17) Training Plan is designed September through August due to the change over in Age Groups being done from the outdoor season to the indoor season as well as coinciding with the start of the school year.

Programming Levels

The Soccer For Life (U13-17) Training Plan has been designed with 3 levels of participation. These levels are broken down as follows:

Level 1 Programming (Recreational) – Designed for the Soccer For Life (U13-17) recreational player whom wishes to play the game in outdoor only during the early Fall and Spring months. The commitment of the

- player is to participate in soccer twice per week.
- ➤ Level 2 Programming (Tier II to IV) –
 Designed for the Soccer For Life (U13-17)
 Tier III & IV player whom wishes to play the game in outdoor as well as indoor. The commitment of the player is to participate in soccer twice per week.
- ➤ Level 3 Programming (Tier I) Designed for the Soccer For Life (U13-17) Tier I player whom wishes to play the game in outdoor as well as indoor. The commitment of the player is to participate in soccer three times per week.

Programs

The Soccer For Life (U13-17) Training Plan has three distinct periods of participation:

- Fall Program A six-week program that generally occurs outdoors at the start of September until mid-October.
- Winter Program A sixteen-week indoor program that runs from November until mid-March with a break over the Holiday Period.
- Spring/Summer Program A 10 to 18 week outdoor program that runs as per below:
 - Level 1 Programming mid-April until June 30
 - Level 2 Programming mid-April until Provincial Competition in July
 - Level 3 Programming mid-April until Provincial Competition in August

Weeks of Involvement

The number of weeks per programming level:

- ➤ Level 1 Programming 16 weeks
- ➤ Level 2 Programming 36 to 38 weeks
- ➤ Level 3 Programming 40 weeks



Practice Sessions

The Soccer for Life (U13-17) Training Plan is designed for Districts and Clubs to incorporate practices into their programming.

Each training session should be built around the four corner approach to player development – Technical/Tactical, Physical, Mental, Social/Emotional. Addressing all four of these "pillars" at each practice session will help develop well-rounded players with a foundation in fitness, technical/tactical soccer abilities, self-confidence and leadership skills.

Canada Soccer Toolkits should still be used as a primary source of reference in designing activities for training sessions.

Number of Training Sessions

The number of Training Sessions for each program:

- ➤ Level 1 Programming 16
- > Level 2 Programming 72-76
- > Level 3 Programming 120

Games

All games should adhere to LTPD standards and guidelines and be played in accordance with FIFA Laws of the Game.

Number of Rest Weeks

The number of rest weeks for each program:

- > Level 1 Programming 36
- > Level 2 Programming 14-16
- ➤ Level 3 Programming 12

Multi-Sport Athletes/Seasonal Breaks

Players in the Soccer for Life (U13-17) Stage of Development should be encouraged to participate in other sports and activities. By participating in other sports children will become well-rounded athletes which will only enhance their overall fitness levels and benefit them later in their sporting endeavors. During seasonal breaks in particular it is highly recommended that players engage in other sports.

Weekly Soccer Activities

The number of Preferred Training Model Sessions/Practices/Games per week for each program:

- Level 1 Programming 2x per week
- ➤ Level 2 Programming 3x per week
- ➤ Level 3 Programming 4x per week

We hope this guide has assisted you in understanding the Training Plan that is recommended for the Soccer for Life (U13-17) Stage of Development. If you have any questions on this plan, please do not hesitate to contact:

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ALBERTA SOCCER PERIODIZED TRAINING PLAN FOR PLAYERS IN THE Soccer For Life (U13-U17) STAGE OF DEVELOPMENT

MONTHS				SEPTEMBER						OCTOBER	2	NOVEMBER					
WEEKS (MON-SUN)				Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	
Level 3 Programming (Tier I)				Fall Program						CANADA			Winter Program				
Level 2 Programming (Tier II-IV)				Fall Program						1	Transition		Winter Program				
Level 1 Programming (Recreational)				Fall Program									Winter Break				
Level 3 - Practices/Strength&Conditioning/Games per week			4	4	4	4	4	4				4	4	4	4		
Level 2 - Practices/Strength&Conditioning/Games per week			3	3	3	3	3	3				3	3	3	3		
Level 1 - Practices/Games per week			2	2	2	2	2	2									
MONTHS				DECEMBER						JANUARY	,		FEBRUARY				
WEEKS (MON-SUN)				Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	week 21	Week 22	Week 23	Week 24	Week 25	Week 26	
				1 1													
Level 3 Progra	amming (Tier	· I)		Winter I	Program	Ch	vietus e Du					Winter	Program				
Level 3 Program					Program Program	Ch	ristmas Br	eak					Program Program				
	nming (Tier II	-IV)				Ch	ristmas Br	eak	V	/inter Bre	eak						
Level 2 Program	nming (Tier II	-IV) ional)	week			Ch	ristmas Br	eak	V	Vinter Bre	eak 4			4	4	4	
Level 2 Program Level 1 Programm	nming (Tier II	ional) /Games per		Winter I	Program	Ch	ristmas Br	eak				Winter	Program	4 3	4 3	4 3	
Level 2 Programm Level 1 Programm Level 3 - Practices/Strength&C	nming (Tier II ing (Recreat Conditioning	ional) //Games per v		Winter I	Program 4	Ch	ristmas Br	eak	4	4	4	Winter 4	Program 4	4 3	•		
Level 2 Programm Level 1 Programm Level 3 - Practices/Strength&C Level 2 - Practices/Strength&C	nming (Tier II ing (Recreat Conditioning	ional) //Games per v		Winter I	Program 4 3	Ch HNICAL			4	4	4	Winter 4	Program 4	4 3	•		
Level 2 Programm Level 1 Programm Level 3 - Practices/Strength&C Level 2 - Practices/Strength&C Level 1 - Practices	conditioning Conditioning Conditioning S/Games per	/Games per v	week	Winter I	Program 4 3	HNICAL (GUIDELII	NES	4 3	4 3	4 3	Winter 4 3	Program 4 3		3		
Level 2 Programm Level 1 Programm Level 3 - Practices/Strength&C Level 2 - Practices/Strength&C Level 1 - Practices WEEKS OF INVOLVEMENT	conditioning Conditioning Conditioning S/Games per	/Games per v /Games per v /Games per v week	Level 1	Winter I 4 3 SEASONA	Program 4 3 TEC	HNICAL (GUIDELII	NES	4 3 ITIES TO M	4 3 IAINTAIN P	4 3	Winter 4 3	Program 4 3		3		
Level 2 Programm Level 1 Programm Level 3 - Practices/Strength&C Level 2 - Practices/Strength&C Level 1 - Practices WEEKS OF INVOLVEMENT MAX MATCHES	Conditioning Conditioning S/Games per Level 3 40 40	/Games per v /Games per v /Games per v week	Level 1 16 16	Winter I 4 3 SEASONA MATCHES	Program 4 3 TEC	HNICAL (S - ADDITION OTHERS TO	GUIDELII DNAL SPOR	NES RTS/ACTIV	4 3 ITIES TO MAND GUIDE	4 3 IAINTAIN P	4 3 HYSICAL F	Winter 4 3	Program 4 3		3		
Level 2 Programm Level 1 Programm Level 3 - Practices/Strength&C Level 2 - Practices/Strength&C WEEKS OF INVOLVEMENT MAX MATCHES TRAINING SESSIONS	Conditioning Conditioning Conditioning Level 3 40 40 120	/Games per v /Games per v /Games per v week	Level 1 16 16 16	Winter I 4 3 SEASONA MATCHES TRAINING	Program 4 3 TEC AL BREAKS 5 - MUST A 6 - CURRIC	HNICAL (S - ADDITION DHERE TO ULUM CON	GUIDELII DNAL SPOR D LTPD STA	NES RTS/ACTIV NDARDS A	4 3 ITIES TO MAND GUIDE OOLKITS -	4 3 IAINTAIN P	4 3 HYSICAL F	Winter 4 3	Program 4 3		3		
Level 2 Programm Level 1 Programm Level 3 - Practices/Strength&C Level 2 - Practices/Strength&C Level 1 - Practices WEEKS OF INVOLVEMENT MAX MATCHES	Conditioning Conditioning S/Games per Level 3 40 40	/Games per v /Games per v /Games per v week	Level 1 16 16	Winter I 4 3 SEASONA MATCHES	Program 4 3 TEC AL BREAKS - MUST A - CURRIC ON - FOCU	HNICAL (S - ADDITION DHERE TO ULUM CON US ON REG	GUIDELII DNAL SPOR LTPD STA TENT AS I	NES RTS/ACTIV NDARDS / PER CSA T N ACTIVIT	4 3 ITIES TO MAND GUIDE OOLKITS - IES	4 3 IAINTAIN PELINES 75-90 Minu	4 3 HYSICAL F	Winter 4 3	Program 4 3		3		



ALBERTA SOCCER PERIODIZED TRAINING PLAN FOR PLAYERS IN THE Soccer For Life (U13-U17) STAGE OF DEVELOPMENT

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MONTHS				MARCH						AP	RIL		MAY				
WEEKS (MON-SUN)					Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
Level 3 Programming (Tier I)				Winter F	rogram	Alberta				Spring/Summer Program							
Level 2 Programming (Tier II-IV)				Winter F	Program	Alberta	Spring Break			Spring/Summer Program							
Level 1 Programming (Recreational)				Winter Break					Spring/Summer Program								
Level 3 - Practices/Strength&Conditioning/Games per week				4	4					4	4	4	4	4	4	4	
Level 2 - Practices/Strength&Conditioning/Games per week				3	3					3	3	3	3	3	3	3	
Level 1 - Practices/Games per week										2	2	2	2	2	2	2	
MONTHS				JUNE						JULY			AUGUST				
WEEKS (MON-SUN)				Week 40	Week 41	Week 42	Week 43	Week 44	Week 45	Week 46	Week 47	Week 48	Week 49	Week 50	Week 51	Week 52	
Level 3 Programming (Tier I)				Spring/Summer Program									Alberta				
Level 2 Programming (Tier II-IV)				Spring/Summer Program 😻 🔠													
Level 1 Programming (Recreational)				Spring/Summer Program						Summer Break							
Level 3 - Practices/Strength&Conditioning/Games per week			4	4	4	4	4	4	4	4	4	4	4				
Level 2 - Practices/Strength&Conditioning/Games per week				3	3	3	3	3	3	3	3	3					
Level 1 - Practices/Games per week				2	2	2											
	TECHNICAL GUIDELINES																
	Level 3	Level 2	Level 1														
WEEKS OF INVOLVEMENT	40	36-38	16	SEASONAL BREAKS - ADDITIONAL SPORTS/ACTIVITIES TO MAINTAIN PHYSICAL FITNESS LEVELS FOR THE INDIVIDUAL													
MAX MATCHES	40	36-38	16	MATCHES - MUST ADHERE TO LTPD STANDARDS AND GUIDELINES													
TRAINING SESSIONS	120	72-76	16	TRAINING - CURRICULUM CONTENT AS PER CSA TOOLKITS - 75-90 Minute Sessions													
# REST WEEKS	12	14-16	36				S ON REGENERATION ACTIVITIES										
TRAINING TO GAME RATIO 3 to 1 2 to 1 1 to 1			RATIO - BASED ON PLAYER LEVEL/FAMILY COMMITMENT - PRACTICES TO GAMES														



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