Hanover Minor Soccer Association

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Long Term Player Development

Hanover Minor Soccer Association is committed to providing enjoyable programming that is focused on Long-Term Player Development (LTPD). LTPD is a soccer-specific adaptation of the Long-Term Athlete Development model (LTAD) developed by Canadian Sport Centres. It is designed to align with the natural stages of physical, mental, and emotional growth in athletes, and has been adopted by major sports organizations in the United Kingdom, Ireland, and Canada. LTPD aims to promote lifelong enjoyment of physical activity, provide a structured player development pathway, describe best practices for elite player development, and create long-term excellence.

One of the key features of LTPD is that it focuses on biological age (physical maturity) rather than chronological age in the development, training, competition, and recovery of soccer players. It is a player-centered approach that is coach-driven and supported by administration, sport science, and sponsors. LTPD eliminates gaps in the player development system, guides planning for optimal athlete performance at all stages, provides a framework for program alignment and integration, and follows scientific principles and practical coaching experiences.

There are numerous benefits of LTPD for players, parents, coaches, clubs, and the soccer community as a whole. Players and parents gain a better understanding of what makes a good soccer program, with more players learning at their level and having fun. Appropriate game and league structures are implemented, taking into consideration factors such as ball size, goal size, and field dimensions. This allows players to realize their athletic potential and promotes lifelong participation in soccer.

Coaches and clubs benefit from information and education on effective coaching and practice methods, guidelines for appropriate game structures, and established pathways for player development at all levels of ability and ambition. LTPD affirms best practices for coaches and club administrators, creating a positive and supportive environment for player development.

In addition, LTPD fosters competitive behavior in players while discouraging over-competitiveness in adults, such as coaches and parents. It recognizes that players are unique and have different interests and aptitudes, promoting inclusivity and diversity in soccer. LTPD also aims to ensure that players stay involved in the sport throughout their lives, whether as players, coaches, referees, or club administrators.

Overall, the Canadian Soccer LTPD model, Wellness to World Cup, is designed to optimize excellence and lifelong wellness through soccer. It provides a framework for the growth of the beautiful game in Canada, with a focus on fun playing experiences for children, a suitable player development pathway for youth, and opportunities for lifelong participation for all players regardless of age, gender, ability, or disability.