

SOCCERnews

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Task Force to implement new player development guidelines

Joint WYSA and MSA effort under way now



By Alastair Gillespie
President, Winnipeg Youth Soccer Association

In the last five years, while soccer participation rates have been climbing around the country, Winnipeg's numbers have been dropping. There were 10,265 youth players (aged 9-18) registered for the 2006 season, but that number had dropped to 9,326 by last year — roughly a 10 per cent decline.

There are a number of reasons for the fall off. Demographics are important to consider as the Baby Boomers' children are now mostly through their teen years. There are also more sports to choose from today and high school students are opting to play for their varsity teams today in greater numbers.

But during that same period, soccer has grown in popularity across North America. We've seen two World Cups, Major League Soccer has expanded, and you can see professional soccer on television all the time now. The popularity of the game has never been higher in North America and soccer jurisdictions across Canada are seeing more players.

Sports science research tells us that one of the primary motivations for kids dropping out of a sport is lack of fun. Kids tend to quit sports when the focus is too serious, focused only on winning and lacking enjoyment. And we know that kids can define fun in a number of ways: playing with their friends, trying new things, gaining more confidence

and skill, and enjoying a generally positive experience.

So why the big drop off here in Winnipeg? How do we turn that around?

We need a shift in thinking

Most parents know that their children tend to stick with sports they enjoy and excel in. That is why the primary focus of Long-Term Player Development is to improve skills development. Here are some of the ways:

- Coach the coaches. Make it easier for parent volunteers to take age specific courses.
- Increase the number of certified trainers.
- More practices than games. Right now, a typical U9-U12 team will have two games and one practice a week. That ratio should be reversed.
- Focus on small-sided games. Fewer kids in a practice drill or during a game means more time on the ball for each of them.
- Competition. Foster a healthy, competitive environment.
- Make it fun. Let's engage our kids in creative, fun and inspiring practices and games.

All of these things will increase enjoyment as much as they will develop skills and develop better players.



Make it fun. Let's engage our kids in creative, fun and inspiring practices and games.

What will LTPD look like in Winnipeg?

WYSA and the MSA have recruited a task force representing both recreational and premier level soccer. We have people from every district in the city meeting regularly to discuss how LTPD might look in Winnipeg. We expect to bring our recommendations forward to the soccer community later in 2011.

Here are some of the questions we're considering:

- How do we integrate community centre mini-soccer programs with LTPD?
- How can we change our scheduling to encourage more practices as well as attendance at extra-curricular recognized soccer academies?
- Should we introduce more tournaments to compensate for no city championships at U9 - U12?
- Should we phase in the changes starting with next year's U9s?
- How do we encourage ongoing participation in recreational soccer for life while also developing premier players?

Our goal at the end of this is to have a system that embraces the best practices of coaching and skill development while also respecting Winnipeg's unique soccer culture.

The bottom line for us is to reinvigorate youth soccer in this city by training better coaches and developing better players. We are committed to keeping more children in the game of soccer and playing it all their lives at whatever level they want to play. ●



Developing healthier, better skilled, more active players

LTPD aims to improve coaching, boost participation rates



By Hector Vergara,
Executive Director, Manitoba Soccer Association

For a number of years Sport Canada has expressed a huge concern about the well being of the nation. Of particular interest is the youth of our country. Child obesity and rising inactivity among children threatens the future health of our population. Individual sports have also expressed concerns with the number of children that seem to stop participating in physical activity as they get into their teens.

In order to create a healthy population everyone needs a solid foundation of movement and sport skills to build on later in life. This foundation — called physical literacy — is the development of fundamental movement and sports skills, which are key components of the Long Term Athlete Development Model (LTAD). LTAD focuses on the general framework of athlete development with special reference to

growth, maturation and development, trainability and sport system alignment and integration. The LTAD model has seven stages of development. It is athlete-centred, coach-driven, and supported by administration, sport science and sponsors.

In order to create a healthy population everyone needs a solid foundation of movement and sport skills to build on later in life.

The mandate from Sport Canada to all provincial sports bodies has been that future funding will be determined in relation to how sports have incorporated the LTAD model into their programming. As such, Sport Manitoba has directed all of the Manitoba Provincial Sports Organizations to ensure that LTAD is incorporated by 2014.

The Canadian Soccer Association (CSA) has taken the LTAD model and adapted it, creating the Wellness to World Cup Long-Term Player Development (LTPD) model for soccer. The CSA explains that the model accommodates athletes at all levels of interest, ability and achievement. It is a program for the development of soccer players, training, competition and recovery based on physical maturity.

The LTPD model is based on the development of the player and benefits to the coaches, parents and clubs. It is a pathway that incorporates seven stages of development, which promotes maximum player retention for both optimum wellness and sporting excellence. (see pages 4-5 for a summary of the model).

This program eliminates gaps in the player development system and

provides the framework for athlete performances regardless of a player's age or stage of development. It is based on scientific principles and practical coaching experiences. Each stage provides specific objectives, goals and measurements related to the physical, technical, tactical and mental preparation of the participants.

Through the different stages, competitive behaviour is fostered in players, while over-competitive behaviour is discouraged in adults. Everyone learns that players are unique and different in aptitude and interests. The end result is that players will participate longer in their sports of choice throughout their lives at what ever level they desire and that the sport of soccer grows even more. ●

A message from Sport Manitoba

Canadian Sport for Life (CS4L) is a movement to improve the overall wellness of Canadians through physical activity and sport and is supported by the Federal, Provincial, and Territorial Governments across Canada.

To accomplish this, a Long Term Athlete Development (LTAD) model has been developed to identify the specific stages of athlete development - from first entry in sport to high performance and lifelong participation. LTAD is established on a sport by sport basis and will benefit young athletes as they get a multi-sport experience and training applicable to their age and skill level.

Sport Manitoba and Canadian Sport for Life are partnering to align and integrate the sport system so that physical education in school, recreation, community and organized sport are working together to develop our youth.

"As the lead funding agency for sport in the province, Sport Manitoba highly respects and follows the principles of LTAD. Using this model we ensure that our programs provide the best opportunities to all athletes in Manitoba," said Jeff Hnatiuk President & CEO for Sport Manitoba. "The CS4L movement is about doing the right thing at the right time based on the development of the sport participant."

For more information, please visit www.SportManitoba.ca and www.CanadianSportForLife.ca ●

Stronger focus on coaching the coaches

New certification process being rolled out by 2012



By Rob Gale
Technical Director,
Manitoba Soccer
Association

We've recognized for some time that we can be doing a better job of coaching our coaches in Canada. For the most part, Manitoba's soccer coaches are well-meaning parents who have stepped forward to help their children's teams. Some of them may have soccer experience, but a large number do not.

Our goal is to do a better job of coaching those coaches, of giving them the skills and information they need to lead their teams at whatever level they are coaching. To do that, we're introducing a system of new coaching

licenses based on the new Wellness to World Cup Long-Term Player Development program developed by the Canadian Soccer Association.

The new scheme is modular and will allow coaches to come in at any level. If you want to just do an **Active Start** course for 4 and 5-year-olds, you can take a three hour course that is focused solely on how to coach at that age level. Under the old system, you had to take a child course that covered all ages up to U10.

After **Active Start**, a new six hour module on the **FUNDamentals** of soccer will cover everything up until U8. The next course is designed for 8 to 12-year-olds and will be a 12 hour course covering the **Learn to Train** stage of LTPD - the golden age of learning.

Each module respects the physical, mental and emotional maturation of players. This is the science and the motivating spirit behind the design of the LTPD model for Canadian soccer.

The last of the stages will be a children's license -- this will not be online until 2012 but will actually be a certification course designed for anyone wishing to specialize purely in the coaching of U12 and below and become a certified coach or for those wishing to move on into the competitive stream and progress into the Premier levels of soccer in the province.

The former Senior course will become an **Active for Life** course (also to be rolled out in 2012) and will cover the gap currently left by youth 12 to 14 and senior 14+. This will be a 12 to 14 hour course for coaches at recreational or premier levels of play and will focus on keeping players developing and active in the game - hopefully for lifelong participation.

The new **Active Start**, **FUNDamentals** and **Learn to Train** streams will be ready for rollout we hope by the fall of 2011 as manuals, instruction material and education are all ongoing. We

expect to be delivering these courses no later than the spring of 2012.

Overall the new system will be more user friendly as we will be able to offer more modules with more instructors all across the province. Coaches do not have to complete all courses but jump in at any stage to become certified at whatever level they wish to coach. Plus the methodology and materials offered promise to be a lot friendlier and based around an adult education system of learning to make coaches feel more comfortable. The end result will be more coaches able to go out and hit the pitches with their players as soon as they've taken their courses.

For more information on coaching clinics, please visit www.ManitobaSoccer.ca



Jeff Hnatiuk



Our goal is to do a better job of coaching those coaches, of giving them the skills and information they need to lead their teams at whatever level they are coaching.



Wellness to World Cup

Presented by BMO
Long-Term Player Development

As coaches, teachers, administrators and parents, we need to look at the big picture for Canadian soccer. We want to develop “star” players who can play on the big stage, but we also want to encourage recreational players who can benefit from the health aspects of soccer and give back to the game for years to come as coaches, officials, and administrators.

Long-Term Soccer Association fronts. LTPD guidelines recovery ba developme knowledge

STAGE 1: ACTIVE START

At this stage, players should participate in stimulating practices and games that develop basic technical skills in a FUN atmosphere. The emphasis should be movement exercises and games that promote a feel for the ball while teaching basic principles of play within a fun but structured setting. Informal games can be set up at the end of practices or as part of a jamboree mixing exercising and games. Play equal time and try all team positions, including goalkeeper, and equal time should be allotted to practices and games.



U4-U6 Female and Male

GOAL: Encourage child activity and develop basic motor skills.

TECHNICAL: Introduce individual skills. Dribbling with all parts of the foot, combined with simple techniques for changing direction (turns, drag backs). Basic shooting where players experience success and the thrill of a goal!

TACTICAL: No tactical instructions. Emphasis on the individual.

PHYSICAL: Provide a fun setting and simple mode of play that develops basic movement skills in running, jumping, kicking, throwing and catching.

MENTAL: Fun and passion for play. Experience success and build confidence by receiving positive recognition.

LIFESTYLE: Enjoy a variety of sports and physical activities.

PERSONAL: Positive attitude and self-esteem.

GOALKEEPING: No goalkeepers at this age. All players should learn the basic techniques of ball handling at different heights (not high balls) and throwing with one and two hands on the ground and in the air. Footwork is introduced including side-skip to get in line with the ball. Introduce diving from a kneeling position.

STAGE 2: FUNDAMENTALS

At this stage, players should participate in stimulating practices and games that develop basic technical skills in a FUN atmosphere. The emphasis should be movement exercises and games that promote a feel for the ball while teaching basic principles of play within a fun but structured setting. Mini game formats are used, ranging from 3v3 to 5v5, and a basic league schedule can be created but no standings should be kept. All players should play equal time and try all team positions, including goalkeeper, and equal time should be allotted to practices and games.



U6-U8 Female/U6-U9 Male

GOAL: Technique development through fun. Emphasize skills and ABCs, not tactics.

TECHNICAL: Continue to develop dribbling, and introduce dribbling with sole, inside and outside of foot. Continue to introduce and develop techniques for turning and changing direction, including more advanced techniques such as inside and outside hooks, even stepovers and scissors. Develop short passing with side foot and laces, and develop concept of passing to feet. Introduce receiving with inside and outside of foot and instep, and introduce “crossing” and shooting while dribbling.

TACTICAL: Basic game concepts and rules. Introduction to team cooperation through small-sided games, but emphasis is still primarily on the individual. Finding space is important.

PHYSICAL: Develop the ABCs of movement: agility, balance, coordination and speed. Speed training should focus on quickness and agility. Continue general development of running, jumping, kicking, throwing and catching. Develop flexibility and suppleness.

MENTAL: Basic game awareness and situations/formats to develop decision making. Experience success and receive positive recognition.

LIFESTYLE: Enjoy a variety of sports and physical activities.

PERSONAL: Positive attitude and self-esteem. Fair play and ethics. Promote group interaction skills.

GOALKEEPING: All players take turns in goal. Continue development of ball handling at all heights and above balls (simple service/no opposition). Introduce simple communication (“Keeper!” “Away!”). Continue with basic diving technique from a “Gorilla” stance. Develop correct body shape. Introduce the concept of the keeper as the rear defender (Sweeper/Keeper).

STAGE 3: LEARNING TO TRAIN

This stage introduces players to disciplined training and begins to develop their understanding of principles of play alongside their skills practice. Repetitions are important to develop technical proficiency, but creating a fun and challenging environment is still paramount to stimulate learning and promote a love of the game. Game formats can range from 6v6 to 8v8 as players advance through this stage, and again a simple league schedule can be created, but no standings should be kept – the emphasis is still FUN. All players play equal time and try all team positions, including goalkeeping, and the training to competition ratio should be 2 to 3 training sessions for every game.



U8-U11 Female/U9-U12 Male

GOAL: Focus on technique and skill development and introduce tactics. Fun is still paramount.

TECHNICAL: Golden age of skills learning. Teach more advanced skills and movements. Practice skills in games to encourage decision making. Develop and refine dribbling. Continue to develop turns, drag backs, shielding, and hooks, as well as fakes such as stepovers and scissors. Refine short passing, develop passing with outside of foot and chips, and introduce medium and long passes. Introduce receiving with all parts of the body and shooting with volleys and half-volleys. Heading may be introduced towards the end of this stage.

TACTICAL: Continue small-sided games. Introduce attack and defense principles. Basic team play with 2 and 3 player combinations. Introduce positional awareness in a variety of positions. Teach basic set pieces (free kicks, correct throw-ins).

PHYSICAL: Continue to develop ABCs. Maintain flexibility and suppleness. Introduce warm-up. Continue to develop quickness and agility.

MENTAL: Introduce basic mental preparation with goal-setting, determination and concentration. Experience success and receive positive recognition.

LIFESTYLE: Enjoy a variety of sports and physical activities. Identify complementary sports.

PERSONAL: Fair play and ethics. Accept training structure and discipline. Promote group interaction skills. Internal motivation.

GOALKEEPING: Players still take turns in goal. Resist temptation to limit goalkeeping to a few. Continue developing ball handling, ball rolling and over-arm throws, footwork, goal kicks, drop kicks, moving back passes and punts. Introduce side-arm and javelin throw, deflecting. Introduce variety of new dives. Introduce catching and deflecting crosses from a simple thrown service.

STAGE 4: TRAINING

At this stage, skill training loads are increased to develop tactical awareness. Tactical awareness is an important facet of training. Toughness, concentration, and focus are important for young players, but coaches should be careful to recognize the interests of each athlete. Game formats can range from 8v8 to 11v11 (although the emphasis of age) as players grow. The season moves toward year-end and appropriate rest and recovery.



U11-U15 Female/U12-U15 Male

GOAL: Increase training intensity and introduce tactics. Begin to develop tactical awareness.

TECHNICAL: Develop complex skills and movements. Continue to introduce position-specific skills. Practice complex and demanding skills through training to address strengths and weaknesses.

TACTICAL: Increased emphasis on tactical awareness. Understand principles of width and depth, defensive balance. Positional awareness in sided games and full-sided games. Develop understanding of “forward units” tasks.

PHYSICAL: Regular muscle conditioning to detect onset of PHW and aerobic training after onset of training at onset of men's strength training 12-18 months. Emphasize flexibility during conditioning - stamina, speed and agility.

MENTAL: Introduce advanced mental preparation with imagery, profiling and visualization. Training and competition anxiety control techniques.

LIFESTYLE: Understand training structure and time management.

PERSONAL: Responsibility. Positive communication with peer groups, alcohol, drug use.

GOALKEEPING: Specialized training should still play field. Rehearse heights plus shots and volleys. Top hand situations. Develop handed punching of crosses and diving techniques, free kicks and punts. Develop drop kicks. Introduce side winder, fl

Player Development (LTPD) is the Canadian Soccer Association's pathway to success on both the field and in the classroom. LTPD is a player-centred approach that provides a structured pathway for correct training, competition, and development based on scientific principles of human performance and athlete training, combined with the expertise of expert coaches.

Player-centred means we respect the developmental needs of our players first and foremost. We ensure that our young players have fun while they learn so they want to continue playing. It also means we provide challenging opportunities for special talents so they can develop their abilities and pursue excellence. All of these needs are addressed in the seven stages of LTPD.

To learn more about Wellness to World Cup presented by BMO visit: www.CanadaSoccer.com. To learn more about LTAD visit: www.canadiansportforlife.ca.



STAGE 1: TRAINING TO TRAIN

Players are developing demands and training to develop and refine skills and become an increasingly demanding, alongside mental and physical attributes. Elite soccer coaches and parents should focus on recruiting talented players and protect the long-term development of the player. Game formats develop from 11v11 prior to 13 years of age through this stage, and the focus is on year-round play that includes rest and recovery periods.



U12-U16 Male

GOAL: Develop players for elite competition.

TECHNICAL: Consistency in base skills. Continue to develop advanced skills. Develop practice with increasingly challenging games. Individualized training to address strengths and weaknesses.

TACTICAL: Emphasis on team play. Linkage between players and team units. Effective use of set pieces. Awareness of opponents' tactics, strengths and weaknesses. Ability to adapt to opponents and tactical changes. Refinement and enhancement of attacking and defending principles.

PHYSICAL: Conditioning specific to positions, individuals, and soccer skills. Further develop flexibility, agility, aerobic and anaerobic endurance, core strength and stability. Prevention and care of injuries. Tapering and peaking for optimal performances. Individualization of physical training. Testing is crucial to monitor progress.

MENTAL: Pre-competition self-talk, imagery, thought-stopping, goal setting, mental toughness, anxiety control and relaxation. Techniques to re-focus. Maintaining mental skills under pressure and fatigue. Performance analysis to identify mental weaknesses.

LIFESTYLE: Advanced diet, nutrition and hydration. Understand periodized training plans. Balancing training and lifestyle needs.

PERSONAL: Responsibility and self discipline. Planning for career/sport options. Scholarships and compensation schemes. Integration of soccer, career and life goals.

GOALKEEPING: Most players including keepers now in specialized positions. Continue refining and perfecting all techniques, including ball handling, diving, footwork, deflecting and punching, diving, and kicking. Greater emphasis on the leadership role regarding communication/positioning/directing players, particularly defenders, in tactical requirements.

GOALKEEPING: Most players including keepers now in specialized positions. Continue refining and perfecting all techniques, including ball handling, diving, footwork, deflecting and punching, diving, and kicking. Greater emphasis on the leadership role regarding communication/positioning/directing players, particularly defenders, in tactical requirements.

STAGE 5: TRAINING TO COMPETE

Players who are proficient in their soccer skills now train to refine their maturity in game play, so they can excel under the pressure of regional and international competition. They must be exposed to quality playing and training environments which extend their mental, physical, tactical and technical capabilities to the limit. Soccer is their primary sport, and they should play regularly in highly competitive matches at the select, semi-professional, professional and international level. The season is built on year-round play, though there must be a proper environment with appropriate ratio of training, competition, and rest throughout year.



U15-U19 Female/U16-U20 Male

GOAL: Develop players for elite competition.

TECHNICAL: Consistency and proficiency in core skills. Continue to develop advanced skills. Individual skills emerge as 'personal style'. Skills training happens at high intensity under competitive conditions.

TACTICAL: Advanced team systems and strategies. Linkage between players and team units. Effective use of set pieces. Awareness of opponents' tactics, strengths and weaknesses. Ability to adapt to opponents and tactical changes. Refinement and enhancement of attacking and defending principles.

PHYSICAL: Conditioning specific to positions, individuals, and soccer skills. Further develop flexibility, agility, aerobic and anaerobic endurance, core strength and stability. Prevention and care of injuries. Tapering and peaking for optimal performances. Individualization of physical training. Testing is crucial to monitor progress.

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STAGE 6: TRAINING TO WIN

Players are training and competing at the highest level of national and international competition, from professional league play to international tournaments. The majority, if not all, of the player's physical, technical, tactical, and psychological qualities are now fully established. The focus of training shifts to optimization of performance, and players should compete regularly in high-pressure games to develop consistency. The season is built on year-round play, though there must be an appropriate ratio of training, competition, and rest throughout year.



U18+ Female/U19+ Male

GOAL: Maximizing all player capacities - skills, tactics, mentality, physical attributes.

TECHNICAL: Complete refinement of soccer-specific skills to ensure automatic performance under pressure. Training skills to prepare for competition are second nature.

TACTICAL: High confidence and competency in decision making, leadership and game analysis. Ability to adjust game plan and adapt playing strategies to suit changing game conditions. Clear understanding of team shape and player roles within system. Importance and organization of set pieces for attack/defence. Game management skills (ie. field conditions, time of game, score in game etc.)

PHYSICAL: Maximization of physical capacities for optimal performance. Individual fitness programs for maintenance and improvement. Training, rest and recovery are closely monitored. Periodization is essential.

MENTAL: Pre-practice and pre-competition routines are automatic. Firm confidence in independent decision making. Increased sense of responsibility, accountability, discipline and leadership. Competitive mentality and will to win.

LIFESTYLE: Diet, nutrition and hydration plans/methods are fully understood. Self-monitoring is firmly established. Balance between training, competition and life outside of sport is well managed.

PERSONAL: Full integration of soccer, career and life goals.

GOALKEEPING: Goalkeepers are entirely specialists. Most skills are in a maintenance or remedial mode and "perfecting" mode. The leadership/tactical role of the Sweeper/Keeper is paramount. The interaction between GKs and field players is critical to the success of the team. These should be steadily tested/refined in training and game situations with the highest level of competition and pressure.

STAGE 7: ACTIVE FOR LIFE

At any stage in the LTPD model, regardless of their level of ability, players may decide to play soccer as a purely recreational sport so they can continue to enjoy the game and maintain lifelong wellness. They might be youth players who decide not to pursue high performance, or they might be top players from senior clubs, colleges, universities, and semi-professional teams who enjoy competition but do not intend to play at the international level. They might also be complete newcomers to the game who discover an interest in soccer in late adolescence or adult life. The recruitment and retention of players, coaches, referees and administrators is key to the ongoing development of both grassroots and elite soccer in Canada.



Any age Female and Male

GOAL: Foster lifelong activity, while also encouraging players to pursue roles in coaching, officiating, and administration.

TECHNICAL: Maintain existing skills and learn new skills as desired.

TACTICAL: Basic tactics are sufficient to enjoy the game at a recreational level. More advanced are required for competitive level.

PHYSICAL: Follow age-appropriate guidelines for endurance, strength and flexibility to maintain active lifestyle.

MENTAL: Focus on having fun, in addition to stress release and fitness discipline.

LIFESTYLE: Soccer activity is part of a larger orientation toward wellness and community involvement.

PERSONAL: Social activity and contact. Giving back to the soccer community through supporting roles -

GOALKEEPING: Whoever is willing to play in goal is still working on their skills - dreaming of being called up to the big time!

Frequently Asked Questions

What's all the fuss about?

Long-Term Player Development sure got a lot of media play after the Manitoba Soccer Association introduced it at the WYSA annual general meeting in February. Much of the attention focused on the recommendation to eliminate league standings for ages 12 and under. So let's start there.

Why eliminate league standings for U9-U12?

League standings lead to over-competitive behaviour on the part of parents and coaches, plain and simple. Weaker players are benched to ensure wins. Teams become focused solely on winning instead of growing and developing as players and athletes.

While competition is a central element in a player's development, a competitive environment should not be a game result-oriented environment. There is a difference.

A competitive environment encourages decisions from players and coaches that focus on performance instead of a game result. A win is only one indicator of performance at this age, not the only one and certainly not the most important one.

Does that mean no scores will be kept?

Games will still be played and there will still be winners and losers. That will not change. But those scores will no longer be tracked and published as league standings.

Will we keep game sheets?

Game sheets will likely still be kept to track things such as discipline issues (ie. yellow cards).

Do we expect kids to stop keeping score?

No. We expect the players will know who won and lost the games, but it's important to understand that wins and losses are just one outcome of a game. They shouldn't be the only focus, which is what tends to happen when parents and coaches start studying league tables.

What happens to city championships?

Because we're proposing to eliminate league standings, that would also eliminate what we know now as city championships for ages U9 to U12. But jamboree-style tournaments are plenty of fun and foster strong competitive and team-oriented instincts in players. They are in keeping with LTPD

principles so the WYSA/MSA task force is already looking at introducing more tournaments.

Why are you doing this?

LTPD guidelines are based on sound sport science, child and youth psychology and best practices from top soccer countries around the world. We also know that in places such as Victoria, BC they helped lead to much more youth participation in the sport.

The LTPD guidelines are also mandated by Sport Canada and the Canadian Soccer Association. Manitoba must implement them by 2014 or risk losing funding and other support.

Doesn't LTPD discourage talented, competitive kids?

On the contrary, we're talking about producing more talent than ever before using these principles. We want to foster more premier players while also encouraging the ranks of recreational leagues to swell.

An important concept in player development is that if players are good enough to play at a higher level, then they should. In other words, if a child is as good as others one or two years older, then that's where he or she should play.

This is about player development after all. If you want more competitive soccer in Manitoba, then LTPD is for you.

Will the introduction of LTPD lead to higher costs?

No. In fact, WYSA and the MSA would lose Sport Canada and Sport Manitoba funding if we do not implement the guidelines, so not doing this could lead to higher costs.



A win is only one indicator of performance at this age.

LTPD is based on best practices from top soccer countries around the world.

What does small-sided soccer mean?

One of the key principles of LTPD is to encourage small-sided games. Right now, U9 to U12 teams play nine players a side. Weaker players sometimes never touch the ball. Playing games that are 8 v 8 or 7 v 7 means each player has more opportunity to touch the ball and contribute to the team.

When will LTPD be brought in?

The joint WYSA and MSA task force on LTPD is meeting regularly now and expects to report its recommendations later this year. While certain aspects of LTPD may start to be phased in as early as 2012, we must implement the guidelines by 2014.

Will Winnipeg have a say in what this looks like?

Absolutely. These are guidelines and principles that WYSA and MSA will be adapting to fit Winnipeg.

Why do we think this will help increase participation rates?

A 1992 study of 26,000 children aged 10 to 18 years conducted by Michigan State University found that most children participate in sport for the fun of it. Not surprisingly, lack of fun was reported as the primary reason for dropping out. Winning was a minor consideration on whether kids stayed in the game or not.

We can also see the proof that LTPD works to boost participation rates in various jurisdictions around the world. Soccer programs in Quebec, Ontario and British Columbia that have introduced LTPD principles have seen participation rates climb.

Where else in the world will we find LTPD practiced?

The principles of Long-Term Player Development are derived from the best practices of some of the world's top soccer playing countries.

The Netherlands pioneered 'small-sided football' in the 1970s and continue to be a soccer powerhouse,

finishing second in the 2010 FIFA World Cup. In England, Premier League academies do not post league standings until U17 and they too focus on player and skill development. The United States Soccer Federation embraced these practices recently as did the Football Federation of Australia, both World Cup nations.

And in the playgrounds and streets of places such as Brazil and Argentina, some of the best players in the world grow up learning the game without the benefit of leagues and standings (or even fancy cleats). They rely on creativity, experimentation and fun.

Interested in learning more about LTPD and the joint WYSA/MSA task force?

Please visit us at www.WinnipegYouthSoccer.com, call (204) 233-8899 or email wysa@shaw.ca.

Also, please visit www.CanadaSoccer.com, click on the Wellness to World Cup logo.



2011 Important Dates

29 April	Weekend Kick off for Outdoor Season
02-05 June	Children's Hospital Tournament
30 June	Recreational League Play completes
11 July	Outdoor Premier –Premier Developmental and U10-U12 Developmental Summer Break
02 Aug	Premier and Premier-Developmental Play resumes
08 Aug	U10-U12 Developmental Play resumes
20 Aug	MSA Cup Provincial Championship Finals
20 Aug	Deadline for Outdoor Player Roster Addition/Deletions
22 Aug	WYSA Fall Coaches Meeting
31 Aug	Declared Roster Deadline for PRD Teams
06 Sep	Fall Play resumes for Recreational Teams
24-25 Sep	Cambrian City Championships Premier and Premier-Developmental
01 Oct	Cambrian City Championships for Recreational



2011 Tournaments

Free Coaching Resource!

Winnipeg Youth Soccer Association is delighted to bring you the Byte Size Coaching program to help all coaches, and particularly entry level coaches, put on a meaningful, yet fun, soccer practice. Byte Size Coaching can give coaches the tools they need to succeed.

Contact your district soccer association (ie. Bonivital, FCNW, Phoenix, St. Charles or WSEU) to get your username and password, then log in to www2.bytesizecoaching.com.

Follow WYSA on Twitter



We're on Twitter. Okay, we may be a late adopter, but we're proud of this small step forward to improve communications with parents, players and coaches. If you're on Twitter, why not follow us and find out what's happening.

We'll be using Twitter to post news of game cancellations starting this spring.

Game cancellations

WYSA is responsible for game cancellations for U13 and up recreational and premier and premier-developmental leagues.

Here is our policy on game cancellations:

- In the event of an INDIVIDUAL game cancellation EMAIL notification will be sent to the affected teams.
- In the event of a LEAGUE cancellation, the notice will be posted on the GAME CANCELLATION LINE at 204-233-9100 and on the WYSA Website HOME page www.winnipegyouthsoccer.com. WYSA will also notify CJOB for the sports cancellations at 4:25 and 5:25 PM.
- IF NO NOTICE is posted either on the website or phone line, please attend to your game as scheduled. In the event that the field and or weather conditions are unplayable, the referee has the authority to cancel a game at the field. ●

May 12-15

Bonivital Bounce Cup

Open to Development and Recreation teams age U9 - U12. The event will be hosted May 12-15, 2011 at the Memorial Fieldhouse, located behind the South YMCA on Fermor in the heart of Winnipeg! Registration is \$165 per team.

We promise to provide a fun, professional and competitive atmosphere for all participants with special appearance from HOT103, Boston Pizza Mascot, Tim Horton's, a BBQ, and prizes that all participants could win!

<http://bonivitalbounce.com/>

Children's Hospital event with only four teams, and raised \$500 for the charity. Since its inception, this competition has become extremely popular. Since 1999, the Winnipeg Youth Soccer Association has actually had to turn teams away, as the tournament has been filled to capacity with community club teams aged nine to 17. The 2010 event was our best tournament event ever with more than 165 teams registered and we are very excited about the 2011 event! Over the course of this tournament's history, the annual event has raised approximately \$200,000 for the Children's Hospital Foundation.

www.winnipegyouthsoccer.com

June 2-5

20th Children's Hospital Foundation Soccer Tournament

The 2011 Children's Hospital Foundation Soccer Tournament, will host Under 9 through Under 18 Recreational and Under 10, 11 and 12 Developmental teams. This event will be held Thursday June 2 to Sunday, June 5, 2011. Registration is \$185 per team with net proceeds donated to the CHF. The registration deadline is May 20, 2011.

In 1991 the Winnipeg Youth Soccer Association Inc. held its first

June 24-27

Phoenix Slurpee Cup 7 Eleven

The Phoenix Slurpee Cup invites your team to participate in its local youth soccer tournament June 24 to 27, 2011, showcasing more than 100 teams from Manitoba, NW Ontario, Saskatchewan and the United States at one location, Anderson Park, 900 Raleigh Street, Winnipeg, Manitoba. www.PhoenixSoccer.ca

Contact Us

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Winnipeg Youth Soccer Association