



L·T·P·D
long term player development



QUALITY SPORT MATTERS

Quality Team Sport Checklist

Athlete First, Player Second

Does your child play a variety of sports during the year?

Does your child get to try all of the positions on the field when they play soccer?

Master Skills Before Tactics

Does your child's training focus on developing individual skills?

Does your child have the skills to assist in team tactical play?

Do the coaches use small-sided games during soccer training? (Small-sided games encourage fun, develop individual skills, and develop decision-making.)

Development Over Winning

Do all of the kids on the soccer team get equal playing time?

During games, do coaches emphasize the same skills and tactics developed during practice?

Do coaches encourage decision-making by the athletes in game situations?

Does your child's team play other teams of similar ability? (e.g. Are scores relatively close?)

Are the soccer fields, goals and soccer ball sizes modified for the age/size of the kids?

Plan the Season Right (this may change depending on Istvan's video clip)

Does your child's team have ample practice time before starting the "competitive" season?

Is your child's program divided into phases - pre-season, league play, play-offs and a transition?

Are there more practices than games? (Aim for 3 practices per game.)

Quality Coaching for All

Does your coach have certification with the NCCP?

Does your coach have a practice plan?

Does your coach know about the CSA's Wellness to World Cup and follow the Long Term Player Development Model Plan?

Do you know if the coach is effective? (Visit www.coach.ca)

Be a Good Sport Parent

At games, do you cheer positive words and encouragement?

After games, win or lose, do you talk about the positive things in the play?

Do you play or practice soccer skills with your child outside of regular practice time?

Do you know the training curriculum for your child's sport at each age?

The Big Question

Is your child **smiling, laughing**, and having **FUN** in soccer?



www.ontariosoccer.net/LTPD.aspx

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