

Football Canada: Long-Term Athlete Development



What it is

Where it's going

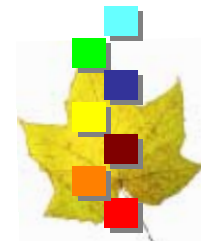
What it can be

Développement à long terme de l'athlète



Why Long Term Athlete Development?

- Health of the nation- youth inactivity
- Broken links in the sport system overall
- Failure to understand youth development needs in sport
- Need for football system alignment, coach development, partnership - '06 Summit
- Focus on an Active Start, through stages toward Excellence, to Active for Life



What is LTAD ?

- Based on the physical, mental, emotional and cognitive development of children and youth;
- Multi-year training and competition plans for athletes;
- Becomes a plan for overall sport system development-integration and cooperation;
- Begins with physical literacy and supports life-long participation;
- A philosophy for Canadian sport



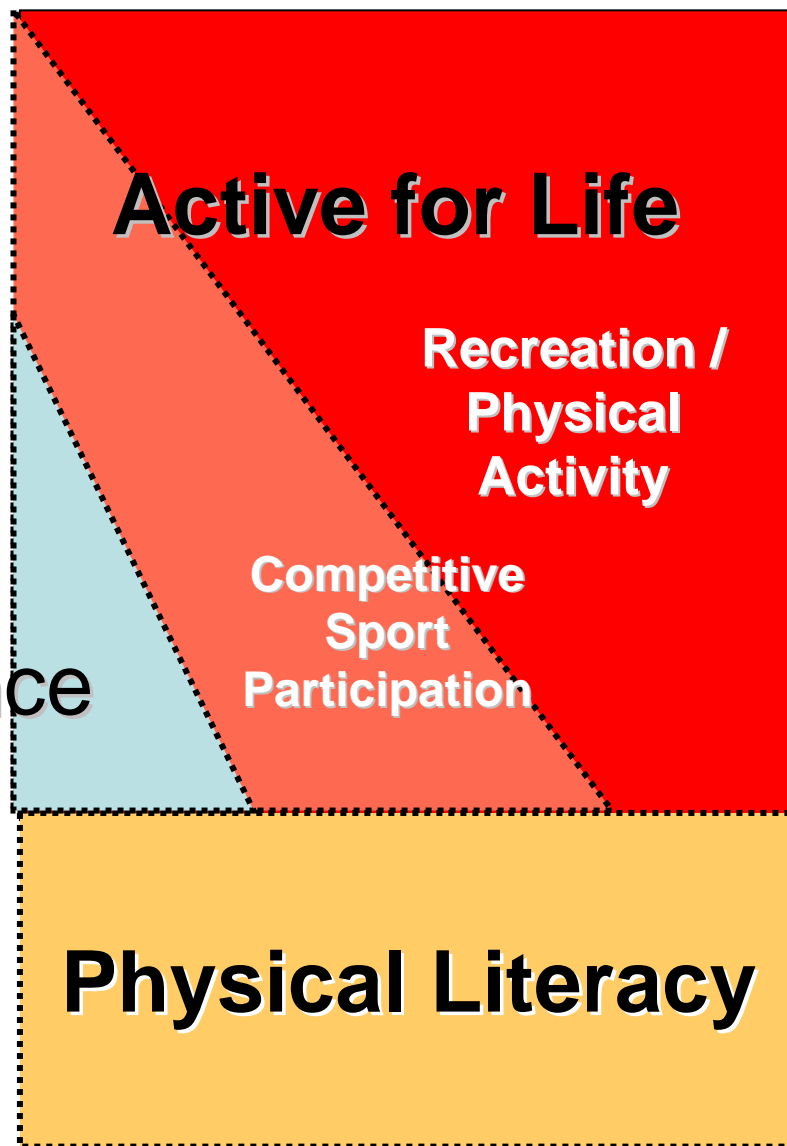
Canadian Sport for Life

LTAD allows all Canadian to be physically active through sport and recreation participation

LTAD is an optimal pathway from playground/pond to podium

LTAD facilitates all children to be physically literate (competent in fundamental movement and sport skills)

Excellence



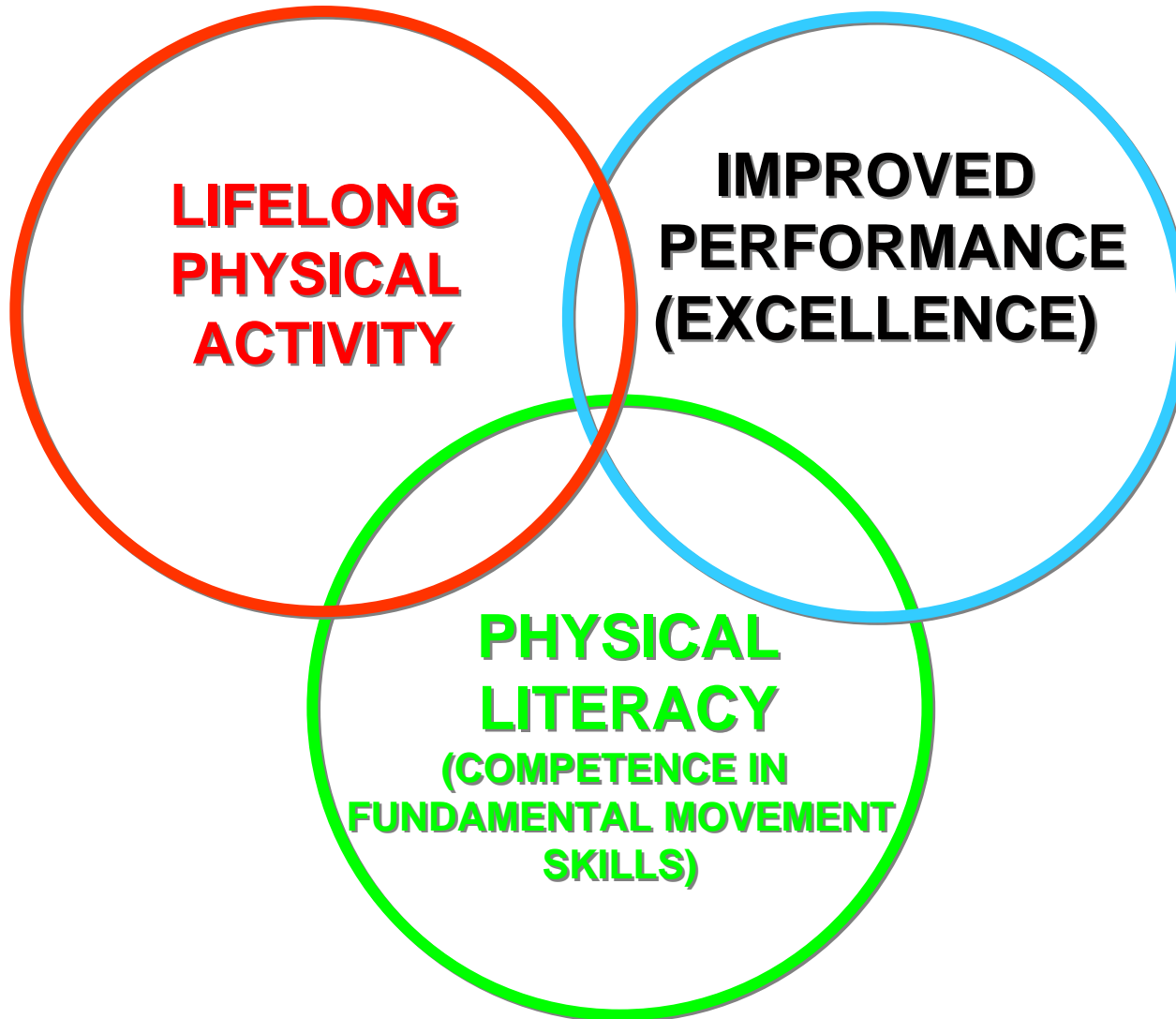
Grave

Cradle

100% of population

Au Canada le sport c'est pour la vie

The Three Key Outcomes



The Stages of LTAD

Physical Literacy

Active Start

FUNdamental

Learning to Train

Excellence

Training to Train

Training to Compete

Training to Win

Life-long Physical Activity

Active for Life



LTAD The Big Picture

Organizations & Venues

- **Active Start Stage** Home – Community Centres - Daycare
0-6 females and males
- **FUNdamental Stage** Home – Community Centres – Schools - Clubs
6-8 females / 6-9 males
- **Learning to Train** Community Rec. – Schools - Clubs **Many sports**
8-11 females / 9-12 males
- **Training to Train** Schools – Clubs - PSOs **3**
11-15 females / 12-16 males
- **Training to Compete** Schools – Clubs – PSOs - NSOs **2**
15-21 + - females / 16-23 + - males
- **Training to Win*** Clubs – NSOs – Pro Teams **1**
18 + - females / 19 + - males
- **Active for Life** Community Rec. – Schools - Clubs

Chronological age vs. biological age / developmental age

- Training and competition is often based only on chronological age
- Athletes can be 4 - 5 years apart by maturation levels
- Need to adapt training, competition, position (specialization) to individual's developmental age



14-year-olds are not all the same!

“Windows of Optimal Trainability”

- “Critical” or “Sensitive” periods occur prior to, at, and just after puberty - in “Learn to Train” and “Train to Train”
- *Accelerated adaptation* to training
- Coaches must be expert in identifying the windows and adapting training
- Hitting the windows allows athletes to reach their ultimate potential- missing windows can inhibit potential



Questions for Our System:

- Are we building physical literacy (overall competence in fundamental movement skills)- the foundation for later success?
- Are we hitting the windows of trainability and allowing athletes to reach their ultimate potential?
- Or are we just imposing adult programs on youth?
- Are we excluding athletes by selecting the “best” too early, and cutting the rest before they have had a chance to develop?
- Are we balancing skill development, physical development, and competition optimally for each stage?
- “Getting it right” - the basis of LTAD!



So, Who's Doing LTAD?

- Many Commonwealth nations
- All Canadian national sport organizations, beginning in 2005
- Moving to Provincial/Territorial level 2006-2009 (Quebec is ahead)
- Everybody!



Football Canada LTAD- Where's it going?

- Research (ongoing) *Oct 06*
- Draft initial matrix, document *Jan 07*
- Initial meetings: create work groups *Feb 07*
- Develop Touch, Flag matrix *Feb-Apr 07*
- More research, refine matrix & model *June 07*
- Build consensus & plan for system improvements *Nov 07*
- Finalize documents and plans *Dec 07*
- Implement! *2008 on*



Football's Model- What it Can Be

- A foundation resource for coaches at all levels (matrix, templates)
- A tool to align the system
- A focus for discussion and agreement
- A basis for partnership (High School, CIS, CFL, NFL Canada, Provinces...)



Canadian Sport for Life

Tackle Football Stages DRAFT

AS	Play	0 to 6				pre-kindergarten, kindergarten, low organized games --> Fun age 0 to grade 2
FUN	Learn	6 to 9	1st Half	U7	Mytes	should emphasize fun; School PE and intramurals – all flag, touch, tackle - SPEED
			2nd Half	U9	Tykes	SUPPLENESS all flag, touch, tackle
L2T	Skill	9 to 12	1st Half	U11	Atom	skills and drills, flag clinics - SPEED fair play, modified rules, decrease competition, increase fun,
			2nd Half	U13	Pee Wee	limited specialization - SKILL start specialization by position based on ensuring fun participation
T2T	Game	12 to 16	1st Half	U15	Bantam	further skill interaction STAMINA ensure fair play, AEROBIC CAPACITY
			2nd Half	U17	High School JV	increase competition, start specialization; SPEED late entry opportunities AEROBIC POWER
T2C	Specialization	16 to 21	1st Half	U19	HS Varsity	skill refinement - STRENGTH
			2nd Half	U21 U23	Midget Majors CEGEP	year round training begins - late entry opportunities gets training but limited to no game experience late entry opportunities
T2W	Elite	18+	1st Half	U23	CJFL	training environment with full PET support
	Pro	21+	2nd Half	19+ 21+	CIS NFLE / AFL CFL / NFL	full compliment of training and game exposure total skill refinement
A4L	Life	18+		18+	Community	flag, touch, coaches, officials, Adult Touch, flag, Sr. Tackle flag/touch divisions by skill, competition and recreation divided Sr. adult - post career

Thank you!

For more information, contact

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