



## **LTAD Survey Overview**

One survey, sent to minor football organizations, high school and CIS administrators, focused on how teams were run logistically. This included information on number of coaches present, number of practices and games per week/season, as well as the amount of time spent on and off the field as a team. Some other key questions included whether or not the organization had any rules that were different from the Canadian Amateur Football Rule Book. Minor and high school organizations were also asked whether or not they had position specific coaching for their players and if they encouraged multi- sport participation from their players.

Surveys sent to high school, CIS and CFL coaches were asked questions regarding skills they believed the age group that they were working with should be taught. They were also asked to give their opinions on the current status of the Canadian Football system, and to describe positive aspects and any gaps in the Canadian development system.

The bulk of responses received to date have come from CFL players, both retired and current, and 4<sup>th</sup> and 5<sup>th</sup> year CIS players who will be attending the CFL combine. They were asked to rank the contribution of coaching, resources, equipment, the effects of games and practices, and off-season training on their development. Some of the best results have come from the personal reflections of the players.

To date, 173 surveys have been returned to the National Office.

## LTAD Survey Results

- **Out of the 42 Community Organizations that returned a survey:**
  - Only 2 also offer a Touch football program
  - Only 6 also offer a Flag football program
  - The majority of our organizations only offer tackle programs
  
- **Organizations that offer a skills camp to their players**
  - 45% offer some sort of camp
  - 55% do not offer any extra skills camps
  
- **High schools that encourage multi sport participation by their athletes (52 responses)**
  - 71% of the schools do
  - 29% of the schools do not
  
- **High Schools that run a full year program for their players**
  - 35% are a full year program
  - 65% are not
  
- **The age in which 5<sup>th</sup> year CIS players, and both current and retired CFL Players began to play organized football (38 players total)**
  - 1 between the ages of 5 and 7
  - 9 between the ages of 8 and 10
  - 9 between the ages of 11 and 13
  - 14 between the ages of 14 and 16
  - 5 after the age of 16
  
- **The age in which players began to specialize in football**
  - 10 started between the ages of 14 and 16
  - 17 started between the ages of 17 and 18
  - 8 started between the ages of 19 and 20
  - 3 started after the age of 21
  
- **The age in which players began to train during the off-season**
  - 22 between the ages of 14 and 16
  - 9 between the ages of 17 and 18
  - 7 after the age of 19

- **The following answers were reoccurring in players' responses to what they would have changed in their development as a football player**
  - Specificity of training – both for their position and in terms of an increased focus on speed and agility, as well as flexibility and core exercises. Having off-season programs designed for them would save time having to find them on their own (having a conditioning coach)
  - Start playing football at an earlier age
  - Start off-season training at an earlier age
  - More summer camps and combines – here and in the US
  - Better access to top level coaching and trainers – having coaches develop an all-around player – i.e. teach all the players all the skills, not just the ones suited for their position – learning proper football fundamentals by qualified coaches
  - Funding – both for youth leagues and for scholarships to attend Canadian Universities
  - Not forcing kids to specialize in one sport – be a multi-sport athlete (mainly basketball).
  - Proper attitude – coaching/drills on being a more hard-nosed football player – coach the mentality that players need to be successful as a professional
  - Would have benefited from a longer season – often doesn't last long enough – need a 2 weeks pre-season camp and the schedule needs to have all teams play at least 10 games.
  
- **CIS player draft results over the past 10 years**
  - From 1996 to 2006 – 328 Players drafted from CIS
  - Represents 59.9% of Canadian players drafted over that time
    - 131 from Canada West (Manitoba – 26)
    - 107 from the OUA (Ottawa – 21)
    - 49 from Quebec (Laval – 21)
    - 41 from Atlantic (SMU – 17)

- The following are charts that report the players' opinions on the importance of certain influences that they are exposed to:

	1 (not important)	2	3	4	5 (important)
<b>Technical Skills/Abilities</b>	0% (0)	0% (0)	2% (1)	35% (13)	<b>63% (24)</b>
<b>Tactical Skills/Abilities</b>	0% (0)	2% (1)	16% (6)	<b>50% (19)</b>	32% (12)
<b>Physical Conditioning Capacity</b>	0% (0)	2% (1)	13% (5)	35% (13)	<b>50% (19)</b>
<b>Psychological Readiness/Maturity</b>	0% (0)	0% (0)	16% (6)	21% (8)	<b>63% (24)</b>
<b>Coaches</b>	0% (0)	2% (1)	0% (0)	16% (6)	<b>82% (31)</b>
<b>Coaches Resources (video, playbooks, manuals)</b>	0% (0)	13% (5)	<b>39% (15)</b>	<b>39% (15)</b>	8% (3)
<b>Off Season programs</b>	2% (1)	2% (1)	13% (5)	33% (12)	<b>50% (19)</b>
<b>Practices</b>	0% (0)	0% (0)	8% (3)	39% (15)	<b>50% (19)</b>
<b>Games</b>	0% (0)	0% (0)	5% (2)	13% (5)	<b>79% (30)</b>
<b>Adequate Off Season training equipment (weights, etc.)</b>	2% (1)	0% (0)	10% (4)	32% (12)	<b>52% (20)</b>
<b>Adequate Fields</b>	0% (0)	2% (1)	<b>35% (13)</b>	32% (12)	29% (11)
<b>Adequate practice equipment (i.e. blocking sleds, equipment bags, etc.)</b>	0% (0)	11% (4)	<b>39% (15)</b>	26% (10)	21% (8)