



NEWFOUNDLAND AND LABRADOR SOCCER ASSOCIATION

Player & Coach Development Model

Support by Design



Vision, Mission, Values

■ Vision

- *Providing a quality soccer experience for all participants.*

■ Mission

- *To provide leadership to grow and develop soccer enabling all participants to reach their highest goals.*

■ Values

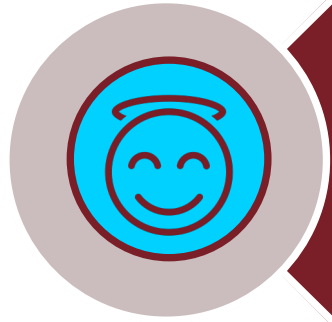
- *Player-centered*
- *Ethical*
- *Inclusive*
- *Excellence*
- *Respect*
- *Quality*



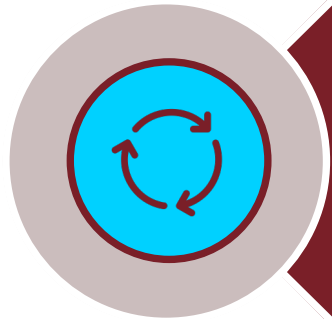
PLAYER DEVELOPMENT

Providing **Players** a **Path** to **Succeed** both On and Off the Pitch

Guiding Principles

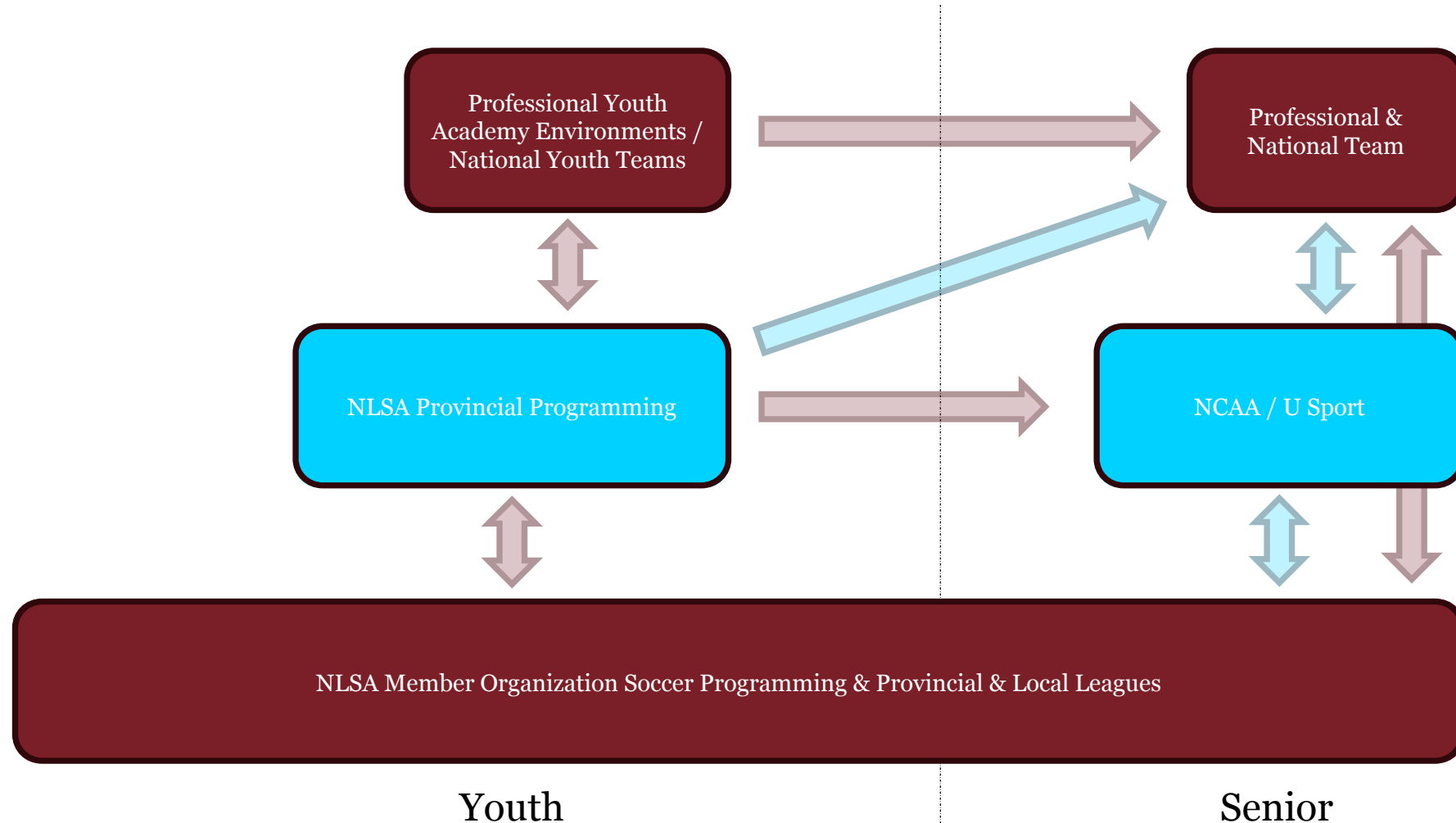


Person before the Player



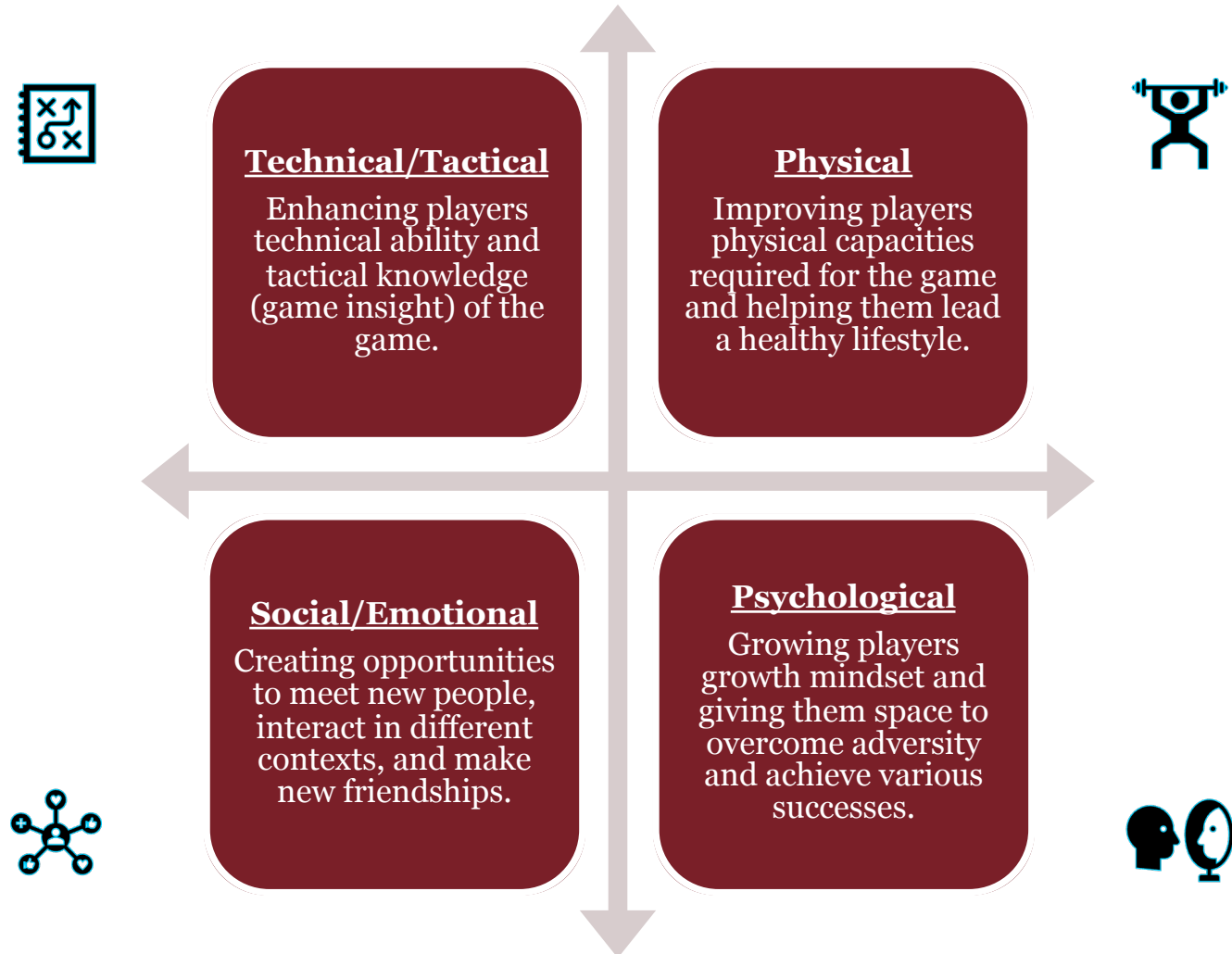
Focus on Process prior to
Outcome

NLSA Player 'Pathway'



For information about Canada Soccer's Player Pathway and the LTPD Model visit: <https://canadasoccer.com/play-landing/canada-soccer-pathway/>

4 Corner Development Approach



*Developing athletes as
people and **players**.*

General Player Competencies/Characteristics



Technical/Tactical

- Consistent technical ability
- Confident and comfortable on the ball
- Passing skills
- Ball striking
- 1v1 defending
- Vision and awareness skills
- Understanding of
 - Game principles
 - Moments of the game
 - Primary and secondary positional roles and responsibilities



Social/Emotional

- Positive attitude
- Effective communication (on and off pitch)
- Coachable
- Honest
- Strong leadership qualities
- Humble
- Responsible
- Ability to be part of a team
- Respect
- Love for the badge/province
- Authentic
- Emotional Control

- Sound physical literacy
- Base level
 - Acceleration
 - Speed
 - Strength
 - Power
 - Balance
- Functional
 - Strength
 - Power
 - Balance
- Large aerobic capacity
- Quick reaction time
- Quick recovery between actions



Physical

- Self-motivated
- Hard working
- Growth mindset
- Strong decision-making qualities (on and off the pitch)
- Confident
- Competitive
- Focused
- Resilient
- Performance under pressure



Psychological

Key Player Habits

■ Attacking

- *Proactive & Positive Communication*
- *Speed to Set*
- *Scanning (to plan and communicate)*
- *Receiving to Face and Play Forward*
- *Pass Communication*

■ Defending

- *Proactive & Positive Communication*
- *Mentality to Recover the Ball*
- *Pressing on Ball Travel Time*
- *Scanning (see one, screen one)*
- *Body Orientation*

Global Game Principles

■ Attacking

- *Penetration*
- *Support*
- *Dispersal*
- *Mobility*
- *Improvisation*



■ Defending

- *Delay*
- *Cover*
- *Compactness*
- *Balance*
- *Pressure*

The NLSA Tactical DNA

■ Attacking Organization

- *'Positional Excellence' – In attacking organization we want to be positionally superior to the opposition to give ourselves the best chance of creating and finishing final acts (shots & crosses).*
 - Metric: Out final act the opponent (# of shots + # of crosses with first contact directed at goal).

■ Defending Transition

- *'Hunt' – In defending transition we want to apply a relentless pressure to the opposition to win the ball back.*
 - Metric: 50%+ winning the ball back in 6 seconds or less.

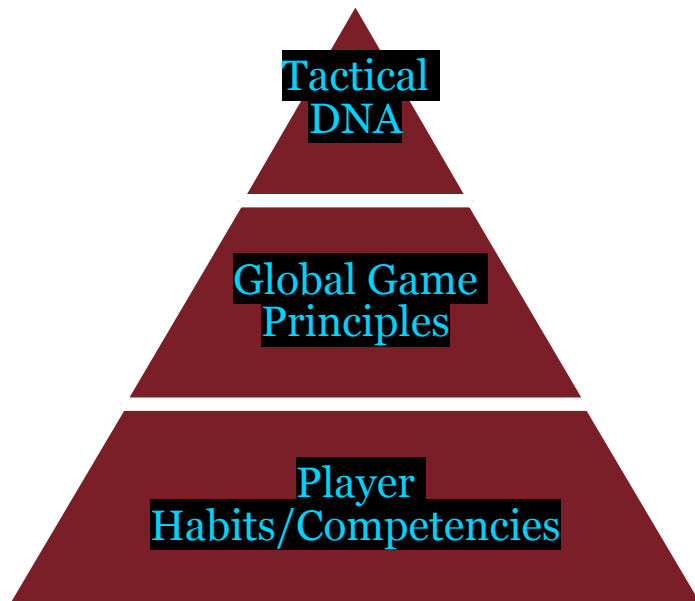
■ Defending Organization

- *'Tight Team' – In defending organization we want to be tight from side to side and front to back, allowing opposition to only play backwards or side to side.*
 - Metric: 70%+ winning the ball back in zones 2-4.

■ Attacking Transition

- *'Secure' – In attacking transition we want to secure (forward if possible) the first two passes to establish attacking organization.*
 - Metric: 70%+ complete 2 passes

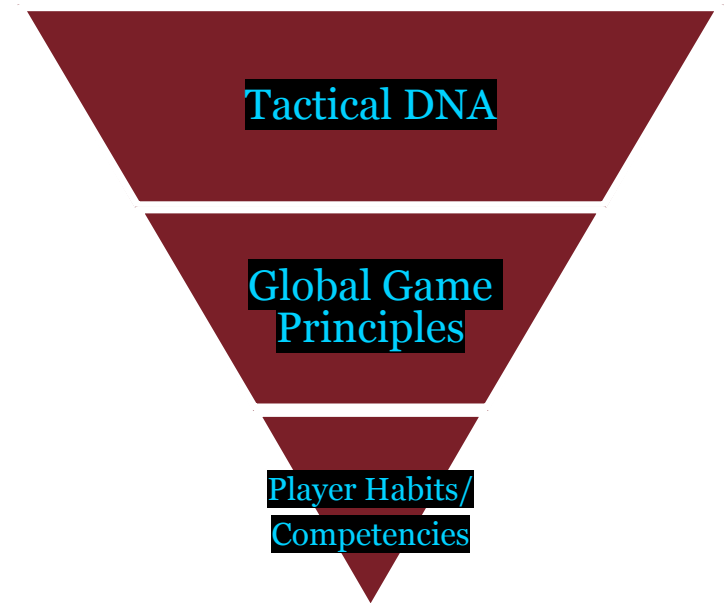
Global Age Group Focuses



U12 & U13



U14 & U15



U16 & U18

Identification Process/Outline

U12 & U13 (50% Invite, 50% Open Registration)

- Technical Director/Club Lead Recommendations
- Internal Identification (ID within NLSA Programming/Competitions)
- Open Registration (First Come, First Serve)

U14-U18 (Trials)

- Trial Weekends
- Internal Identification (ID within NLSA Programming/Competitions)
- External Identification (ID outside of NLSA Programming/ Competition)
- Technical Director/Club Lead Recommendations



Program Numbers/Structure (Provincial Teams)

- U12 – Training Pools of ~56 Players/Gender
- U13 – Training Pools of ~56 Players/Gender
- U14 – Training Pool of 20-25 Players/Gender, 18-20 Players Selected to Travel
- U15 - Training Pool of 20-25 Players/Gender, 18-20 Players Selected to Travel
- U16 - Training Pool of 20-25 Players/Gender, 18-20 Players Selected to Travel
- U18 – Training Pool of 20-25 Players/Gender, 18-20 Players Selected to Travel
 - **A maximum of 13 second-year U18 players will be selected, unless trial numbers don't allow for this*

The NLSA recognizes that soccer is a late developing sport, and players develop at different rates, hence why keeping a larger pool of players at the younger age groups.

Program Numbers/Structure (Indoor Performance Centre)

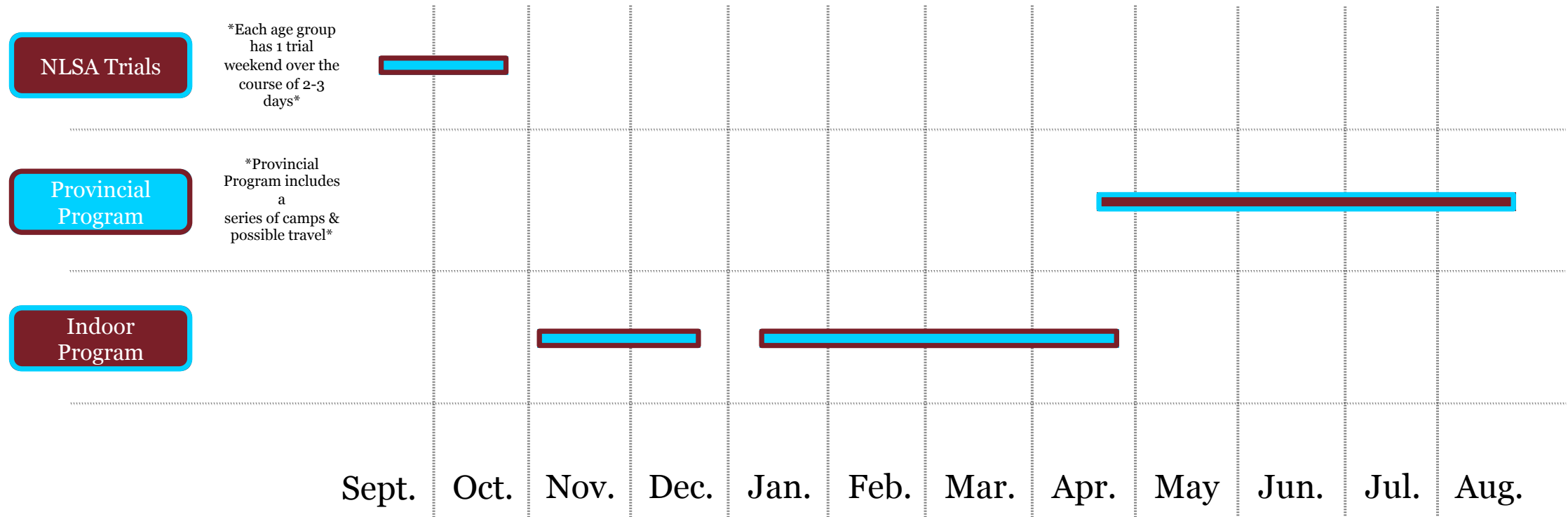
- Indoor Performance Centre
 - U13 - ~18 Players/Gender
 - U14 - ~18 Players/Gender
 - U15 - ~18 Players/Gender
 - U16 - ~18 Players/Gender
 - U18 - ~18 Players/Gender

The Indoor Performance Centre is designed to provide an environment that gets like-minded and like-ability players together at minimum once per week. These programs are additional to our Provincial Program and are generally invite only.

Indoor Performance Centre programming age groups may vary based on various events and targeted ages for that specific year/cycle.



Approximate Dates/Windows



Dates are subject to possible changes. For all the specific dates, please visit our website (nlsa.ca).

Training Methodology



#1 - Progression Session

Warm-Up: Physical activation that can include the ball.

Activity 1: Smaller number/size activity where the focus is on a technical competency or player habit that is important for later parts of the session.

Activity 2: Larger number/size activity where the focus is on principles or priorities.

Game: Game that can be open or include restriction that focuses on principles or priorities.

Cool Down: Stretching and recovery.



#2 Whole – Part – Whole

Warm-Up: Physical activation that can include the ball.

Whole #1: Discovery game that includes various rewards and/or restrictions.

Part: Activity that includes high repetition of desired outcome.

Whole #2: Game that does not include rewards or restrictions (FIFA rules are implemented).

Cool Down: Stretching and recovery.



#3 Station Based

Warm-Up: Physical activation that can include the ball.

Station #1: Physical literacy or unopposed activity.

Station #2: Opposed activity.

Station #3: Opposed activity or small sided game.

Station #4: Small sided game.

Cool Down: Stretching and recovery.



Training Guiding Principles

- ✓ Minimum 70% active/ball rolling time
- ✓ Include the ball as often as possible, as little as needed
- ✓ Repetition without repetition
- ✓ Include all 4 moments of the game as often as possible, as little as needed
- ✓ Allow players to drive their development and make decisions
- ✓ Encourage risk taking & creativity

*Striving to create **environments** that are **challenging** and **match-realistic** where players can own their **development**, all while having **fun**.*

Provincial Team Competition/Events



U12

No travel –
camps only

Purpose: First introduction to NLSA programming to the players. Allowing players to train and play against like-minded and like-ability players within the Province.



U13

No travel –
camps only

Purpose:
Allowing players to train and play against like-minded and like-ability players within the Province.



U14

Atlantic
Canada Travel

Purpose:
Exposing players to relevant competition and providing a 'measurement' as to where we are in comparison to other Provinces.



U15

Atlantic
Canada Travel

Purpose:
Exposing players to relevant competition and providing a 'measurement' as to where we are in comparison to other Provinces.



U16

Out of
Province
Travel

Purpose: Giving the teams and players an opportunity to test themselves against various opposition.



U18

University
Showcase

Purpose:
Exposing players to a College / University showcase as they prepare for post-secondary soccer.

**Competitions are subject to change.
Canada Summer Games groups will also have different programming and more travel.**



NLSA Program Snapshot



Newfoundland and Labrador Soccer Association Player Development Programming



Rationale

- Aligns programming to Canada Soccer Guidelines & Standards
- Talent identification and deflection is delayed as long as possible, recognizing soccer is a late developing sport
- Player Development Programming follows a process of gradual integration



COACH DEVELOPMENT

Better **Coaches**, **Creating** Better **Environments** = Better **Players**



Coach Selection & Methodology

Selection

- Coaching application portal opened prior to the start of the trial process (posted on NLSA website)
- Coaches are informed of their status within the program
- To apply, coaches must have the following:
 - *Making Headway in Soccer*
 - *Emergency Action Plan eLearning*
 - *Understanding the Rule of Two*
 - *Making Ethical Decisions*
 - *Respect in Sport for Activity Leaders*
 - *Valid Criminal Record Check*

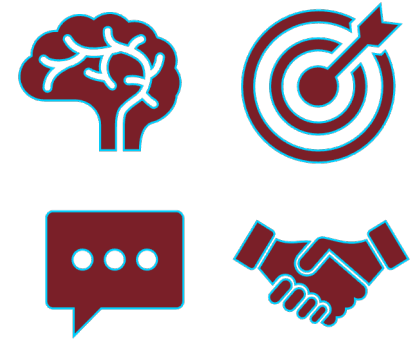
Methodology

- Selected coaches are not designated a team during camps or sessions
- Coaches may be exposed to coaching multiple age groups/programs and both genders
- Coaches will be designated a team during travel events
 - *Purpose: We want to expose coaches to different age groups and environments to give them a more holistic experience and provide them with various experiences. In addition, we believe it is critical for them to get to know as many players as possible within the NLSA Provincial Program and additional programs.*

Coaches for full time programming (i.e., Canada Summer Games) will be selected and designated the team to train and coach.

Coach Competencies/Behaviours

- ✓ Growth mindset
- ✓ Open to feedback
- ✓ Organized
- ✓ Attention to detail
- ✓ Transformational
- ✓ Player development as a priority
- ✓ Act professionally and with respect in all environments



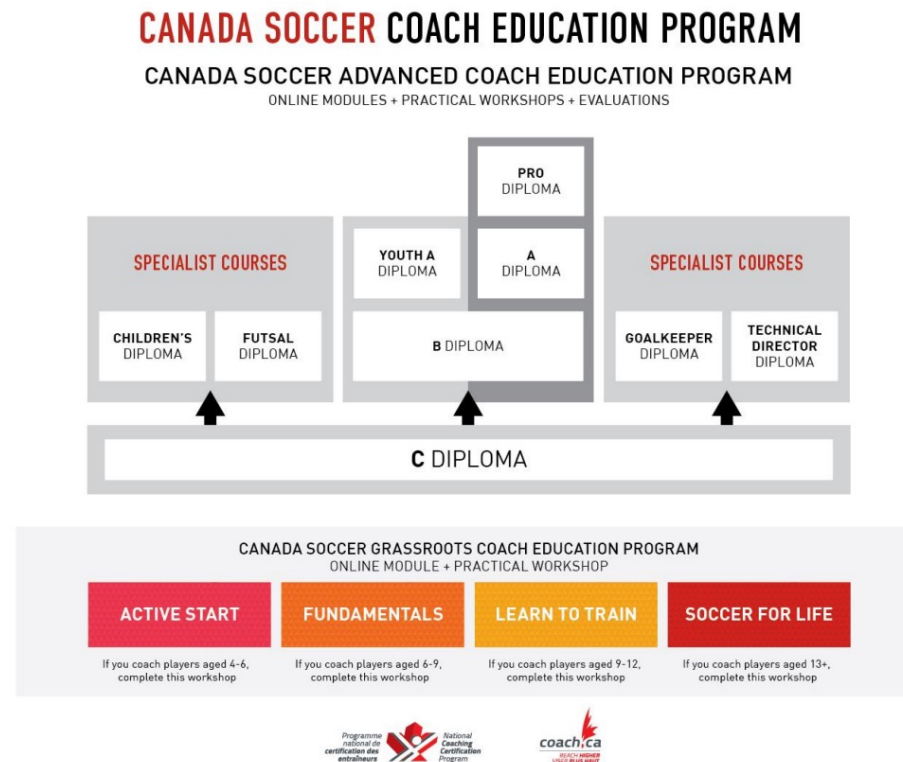
Coach Requirements & Standards

- The NLSA Provincial Program strives to meet the following standards:
 - *Head Coaches – Minimum C Diploma ‘Certified’, with a goal to be B Diploma ‘Certified’*
 - *Assistant Coaches – Minimum C Diploma ‘Trained’, with a goal to be C Diploma ‘Certified’*
 - *Mentor Coaches – Minimum Learn to Train or Soccer for Life with a goal to be C Diploma ‘Trained’ or ‘Certified’*

Creating and promoting life-long learners...

‘Formal’ Coach Education

- The NLSA is a member of Canada Soccer and follows the following ‘formal’ coach education pathway:



‘Formal’ being defined as any coach education that the National Sport Organization delivers/mandates.

‘Informal’ Coach Education

- Coach mentorship programs
- On-pitch support
- Access to NLSA resources (session plans, recordings, best practice clips, etc.)
- Coach education seminars and presentations

‘Informal’ being defined as any coach education that is not delivered by the National Sport Organization.



NLSA DEVELOPMENT MODEL

Brick by Brick...

