



SARNIA ACADEMY

Attn: Ontario Soccer registered Players.

LTPD stands for Long Term Player Development. It represents a philosophy that is much more focused on ensuring players who love soccer stay in the game for life and enjoy the experience. It further ensures that all players, recreational and the competitive, are developed to their full potential. The LTPD approach is common practice in many of the best soccer nations in the world. It stresses, especially at the crucial early development ages, far less emphasis on games and “winning”, and much more on practice, touches, creativity, skill development and learning how to play and enjoy the game. In Ontario, we have already implemented this approach where players U12 and younger practice and train much more than they play in “games”, with field sizes and training methods geared to specific development stages, which can be different for every young player.

AGE GROUP	U6	U7	U8	U9	U10	U11	U12
PLAYING FORMAT	3v3 (no GK)	4v4 (no GK)	4v4 (no GK) 5v5 (w/ GK)	7v7 (w/ GK)	7v7 (w/ GK)	9v9 (w/ GK)	9v9 (w/ GK)
ROSTERS AND GAME DAY ROSTER	Pods of 8 Players	Pods of 10 Players	Pods of 10 Players	12-14 Players	12-14 Players	14-16 Players	14-16 Players
BALL SIZE	Size 3 or light 4	Size 3 or light 4	Size 4	Size 4	Size 4	Size 4	Size 4
PRACTICE DURATION	60 minutes 2x a week	60 minutes 2x a week	75 minutes 3x-4x a week	75 minutes 4x a week	75 minutes 4x a week	75 minutes 4x a week	75 minutes 4x a week
PLAYING TIME	Fair time in all positions within each POD	Fair time in all positions within each POD	Fair time in all positions within each POD	Fair time in all positions according to training attendance	Fair time in all positions according to training attendance	Fair time in all positions due to attendance & engagement level	Fair time in all positions due to attendance, engagement & performance level
COMPETITION FORMAT	Festivals	Festivals	Festivals	OASL Exhibitions	OASL Exhibitions Tournaments	OASL Exhibitions Tournaments	OASL Exhibitions Tournaments
GAME DURATION	Max 40 min: 2 periods 20' or 3 periods 13'	Max 40 min: 2 periods 20' or 3 periods 13'	Max 40 min: 2 periods 20' or 3 periods 13'	Max 50 2 periods 25' or 3 periods 16' (OASL games)	Max 70 min: 2 periods 35' or 3 periods 23' (OASL games)		
THROW-INS	No (only Dribble-in)	No (only Dribble-in)	No (Dribble-in & Pass-in)	No (only Pass-in)	Yes		
RETREAT LINE	Yes ½ way	Yes ½ way	Yes ½ way	Yes 1/3 rd	Yes 1/3 rd		
OFF-SIDE	No	No	No	No	Yes		
SIZED FIELDS	24x18mts	30x20mts	30x20mts (4v4 no GK) 36x24mts (5v5 w/ GK)	48x30mts	62x48mts		62x48mts
SIZED GOALS	1.00x1.00mts	1.52x2.44mts	1.52x2.44mts	1.83x4.88mts	1.83x5.49mts		
SEASON LENGTH	Outdoor (16 weeks) Indoor (8 weeks)		Outdoor (20 weeks) Indoor (12 weeks)	Outdoor (22 weeks: May – Oct) Indoor (16 weeks: Feb-Apr + Nov)			



We are committed to a different mindset, creating a soccer culture that is about really getting the best out of our players, so they continue to learn and grow every day. Everything we do going forward will be rooted in this objective: what is best for the player to help them reach their potential.

The focus of LTPD is to help both the player who is in youth soccer strictly for fun and fitness, but also the talented youngster who dreams of a future in the sport.

Our commitment is to make the game more fun than ever before for the recreational player and to provide better development opportunities than ever before for those with aspirations for a future in the sport. LTPD is a key aspect of ensuring that will happen.

LTPD is about putting player-development first.

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