# Programming considers Long-Term Player Development (LTPD) stage appropriate principles

GSA is committed to the long term player development principles.

WHAT IS LTDP?

LTPD is designed to give players an optimal soccer experience at every stage by putting their needs front and centre

Gladiator Soccer Academy Stage one ACTIVE START (U5-U6 M/F)

Gives the youngest players the opportunity to develop basic movement skills like running, jumping, landing, kicking, throwing, and catching in a fun setting built around informal play and positive reinforcement.

GSA STAGE TWO: (U7-U8 M/F)

 Allows children to develop their movement ABCs— agility, balance, coordination, and speed—and learn the basics of the game while emphasizing fun, cooperation, and maximum time on the ball

GSA STAGE THREE: (U9-U12M/F)

This “golden age of learning,” when children become less self-centered and are more able to reflect on their actions and learn from mistakes, provides an optimal window for further development of skills. The focus is on learning by doing, building a larger repertoire of soccer movements and teaching the basic principles of play in a fun and challenging environment

GSA STAGE FOUR: (U13-U15 M/F)

The onset of the adolescent growth spurt for most kids during this stage is an ideal time for endurance training. Players are also introduced to concepts like mental preparation, goal setting, and coping with winning and losing while learning more advanced soccer skills, including position-specific techniques.

GSA STAGE FIVE: (U14-U18 M/F)

Players are now working to hone their soccer skills under a variety of competitive conditions in an 11 v 11 game format that mirrors adult play. Along with the continued refinement of advanced techniques, players work to develop their tactical awareness, discipline and mental toughness

Sincerely,

Segev Rabinoviz

Owner, Gladiator Soccer Academy