

LONG TERM ATHLETIC DEVELOPMENT PLAN



BERMUDA FOOTBALL ASSOCIATION

"GAME FOR LIFE"

INTRODUCTION

It is often said, “a journey of a thousand miles begins with one step.” With any journey worth taking, a plan should be the guide, the steps should be measured, and the purpose should be clear. The Bermuda Football Association (BFA), has a long tradition of inspiring, cultivating and creating leaders on and off the playing field. And though, this is and will be a never-ending journey for the BFA, we are committed to making sure the steps taken benefit all those that look to the Association for guidance and leadership.

The Executive Council, in collaboration with stakeholders, developed this Long Term Athletic Development Plan that will be the guide. This plan is intended to build upon the core values for which the Association operates; good governance, integrity, transparency, and teamwork to name a few. The Long Term Athletic Development Plan takes into consideration many of the elements outlined in our Strategic Plan 2020+ and uses them as benchmarks. As with any plan, some strategies work and some strategies will have to be reassessed. Therefore, the goals and objectives throughout this plan summarize the journey before us and indicates how our steps will be measured. Admittedly, the intended outcome and success of this Long Term Athletic Development Plan is based on the participation of all stakeholders.



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"GAME FOR LIFE"

STRATEGIC PURPOSE:

OUR THREE PILLARS

01

FOOTBALL

The beginning of all life can be traced back to our first desire to kick. Football is in our DNA!

02

COMMUNITY

Football is the catalyst that nurtures and keeps alive that spirit of togetherness!

03

OPPORTUNITY

Football provides hope! Football impacts lives!

The Bermuda Football Association's strategic purpose embraces our three pillars by **Capturing who we are**, **Celebrating what we do**, **Connecting our efforts**, and **Creating a new vision**. We will continue our focus on international representation, improving domestic performance and providing as many grassroots football opportunities as possible.

"Our three pillars; **Football**, **Opportunity** and **Community** represent our *GAME FOR LIFE* which is a powerful statement of longevity. It embraces the past, the present and the future. It unites fans! Football is more than just a game! It is the *GAME FOR LIFE!*"

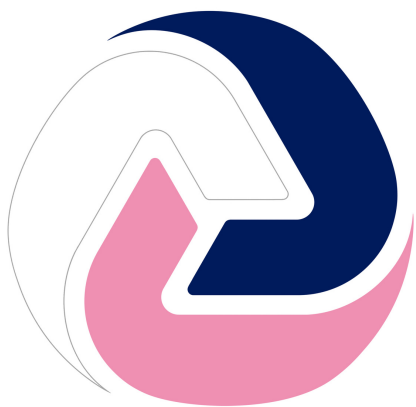
VISION

FOOTBALL AT EVERY OPPORTUNITY, IN EVERY MIND, EVERY HOME AND OPEN SPACE.



MISSION

ADMINISTER THE GAME BY ENHANCING, PROMOTING AND PROTECTING FOOTBALL IN BERMUDA AND INTERNATIONALLY.



VALUES

GOVERNANCE

Through strong leadership and best practices, we will ensure responsible stewardship of the game.

INTEGRITY

We have a high regard for truth and will adhere to strong ethical, moral and sporting values.

TRANSPARENCY

We will promote and communicate our policies, processes and decisions in a timely manner.

ACCOUNTABILITY

We take full responsibility for our decisions and are fully accountable for ourselves and our actions.

SERVICE

We will provide football programmes for the entire community.

EXCELLENCE

Our success depends upon our ability to deliver our programmes at the level of excellence expected by all members of the Family of Football.

INNOVATION

We are dedicated to continuous research and development for the future of the game.

DIVERSITY

We will provide football programmes for the entire community.

FAIR PLAY

We will manage and promote all aspects of football with impartiality and respect.

PASSION

We are passionate in every aspect of footballing endeavours.

TEAMWORK

We will work collaboratively and diligently to achieve our common goals, while showing concern and support for all.





STAGES OF LONG TERM ATHLETIC DEVELOPMENT



STAGES OF LONG TERM ATHLETIC DEVELOPMENT



ACTIVE START (0-6 years old)

This early development period is essential for acquiring fundamental movement skills (running, jumping, kicking, catching)

FUNDAMENTALS (6-9 years old)

The objective of this stage is to refine fundamental movement skills and to begin to acquire basic sports skills

LEARN TO TRAIN (8-11 Females 9-12 Males)

This is the period of accelerated learning of coordination and fine motor control.

TRAIN TO TRAIN (11-15 Female & 12-16 Male)

The focus of this stage is to further develop sports specific skills and begin to introduce competition.

TRAIN TO COMPETE (15-18 female 16-18 male)

This is the time to prepare athletes for the competitive environment, continue to refine technical skills and develop the physical attributes.

TRAIN TO WIN (19+ female and male)

The focus of this stage is the stabilization of performance on demand and excellence within the highest level of performance.

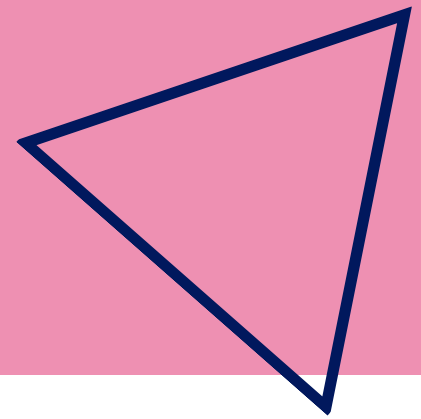
ACTIVE FOR LIFE (19+ female and male)

The focus of this stage is staying active and living a healthy lifestyle.



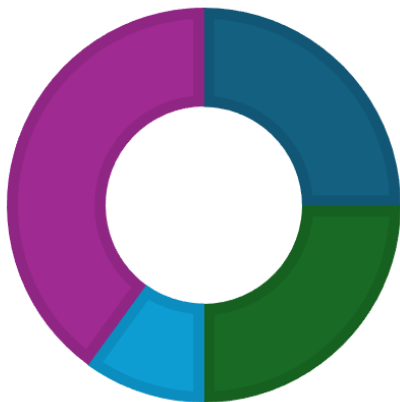
ACTIVE START

This early development period is essential for acquiring fundamental movement skills (running, jumping, kicking, catching, throwing)



ACTIVE START

■ Techniques ■ Tactics ■ Physical ■ Psychological ■ Social



Games Format - 4v4

35yd X 25yd pitch, size 4 ball

No Goal keepers

Train from September to December

Games weekly January - March 30minutes (3x10min)

Coach must have a D license or higher



FUNDAMENTALS

FUNDAMENTALS (6-9 years old)

The objective of this stage is to refine fundamental movement skills and to begin to acquire basic sports skills



FUNDAMENTALS

■ Techniques ■ Tactics ■ Physical ■ Psychological ■ Social



Games Format - 7v7

75yd X 50yd pitch, size 4 ball

Goal keepers

Train from September to March

Dribble, pass, shoot, ball control, juggling, run with the ball

Pre-season festivals, weekly league games 60 minutes(3x20min) each player must play 20 minutes, knock out cup

Coach must have a D license or higher

The win-at-all-costs mentality prevents players from maximizing the sensitive periods for development.

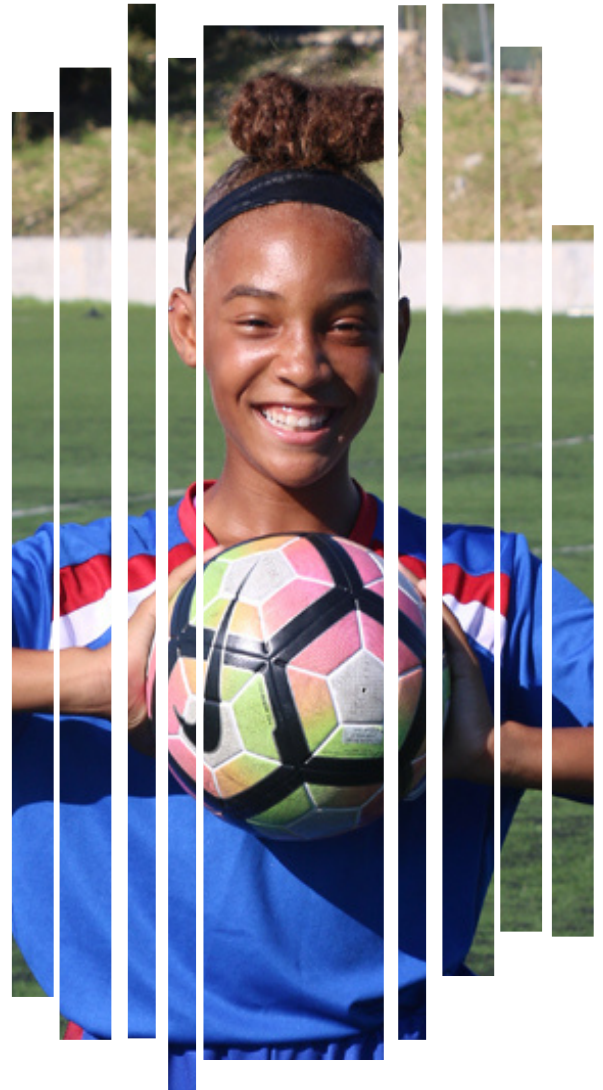


LEARN TO TRAIN

LEARN TO TRAIN (8-11 Females 9-12 Males)
This is the period of accelerated learning of coordination and fine motor control.

LEARN TO TRAIN

■ Techniques ■ Tactics ■ Physical ■ Psychological ■ Social



Games Format - 9v9

90yd X 60yd pitch, size 4 ball

Goal keepers

Train from September to March

Dribble, pass, shoot, ball control, juggling, run with the ball

Pre-season festivals, weekly league games 60 minutes(3x20min) each player must play 20 minutes, knock out cup

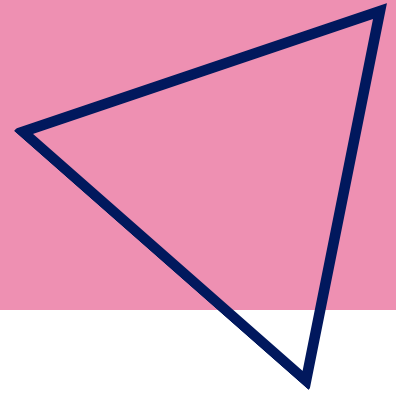
Coach must have a D license or higher

The win-at-all-costs mentality prevents players from maximizing the sensitive periods for development.

TRAIN TO TRAIN

(11-15 Female & 12-16 Male)

The focus of this stage is to further develop sports specific skills and begin to introduce competition.



TRAIN TO TRAIN

■ Techniques ■ Tactics ■ Physical ■ Psychological ■ Social



Games Format - 11v11

Full size pitch, size 5 ball

Train from September to March

Pre-season tournament, Weekly league games, knock out cup

Coach must have a C license or higher

National Academy and International competition begins

At this stage of LTAD we observe players moving overseas to seek opportunities or leave the game altogether



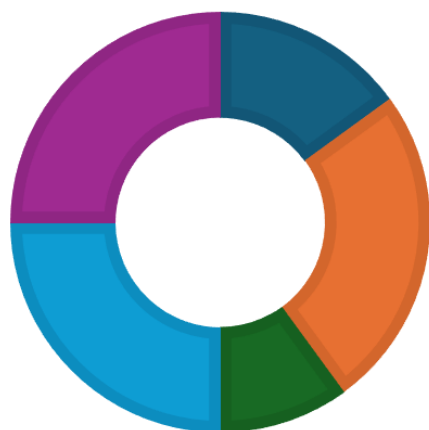
TRAIN TO COMPETE

TRAIN TO COMPETE (15-18 female 16-18 male)
This is the time to prepare athletes for the competitive environment, continue to refine technical skills and develop the physical attributes.



TRAIN TO COMPETE

■ Techniques ■ Tactics ■ Physical ■ Psychological ■ Social



Games Format - 11v11

Full size pitch, size 5 ball

Goal keepers

Train from September to March

Pre-season tournament, Weekly league games, knock out cup

Coach must have a C license or higher

National Academy and International competition



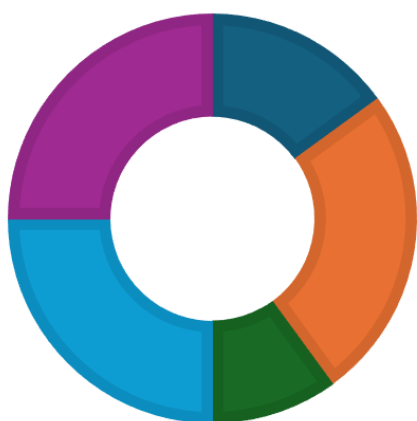
TRAIN TO WIN

TRAIN TO WIN (19+ female and male)
The focus of this stage is the stabilization of performance on demand and excellence within the highest level of performance.



TRAIN TO WIN

■ Techniques ■ Tactics ■ Physical ■ Psychological ■ Social



Games Format - 11v11

Full size pitch, size 5 ball

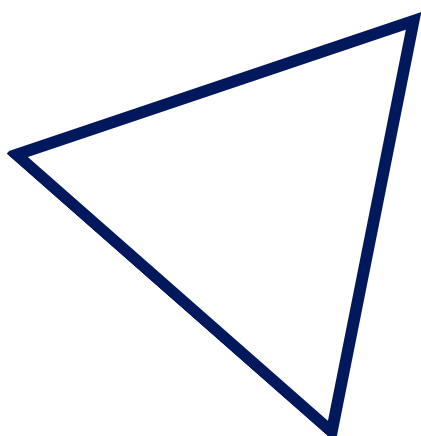
Goal keepers

Train from September to March

Pre-season tournament, Weekly league games, knock out cup, FA Cup competition

Coach must have a B license or higher

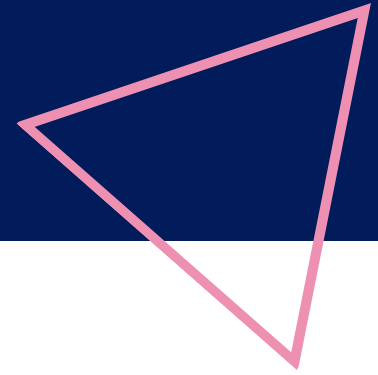
International Competition



ACTIVE FOR LIFE

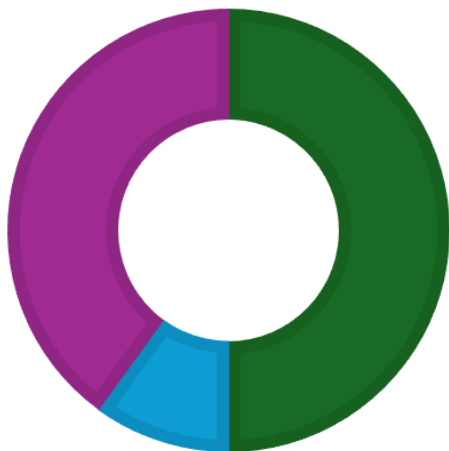
ACTIVE FOR LIFE (19+ female and male)

The focus of this stage is staying active and living a healthy lifestyle.



ACTIVE FOR LIFE

■ Techniques ■ Tactics ■ Physical ■ Psychological ■ Social



Games Format - 11v11

Full size pitch, size 5 ball

Goal keepers

Train from September to March

Weekly league games, knock out cup



LTAD FACTORS

The LTAD Factors are particularly important for parents, teachers, administrators and coaches to consider as they plan quality programs for young participants and athletes.

1. Developing **Physical Literacy** in the early stages lays the foundation for later success and life-long engagement in physical activity for health.
2. **Quality Environments**: By providing enhanced learning and training environments from a very early age, greater physical literacy and improved sport-specific skills are developed. Individuals carry this advantage to subsequent stages of Long-Term Development. A quality training and competition environment is a safe environment: physically, mentally and social-emotionally. Please note, an enhanced learning and daily training environment is not the same thing as early over-specialization!
3. **Developmental Age**: People grow and develop at different rates. Sport and physical activity need to take each individual's stage of growth and development into account when designing training, competition, and recovery programs. Long Term Development addresses the complete physical, mental, cognitive and emotional development of participants.
4. **Sensitive Periods**: As children grow and develop, there are times when different types of practice and training will have a greater effect. These "sensitive periods" provide a special opportunity to train and develop important skills and physical capabilities that have a greater return on time invested and that can impact athletic performance throughout the life course.
5. **Predisposition**: Not all individuals are equally capable in all sports, and both enjoyment and success are related to how proficient an individual is in the sport they play. Sampling many sports during Learn to Train and early Train to Train can help participants find sports and physical activities to which they are well suited.
6. **Excellence Takes Time**: To reach full potential, athletes need well planned, progressive, high quality training over many years. Success cannot be rushed, and in many cases, athletes or performers may have pursued sport for eight to 12 years of training and competing before mastering the activity. An early specialization approach can produce early winners, but it hinders longterm development and ultimate athletic success, and can lead to burnout and overuse injuries.
7. **For Life**: An over-the-life-course approach acknowledges there are critical periods in early life when social and cognitive skills, habits, coping strategies, attitudes, and values are more easily acquired. These early abilities and skills develop durability in a person's health in later life. It also considers life transitions— from late adolescence to early adulthood,
8. **Collaboration**: There is an opportunity to improve collaboration between organizations, sectors and systems to support the optimal development of the individual to succeed.
9. **Continuous Improvement**: The concept of continuous improvement is integral to Long Term Development in Sport and Physical Activity. By constantly seeking improvements in our understanding and practice, this framework will continuously evolve to accommodate new breakthroughs in sport science and physical literacy research, new innovations in technology, and evolving best practices in coaching and instruction.
10. **Evidence Based**: To shift from an old paradigm, evidence supporting the new is critical. This means assessment, monitoring, and research in all aspects of sport and physical activity programming and practice.

PEAK HEIGHT VELOCITY

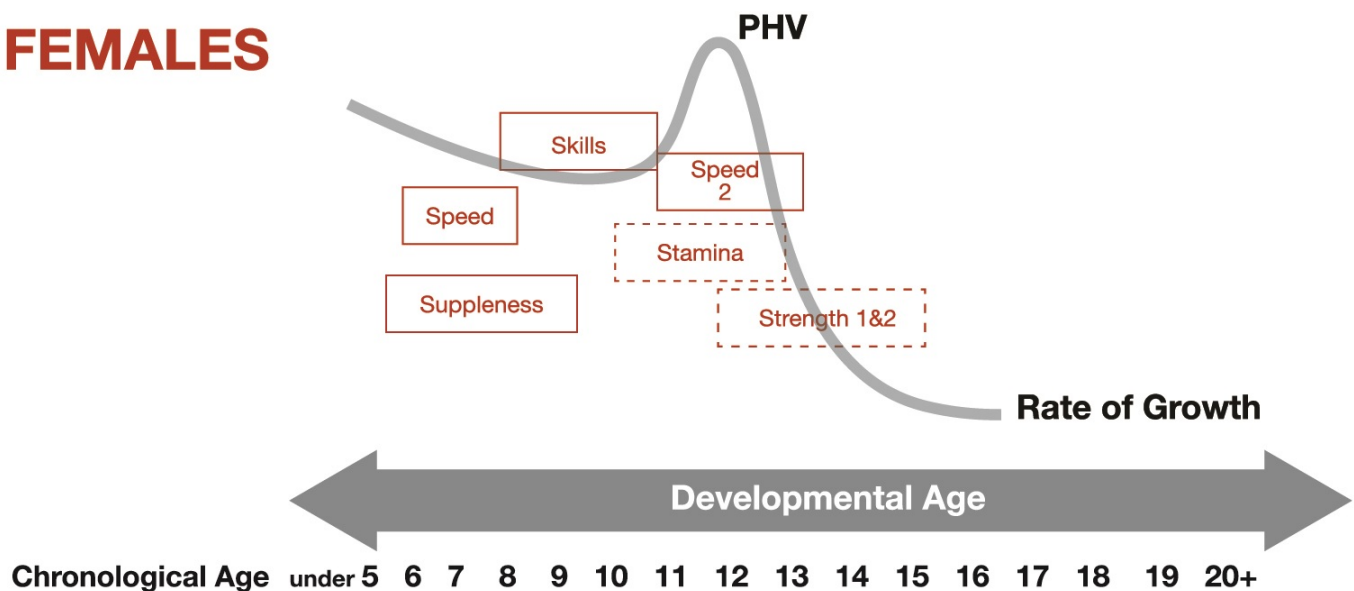
What is peak height velocity?

Peak height velocity (PHV) is simply the period of time in which an adolescent experiences the fastest upward growth in their stature (i.e. the time when they grow the fastest during their adolescent growth). The PHV helps us to identify the biological age of the player. Females appear to experience the onset of the adolescent growth spurt and PHV earlier than males, though males appear to grow more during this period. PHV, which is commonly used by strength and conditioning coaches and sports scientists to adapt their training prescription to increase the training focus on aerobic and strength development. For example, females should begin strength training immediately after PHV, while males should begin strength training 12-18 months after.

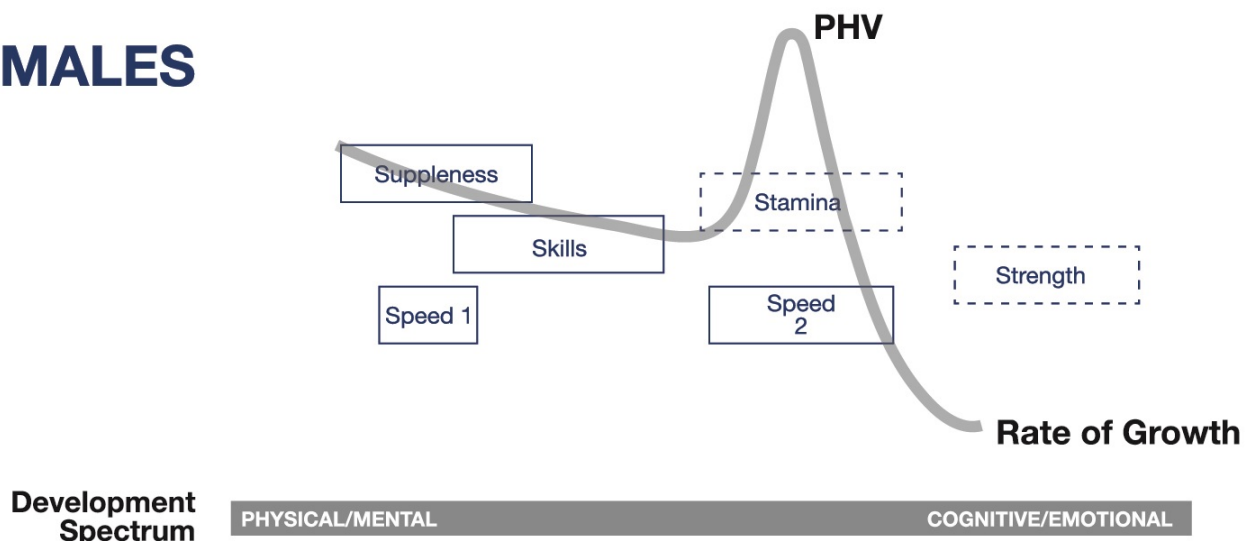
How to measure peak height velocity

From the age of six, you should measure and plot height every three months. Once a rapid upward deviation is noted, measurements of torso length and arm length can also be recorded to give a more comprehensive look at how growth is taking place. This evidence based approach will enable us to maximize the sensitivity periods of players physical development and foster collaboration between players, parents, coaches, sports scientists and strength and conditioning coaches.

FEMALES



MALES



CONCLUSION

It is intended that this Long Term Athletic Development Plan serves as a 'call to action' for the alignment of elements within it, the stakeholders within our sport and for the integration of LTAD within the Bermuda Football Association's strategic plan.

We have highlighted as challenges, the win at all cost mentality amongst coaches and parents, as well as players moving overseas seeking opportunities. Players moving overseas to seek opportunities is not a challenge in itself. However, in many instances it arrests the football development of the players because the environments players end up in are not fit for purpose. In order to combat this trend, we will perform a data gathering and retroactive analysis of the ages, locations, schools and clubs the players have attended along with the sporting, career and social outcomes. The utilization of evidence based sports science coupled with parent education will enable collaboration towards continuous improvement.

The perseverance among our Executive Council, Member clubs, the Bermuda Government, sponsors, and the entire football family prove that with great teamwork and effort our purpose is clear. We appreciate the feedback that made the completion of this Long Term Athletic Development Plan possible and believe working together will significantly increase the positive impact football has here in Bermuda.



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