

FOOTBALL ACADEMY

In collaboration with Aminiya School, where young soccer players are trained with the objective of obtaining the knowledge and abilities necessary to become professionals. We have created our own methodology based on the experience where we call it our own Aajeelakah **LTPD** and foundations of the Spanish methodology. We are the creators of our own method of teaching and training that seeks to address and maximize the physical and technical conditions of each of our talents.

WHAT IS LTPD

LTPD is a model of athlete development that parallels what doctors and psychologists have long used to better understand human development: as a series of distinct stages, which take us from infancy through adulthood. A person's abilities, behavior and emotions, as well as their understanding of the world around them, varies from stage to stage.

Similarly, experts in sport science have identified seven stages of development—each with its own physical and psychological characteristics—that form the basis for LTPD. When young soccer players are able to train and compete in an environment that's appropriate to their stage of development, they not only perform at their best, they also have more fun.

WHY LTPD

We don't expect kids to compete in spelling bees without first teaching them their ABCs. When activities and expectations don't match with a child's developmental stage, this can set them up for failure.

The same is true when young children are thrust into a soccer environment that over-emphasizes winning at the expense of developing skills and having fun. The negative consequences can last a lifetime: Some kids develop bad habits and poor skills and can become discouraged. Many don't achieve their performance potential. Others end up leaving the sport altogether because they don't enjoy the game.

AAJEELAKAH: LTPD

01

Active start

Below 6 years



02

FUNdamental

Below 8 years



03

Learn to train

Below 12 years



04

Train to train

Below 14 years



05

Train to compete

Below 16 years



06

Train to win

Below 18 years



07

Active for life

Above 18 years

- give the children, the best experience possible

- more touches and time with the ball

- allow players to make more decision in practice and game

- the needs of the players should be put first

- the need for balance, pathways should be for all skill commitment levels