



LTPD Training Programme 2019/20

U8 - U11: 5pm - 6:30pm

U12 - U13: 6:45pm - 8pm

U14 - U15: 8 - 9pm

Week / Date	Event
Monday's 16 th , 23 rd Sep, 7 th Oct	Trials
Monday 14 th Oct	Welcome Information Meeting
Monday 21 st Oct	Half Term: No session
Monday 28 th Oct	Coaching Session
Monday 4 th Nov	Coaching Session
Monday 11 th Nov	Fixture evening vs Truro (at Mounts Bay 3G pitch)
Monday 18 th Nov	Coaching Session
Monday 25 th Nov	Coaching Session
Monday 2 nd Dec	Coaching Session
Monday 9 th Dec	Fixture evening vs Penryn (at Penryn College 3G pitch)
Monday 16 th Dec	Coaching Session
23 rd , 30 th Dec	Christmas Holidays: No sessions
Monday 6 th Jan	Coaching Session
Monday 13 th Jan	Coaching Session
Monday 20 th Jan	Coaching Session
Monday 27 th Jan	MBFDC vs Pool vs Falmouth (at Mounts Bay 3G pitch)
Monday 3 rd Feb	Coaching Session
Monday 10 th Feb	Coaching Session
Monday 17 th Feb	Half Term: No session
Monday 24 th Feb	Coaching Session
Monday 2 nd March	Coaching Session
Monday 9 th March	West LTPD Centre's Festival Evening (venue's to be confirmed!)
Monday 16 th March	Coaching Session
Monday 23 rd March	Coaching Session
Monday's 30 th March 6 th , 13 th April	Easter Holidays: No Monday session's
Easter Holidays	Cornwall LTPD festival (date to be confirmed!)
Monday 20 th April	Coaching Session
Monday 27 th April	Coaching Session
Monday 4 th May	Bank Holiday: No session
Monday 11 th May	Coaching Session
Monday 18 th May	Skills Challenge Evening
Monday 25 th May	Bank Holiday: No session
Monday 1 st June	Player Reviews (no practical session)
Monday 8 th June	Presentation/Awards Evening @ Mounts Bay Main School Hall (6.00pm)



MBFDC LONG TERM PLAYER DEVELOPMENT (LTPD)



Long Term Player Development Curriculum

Dates	Topic Block 1
28 th Oct – 25 th Nov	Passing / Receiving (retain & build)

Dates	Topic Block 2/3
2 nd Dec – 6 th Jan 13 th Jan – 3 rd Feb	Protecting the ball & turning Dribbling & running with the ball

Dates	Topic Block 4
10 th Feb – 16 th March	Attacking (in possession)

Dates	Topic Block 5
23 rd March – 11 th May	Defending (out of possession)

Dates	Topic Block 6
18 th May 1 st June 8 th June	Skills Challenge Evening Player Reviews Awards Evening