



TAC SPORTS X
MAPPING
THE FUTURE
SOCCER EDITION

STUDENT NAME

DATE

PLANNER

TAC SPORTS X MAPPING THE FUTURE PLANNER

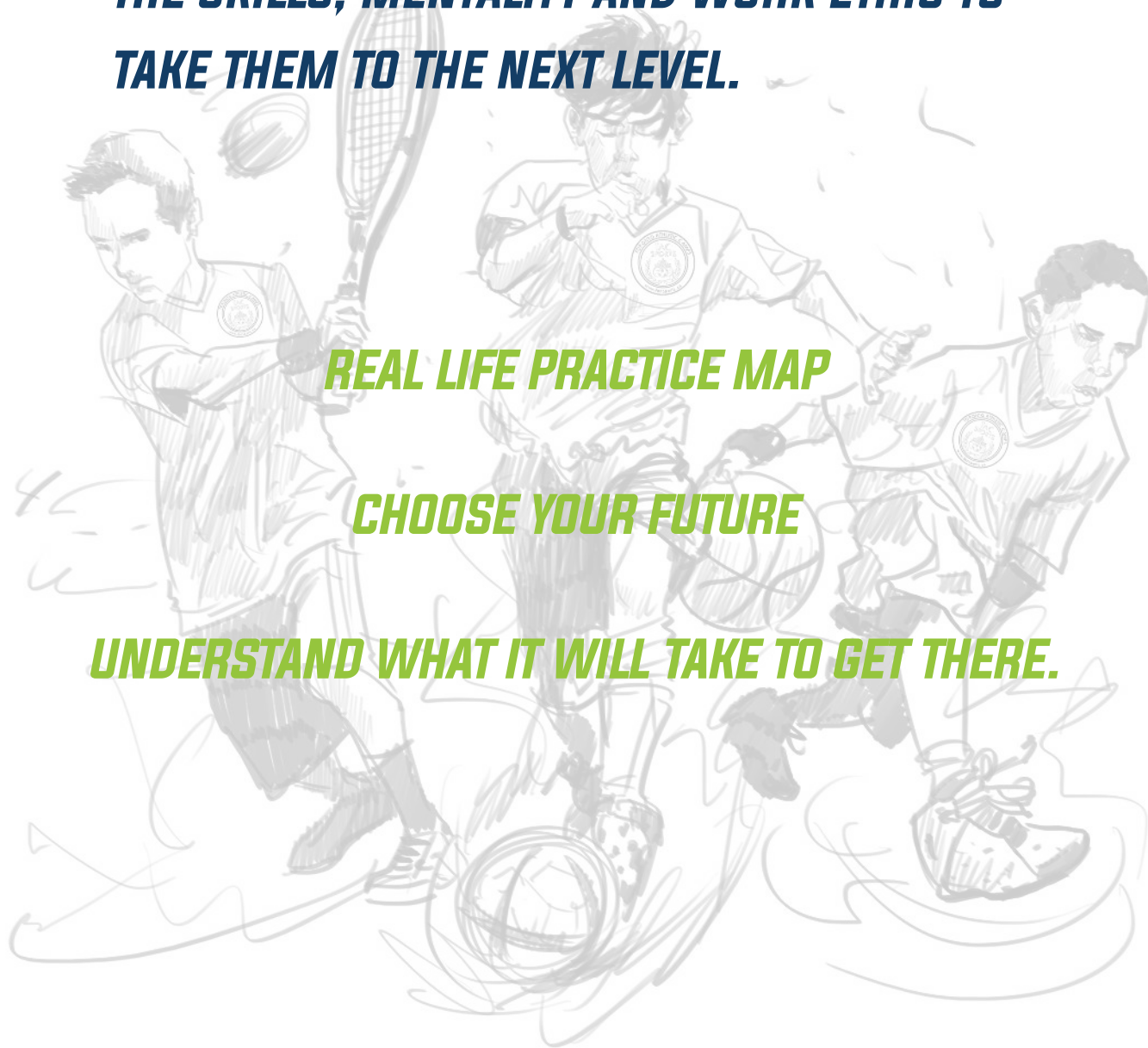
This TAC X Skill Planner is designed to help children understand and execute the skills, mentality and work ethic to take them to the next level

***THIS TAC SPORTS X SKILL PLANNER IS DESIGNED
TO HELP CHILDREN UNDERSTAND AND EXECUTE
THE SKILLS, MENTALITY AND WORK ETHIC TO
TAKE THEM TO THE NEXT LEVEL.***

REAL LIFE PRACTICE MAP

CHOOSE YOUR FUTURE

UNDERSTAND WHAT IT WILL TAKE TO GET THERE.



TAC SPORTS X MAPPING THE FUTURE PLANNER

CHOOSE YOUR FUTURE



GREAT RECREATIONAL PLAYER

Total Hours of Purposeful Practice: 1-500
Hours of practice per week: 1-2
Game play hours per week: 1
Real Life Equivalent: Rec or House League
Mentality: Playing for pure enjoyment and to be on average level
Additional Training: None



REPRESENTATIVE ACADEMY

Total Hours of Purposeful Practice: 500-4000
Hours of practice per week: 2-3
Game play hours per week: 2-3
Real Life Equivalent: TAC Sports Stars Academy YDSL
Mentality: Desire to play at a competitive level and improve
Additional Training: Qualified Coaches



HIGH LEVEL COMPETITION

Total Hours of Purposeful Practice: 4000
Hours of practice per week: 8
Game play hours per week: 4
Real Life Equivalent: YDSL or Academy Leagues
Mentality: Desire to play at a competitive level and challenge at the highest level during teenage years
Additional Training: Qualified Coaches



COLLEGE

Total Hours of Purposeful Practice: 6000
Hours of practice per week: 10
Game play hours per week: 2-4
Real Life Equivalent: York University, UofT
Mentality: Desire to play at a high level while splitting focus with an amazing education
Additional Training: Qualified Coaches, Sports Psychologists, Limited Physio, Strength Training Coach



TAC SPORTS X MAPPING THE FUTURE PLANNER

CHOOSE YOUR FUTURE



SEMI PROFESSIONAL

Total Hours of Purposeful Practice: 8000

Hours of practice per week: 12

Game play hours per week: 4

Real Life Equivalent: CSL

Mentality: Desire to reach professional level, needs to increase the level of skills

Additional Training: Qualified Coaches, Sports Psychologists, Limited Physio, Strength Training Coach



PROFESSIONAL LOWER LEAGUE

Total Hours of Purposeful Practice: 10,000

Hours of practice per week: 35

Game play hours per week: 6

Real Life Equivalent: Serie B, Championship

Mentality: Desire to be a professional soccer player but didn't get enough training or enough practice to make it to the next level

Additional Training: Qualified Coaches, Sports Psychologists, Limited Physio, Strength Training Coach



PROFESSIONAL HIGHER LEAGUE

Total Hours of Purposeful Practice: 15,000

Hours of practice per week: 45

Game play hours per week: 6

Real Life Equivalent: Serie A, Premier League, Champions League

Mentality: Obsessed with being a fantastic soccer player

Additional Training: Qualified Coaches, Sports Psychologists, Limited Physio, Strength Training Coach



PROFESSIONAL LEGENDARY

Total Hours of Purposeful Practice: 25,000

Hours of practice per week: 60

Game play hours per week: 6

Real Life Equivalent: Dominance of Higher Leagues, World Cup

Mentality: Obsessed in a positive manner with excellence, bringing more value and skills to his/her team and leading by actions and desire.

Additional Training: Qualified Coaches, Sports Psychologists, Limited Physio, Strength Training Coach

THE X FACTORS

USE THE FOLLOWING X-FACTORS TO TAKE YOUR GAME TO THE NEXT LEVEL.



PROPER NUTRITION:

Please consult our Nutrition Supplement for the best breakdown of the different areas. Focus on:

- Proper Pre-game fuel
- Protein
- Adequate Vitamins
- Avoiding simple sugars and carbs
- Staying lean and powerful



PROPER SLEEP:

Always get a maximum number of hours of sleep per night.

- Young Children (4-9): 10-12 hours
- Teenagers (13-19): 9-10 hours
- Young Adults (20-26): 8-9 hours
- Adults (26+): 7-9 hours



WATCHING THE PROFESSIONALS

- Track their movements and skills used
- Don't watch the ball, watch the players
- Watching will assist in development, but will not replace any practice hours



MAKE 5 BEST SOCCER PLAYERS YOUR PRACTICE FRIENDS

You become the average of the 5 players you hang around the most!



TAC SPORTS SKILL PLANNER 1 YEAR PLAN (12 MONTHS)

GOAL: LIST THE GOALS THAT YOU WOULD LIKE TO ACHIEVE IN PRESENT TENSE AND THE PRACTICE THAT YOU WILL DO TO ACHIEVE THEM.

Ex. I am the leading scorer of my team, because of my 3 hours of finishing practice, 1 hour of set play practice, and 1 hour of focus on my shooting technique per week.

PRIMARY FOCUS ON SKILL DEVELOPMENT:

Skill 1:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 2:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 3:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:



TAC SPORTS SKILL PLANNER

1 YEAR PLAN (12 MONTHS)

GOAL 1:

GOAL 2:

MONTH 1 GOAL 3:

PRIMARY FOCUS ON SKILL DEVELOPMENT:

Skill 1:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 2:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 3:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:



TAC SPORTS SKILL PLANNER

1 YEAR PLAN (12 MONTHS)

GOAL 1:

GOAL 2:

MONTH 2 GOAL 3:

PRIMARY FOCUS ON SKILL DEVELOPMENT:

Skill 1:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 2:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 3:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:



TAC SPORTS SKILL PLANNER

1 YEAR PLAN (12 MONTHS)

GOAL 1:

GOAL 2:

MONTH 3 GOAL 3:

PRIMARY FOCUS ON SKILL DEVELOPMENT:

Skill 1:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 2:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 3:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:



TAC SPORTS SKILL PLANNER

1 YEAR PLAN (12 MONTHS)

GOAL 1:

GOAL 2:

MONTH 4 GOAL 3:

PRIMARY FOCUS ON SKILL DEVELOPMENT:

Skill 1:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 2:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 3:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:



TAC SPORTS SKILL PLANNER

1 YEAR PLAN (12 MONTHS)

GOAL 1:

GOAL 2:

MONTH 5 GOAL 3:

PRIMARY FOCUS ON SKILL DEVELOPMENT:

Skill 1:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 2:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 3:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:



TAC SPORTS SKILL PLANNER

1 YEAR PLAN (12 MONTHS)

GOAL 1:

GOAL 2:

MONTH 6 GOAL 3:

PRIMARY FOCUS ON SKILL DEVELOPMENT:

Skill 1:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 2:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 3:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:



TAC SPORTS SKILL PLANNER

1 YEAR PLAN (12 MONTHS)

GOAL 1:

GOAL 2:

MONTH 7

GOAL 3:

PRIMARY FOCUS ON SKILL DEVELOPMENT:

Skill 1:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 2:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 3:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:



TAC SPORTS SKILL PLANNER

1 YEAR PLAN (12 MONTHS)

GOAL 1:

GOAL 2:

MONTH 8 GOAL 3:

PRIMARY FOCUS ON SKILL DEVELOPMENT:

Skill 1:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 2:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 3:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:



TAC SPORTS SKILL PLANNER

1 YEAR PLAN (12 MONTHS)

GOAL 1:

GOAL 2:

MONTH 9 GOAL 3:

PRIMARY FOCUS ON SKILL DEVELOPMENT:

Skill 1:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 2:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 3:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:



TAC SPORTS SKILL PLANNER

1 YEAR PLAN (12 MONTHS)

GOAL 1:

GOAL 2:

GOAL 3:

MONTH 10

PRIMARY FOCUS ON SKILL DEVELOPMENT:

Skill 1:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 2:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 3:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:



TAC SPORTS SKILL PLANNER

1 YEAR PLAN (12 MONTHS)

GOAL 1:

GOAL 2:

GOAL 3:

MONTH 11

PRIMARY FOCUS ON SKILL DEVELOPMENT:

Skill 1:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 2:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 3:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:



TAC SPORTS SKILL PLANNER

1 YEAR PLAN (12 MONTHS)

GOAL 1:

GOAL 2:

GOAL 3:

MONTH 12

PRIMARY FOCUS ON SKILL DEVELOPMENT:

Skill 1:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 2:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 3:



Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:





TAC SPORTS STAR DEVELOPMENT SYSTEM

DEVELOPMENT PROGRAMS

SPORTS CAMPS

ACADEMY TEAMS

LUNCH & AFTERSCHOOL PROGRAMS

THANK YOU TO OUR CONTRIBUTORS

Alexander Arthur

Vivian Lau

Locations Across the GTA