

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

