



Toronto Athletic Football Club

T AFC Player Acceleration and Game Time Guide

Growth Mindset and Philosophy

- **Objective Focus (Soccer Math):** Soccer development is measurable through hours and repetitions. Rather than labeling players as “good” or “bad,” focus on the constant development process. Visualize a number above each player's head, representing their total practice hours—some may have 1,000, some 3,000, others 7,000. Each level of competition has a minimum required number of hours and skill sets.
- **Continuous Development:** There is always room for growth. Each level demands more practice and time, so there’s no ceiling on improvement.

Focus on Individual Hours and Skill Sets

- **The Hours Matter:** The best players at the highest levels have the most total hours of focused practice and repetitions. If you’re aiming to reach the next level, you must intentionally increase your hours and reps in the skills needed for game competition.
- **Accelerating Your Hours:**
 - **Standard:** Aim for 3 hours of at-home practice to maintain steady improvement.
 - **Acceleration:** To stand out and surpass others, practice 3 times as much as your teammates and league rivals. The more hours you invest, the faster you can catch up or move ahead.
- **Understanding the Minimums:** Players who are lower in total practice hours won’t reach the next level by simply doing the minimum. Acceleration is essential if you are behind.

Expectations for Players Starting at an Older Age

- **Starting from Zero:** If you are starting with 0 hours of practice, reaching the required level could take 3 seasons of accelerated effort. For example, if the level requires 3,000 hours of practice, you will need to dedicate 3 hours a day over 3 years to catch up. This approach requires patience and perseverance.



Earning Game Time on the Field

- **Preparation and Focus:** Arriving early and being ready to play demonstrates your readiness to the coach. Stay attentive during warm-ups and game preparation to show your commitment.
- **Studying the Game:** Coaches recognize players who study soccer outside of practice. Watch at least 1 game per week and focus on understanding positions and strategies. Review highlights and study your role to enhance your performance.
- **Commitment, Attendance and Excellence in Participation in Practice:** Players are noted on their attendance, their participation levels and commitment to becoming better soccer players. This includes keeping focused during the practice and staying committed to learning as much as you can during the
- **Excellent Communication:** Keep your coach informed about your availability for practices and games. Consistent communication ensures you're in the best position to maximize your playing time.

Acceleration Growth Paths

- **At Home Practice:** At home practice with our at home practice guide will ensure that you are working on and improving your skill sets at home. 3 hours of training per day will help you accelerate.
- **Development Camps:** Development Camps such as the ones hosted at TAC will help the players develop with 7 hours additional of soccer training per day.
- **Semi-Private Skill Sessions:** Skill sessions like the ones offered during the season will help players get 1.5 hours of specific individualized skill training sessions and be ready to score more goals and excel on their offensive skills and metrics.

5 Star Development Map and Total Number of Hours for Each Level

- Leveraging our 5-Star development map to understand the different aspects and skills to acquire in soccer is a tool developed to help in success metrics and performance to the highest degree of soccer improvement.



Total Number of Hours for Every Level of Soccer

Recreational Player

- Total Hours of Purposeful Practice: 1-500
- Hours of practice per week: 1-2
- Real Life Equivalent: Rec or House League

Representative Academy

- Total Hours of Purposeful Practice: 500-4000
- Hours of practice per week: 2-3
- Additional Training: Strength, Conditioning, Mental Skills, Positional Skills, Studying the Game

High-Level Competitive

- Total Hours of Purposeful Practice: 4000
- Hours of practice per week: 8
- Real Life Equivalent: TAFC Division 1 or IModel
- Additional Training: Strength, Conditioning, Mental Skills, Positional Skills, Studying the Game

College

- Total Hours of Purposeful Practice: 6000
- Hours of practice per week: 10
- Real Life Equivalent: York University, UofT
- Additional Training: Strength, Conditioning, Mental Skills, Positional Skills, Studying the Game

Semi-Professional:

- Total Hours of Purposeful Practice: 8000
- Hours of practice per week: 12
- Real Life Equivalent: CSL
- Additional Training: Strength, Conditioning, Mental Skills, Positional Skills, Studying the Game

Professional Lower League

- Total Hours of Purposeful Practice: 10,000
- Hours of practice per week: 35
- Gameplay hours per week: 6
- Real Life Equivalent: Serie B, Championship
- Additional Training: Strength, Conditioning, Mental Skills, Positional Skills, Studying the Game

Professional Higher League

- Total Hours of Purposeful Practice: 13,000
- Hours of practice per week: 45
- Gameplay hours per week: 6
- Real Life Equivalent: Serie A, Premier League, Champions League
- Additional Training: Qualified Coaches, Sports Psychologists, Limited Physio, Strength Training Coach
- Additional Training: Strength, Conditioning, Mental Skills, Positional Skills, Studying the Game

Professional Legendary

- Total Hours of Purposeful Practice: 15,000
- Hours of practice per week: 60
- Gameplay hours per week: 6
- Real Life Equivalent: Dominance of Higher Leagues, World Cup
- Additional Training: Qualified Coaches, Sports Psychologists, Limited Physio, Strength Training Coach
- Additional Training: Strength, Conditioning, Mental Skills, Positional Skills, Studying the Game
- Additional Bonus Extra and Getting To the Next Level