

## Season Length & Age Groups

Simply put, periodization — designing a yearly plan — is time management. It provides a detailed plan for arranging the complex array of training factors into a logical and scientifically-based schedule to produce optimal improvements in performance. It means planning the right activities with an adequate degree of difficulty and in the right sequence to reach the coach's training and competition objectives for each player and the team.

Periodization is an essential component in optimal sports programming and player development at all levels. Planning adequately for training, competition, and recovery is the critical blueprint for success.

LTPD Stage	Softball Age Categories	Pre-Season	Competitive Season
	Learn to Play Level 1 Mite	No Pre-Season Suggested	8 to 10 Weeks
	Learn to Play Level 1 & 2 Mite	No Pre-Season Suggested	8 to 10 Weeks
	Learn to Play Level 2 & 3 Mite	8 to 12 Practices	8 to 10 Weeks
	Learn to Play Level 2 & 3 Mite	8 to 12 Practices	8 to 10 Weeks
	Squirt	<b>Minimum:</b> 8 to 12 Practices <b>Ideal:</b> 12 to 16 Practices	12 to 15 Weeks
	Squirt, Pee Wee	<b>Minimum:</b> 8 to 12 Practices <b>Ideal:</b> 10 to 15 Practices	<b>Minimum:</b> 9 to 11 Weeks <b>Ideal:</b> 12 to 15 Weeks
	Bantam	<b>Minimum:</b> 8 to 12 Practices <b>Ideal:</b> 10 to 15 Practices	<b>Minimum:</b> 10 to 12 Weeks <b>Ideal:</b> 12 to 15 Weeks
	Bantam, Midget, Junior – Community Softball	10 to 16 Practices	9 to 11 Weeks
	Bantam, Midget, Junior – Competitive Softball	15 to 20 Practices	12 to 16 Weeks
	Midget, Junior, Senior – Community Softball	4 to 6 Practices	9 to 11 Weeks
	Midget, Junior, Senior – Competitive Softball	10 to 20 Practices	14 to 16 Weeks
	Midget (Women Only) Junior, Senior	18 to 22 Weeks of Daily Training	14 to 16 Weeks (possibly longer if climate permits or traveling to warm climate countries)
	All Age Categories - Recreational	4 to 6 Practices	10 to 14 Weeks (possibly longer if climate permits)

### References:

Smith, Mark, and Lise Jubinville. Long-Term Player Development Guide for Softball in Canada. Ottawa: Softball Canada, 2008