



2025 LYS
League
Outdoor
Program

General Information

- Online registration opens February 1, 2025
www.lethbridgesoccer.com
- If you are using **KIDSPORT** or **JUMPSTART**, or **City of Lethbridge FAP** you **MUST** register and pay online. You will **be reimbursed once we receive funds from funding organization**
- Start times are subject to change and are provided as a guideline only. Season runs from **April 28 – June 28, 2025**
- **Field locations for all age groups are listed on registration information sheet**



LYS League Technical Overview

Sessions

- All practice sessions created and approved by Technical Director and based around LTPD as per Canada Soccer & ASA player development model;
- LSA Sessions focus on the 4 corner model of developing all players Technical, Physical, Psychological & Social skills;
- All LYS Coaches and 'LYS Helpers' will be required to have completed LYS Coaches training prior to the start of the season.

Games

- Matches are based around creating the best possible learning environment, results **DO NOT MATTER**. Players, coaches and parents are asked to remember this at all times;



LYS League Technical Overview

U4 (Parent & Tot), U5 & U6

- Physical literacy & beginner ball understanding;
- Fantasy based games and movements;
- Small sided games will be 4 vs 4 (no goalkeepers), ball continuously thrown back into play by coaches.

U8/U10

- Canada Soccer FUNdamentals themed sessions;
- Introduction to basic soccer skills through fun-based learning, mostly dribbling with small amount of passing and shooting;
- Small sided games will be 7v7(1 goalkeeper), Dribble-ins for restarts along sidelines. Retreat line in effect (Halfway)



LYS League Technical Overview

U12/ U12-14 Girls

- The Season will be broken into a 3:1 ratio. 3 games to 1 team practice. Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range/weight of passing, defending etc);
- Games will be **7 vs 7 (6 players + 1 goalkeeper)**
- Beginner introduction to formations, game rules and tactical side of soccer;
- Players will play a multitude of positions and with equal playing time for all.
- Retreat line in effect, to encourage building from the back (halfway line)

U14

- The season will be broken into a 3:1 ratio, 3 games to 1 team practice. Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range/weight of passing, defending etc);
- Continued understanding of the tactical side of the game;
- Games will be **9 vs 9 including goalkeepers (8 players + 1 goalkeeper)**
- Players are encouraged to play multiple positions.



LYS League Technical Overview

U16 & U18

- The Season will be broken into a 3:1 ratio. 3 games to 1 team practice, Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc);
- Advanced understanding of the tactical side of the game;
- Games will be **11 vs 11 (10 players + 1 goal keeper)**
- Players will play a multitude of positions and equal playing time for all.

U14, U16, U18

- Should a team find themselves short and the opposition with multiple subs, coaches will be advised to send players to level out teams and give more playing time to all;
- During 'Blow-Out' coaches will also be asked to make subtle changes to ensure games remain competitive and challenging for all.



U4 Timbits Program (Parent & Tot)

\$150.00

- U4 – 2021 Boys & Girls (CoEd)
- Monday's Start times will rotate 5:00pm and/or 5:45pm
- All session will be played at the Servus Sports Centre – Indoor Field
- *10 Active Start Sessions – Ball literacy, FUNdamental movements*
- *Small sided games (Max.3v3)*



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U5 Timbits Program

\$150.00

- U5 – 2020 Boys & Girls (CoEd)
- Monday's Start times will rotate 5:00pm and/ or 6:00pm
- All session will be played at the Servus Sports Centre (Outdoor Field)
- *10 – 45 minute Active Start Sessions – Ball literacy, FUNdamental movements*
- *Small sided games*



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U6 Timbits Program

\$150.00

- U6 – 2019 Boys & Girls (CoEd)
- Wednesday's Start times will rotate 5:00pm and/ or 6:00pm
- All session will be played at the Servus Sports Centre
(Outdoor field)
- *10 -45 Active Start Sessions – Ball literacy, FUNdamental movements*
- *Small sided games (Max.3v3)*



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U8 Program

\$225.00

- U8 –Boys Division - 2017 & 2018
- U8/ U10 – Girls Division - 2015, 2016, 2017 & 2018
- Boys - Monday & Wednesday's Start times will rotate 5:00pm, 6:00pm and/ or 7:00pm
- Girls – Monday & Wednesday's 6:00pm
- All session will be played at the College Field (Outdoor Field)
- *18 – 55 minute FUNdamentals Sessions – Ball literacy, FUNdamental movement*
- *Small sided games (Max.7 V 7)*

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U10 Program

\$225.00

- U10 Boys – 2015 & 2016 Boys Division
- Times will rotate between 5:00, 6:00 and/ or 7:00pm
- Tuesdays & Thursdays
- Field Location College Field
- Each session will break down into 25 minutes of skill based learning followed by 25 minutes of game time. Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc)
- Games will be **7 vs 7 at U10 (6 players + 1 goal keeper)**
- Players will play a multitude of positions and with equal playing time for all.



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U12 Program

\$225.00

- **U12 – 2013 & 2014 Boys Division**
- **U12/ U14 - 2013, 2014, 2015 & 2016 Girls Division**

- Boys - Monday's & Wednesday's – Times will rotate 5:00, 6:00 and/ or 7:00pm
- Girls – Monday's & Wednesday's – 6:00pm

- All sessions will be played at St. Teresa School (North)

- Season will run a 3 games to 1 team practice rotation. Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc)

- Games will be **7 vs 7 at U12 (6 players + 1 goal keeper)**

- Players will play a multitude of positions and with equal playing time for all.



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U14 Program

\$225.00

- U14 – 2011 & 2012 Boys Division
- Tuesday's & Thursday's Start Times will rotate 5:00pm, 6:00pm and/ or 7:00pm
- All sessions will be played at Gilbert Patterson School (South)
- Season will run a 3 games to 1 team practice rotation, Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc)
- Games will be **9 vs 9 including goalkeepers (8 players + 1 goal keeper)**
- Players will play a multitude of positions and equal playing time for all!

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U16 CoEd Program

\$225.00

- U16 – 2009 & 2010 CoEd
- Monday's & Wednesday's Start times will rotate
- All sessions will be played at Winston Churchill School (North)
- Season will run a 3 games to 1 team practice rotation, Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc);
- Games will be **11 vs 11 including goalkeepers (10 players + 1 goal keeper)**
- Players will play a multitude of positions and equal playing time for all.



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U18 CoEd Program

\$225.00

- U18 – 2007 & 2008 CoEd
- Tuesday's & Thursday's- Start times will rotate
- All sessions will be played at Atsotawawa (West)
- Season will run a 3 games to 1 team practice rotation. Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc);
- Games will be **11 vs 11 including goalkeepers (10 players + 1 goal keeper)**
- Players will play a multitude of positions and equal playing time for all.



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