A large, light blue watermark of the Lethbridge Soccer Association logo is centered in the background. It features a soccer ball at the top, a stylized mountain range in the middle, and a red maple leaf at the bottom. The words "LETHBRIDGE" and "ASSOCIATION" are written in a circular path around the top and bottom respectively, with "SOCCER" written vertically on the left side.

Lethbridge Soccer Association
LYS Program
Outdoor 2025

In Partnership with Vancouver Whitecaps Football Club



2025 OUTDOOR RECREATIONAL SOCCER REGISTRATION INFORMATION

www.lethbridgesoccer.com - 403-320-5425 (KICK)

ONLINE ONLY:

Saturday February 1st - Sunday March 23rd

**all registration must be done online* REGISTER YOUR PLAYER BY THEIR BIRTH YEAR*

**payments must be made online using RAMP*



IF YOU ARE USING KIDSPORT OR JUMPSTART

YOU MUST REGISTER YOUR PLAYER AND PAY ONLINE WWW.LETHBRIDGESOCCER.COM BEFORE APPLYING FOR FUNDING THROUGH JUMPSTART, KIDSPORT OR CITY OF LETHBRIDGE FAP

REGISTER:

www.lethbridgesoccer.com

Request Fee covers 2 PLAYERS ONLY - \$40.00 - Payable at office or over the phone -Player requests MUST be sent by email to kristy@lethbridgesoccer.com

<u>Age Group</u>	<u>Birthyear</u>	<u>Fee</u>	<u># of sessions</u>	<u>***Days Playing***</u>	<u>***Fields***</u>	<u>***Times will alternate***</u>
U4 - CoEd/ Parent & Tot	2021	\$150.00	10 (30 min sessions)	Monday	Servus Sports Centre Indoor Field	5:00pm &/ or 5:45pm
U5 - CoEd	2020	\$150.00	10 (45 min sessions)	Monday	Outdoor Servus Sports Centre Field	5:00pm &/ or 6:00pm
U6 - CoEd	2019	\$150.00	10 (45 min sessions)	Wednesday	Outdoor Servus Sports Centre Field	5:00 &/ or 6:00pm
U8 Boys	2017 & 2018	\$225.00	18 (55 min sessions)	Monday & Wednesday	College Field	5:00pm & or 6:00pm &/or 7:00pm
U8/ U10 Girls	2015, 2016, 2017, & 2018	\$225.00	18 (55 min sessions)	Monday & Wednesday	College Field	6:00pm
U10 Boys	2015 & 2016	\$225.00	18 (1 hr sessions)	Tuesday & Thursday	College Field	5:00pm & or 6:00pm &/or 7:00pm
U12 Boys	2013 & 2014	\$225.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	5:00pm &/ or 7:00pm
U12/ U14 Girls	2011, 2012, 2013 & 2014	\$225.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	6:00pm
U14 Boys	2011 & 2012	\$225.00	18 (1 hr sessions)	Tuesday & Thursday	Gilbert Paterson School (South)	5:00pm & or 6:00pm &/or 7:00pm
U16 CoEd	2009 & 2010	\$225.00	18 (1 hr 10 min sessions)	Monday & Wednesday	Winston Churchill School (North)	6pm & 7:30pm
U18 - CoEd	2007 & 2008	\$225.00	18 (1 hr 20 minute sessions)	Tuesday & Thursday	Atso Towaawa Park (West)	6pm & 7:30pm

***** START TIMES CANNOT BE REQUESTED AS TIMES WILL ROTATE THROUGHOUT THE SEASON *****

Sessions will be scheduled during the Victoria Day long weekend (Monday evening)

****SEASON STARTS MONDAY APRIL 28 and be complete SATURDAY JUNE 28, 2025****

Jersey kits included in Registration price- Jersey, shorts and socks



U4-U6 Timbits: An introduction to soccer. All sessions ran by LSA Staff Coaches, with activities based around players exploring the soccer ball and getting comfortable with an invasion sport. Some small sided scrimmages may be played, but this environment is purely about the players gaining their first touches of a soccer ball.

U8-U10 Fundamental: Individual development is paramount by building a love of the ball. Sessions will challenge players creative side as well introduce them to skills needed in the game such as dribbling, passing and shooting. Scrimmages will be played, but no scores will be kept, and all players will be asked to experience all positions of a soccer match (goalkeeper, defender, midfielder, striker).

U12-U14 Learning The Game: This age is classed as 'The Golden Age Of Learning' where skills learnt in the earlier stages are now enhanced as well as an introduction to the tactical side of the game. Scrimmages will be played and although scores will be kept during the game, coaches and players are asked to keep games meaningful, competitive and to avoid blowouts at all costs. There will be no league standings.

U16-U18 Excel In The Game: Utilizing the technical understanding and tactical skills learnt in the previous three phases to excel in the game. Like the previous 'Learning the Game' phase, coaches are asked to avoid blowouts and keep games competitive throughout.



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 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 CSA's 'Four 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 U4 Program

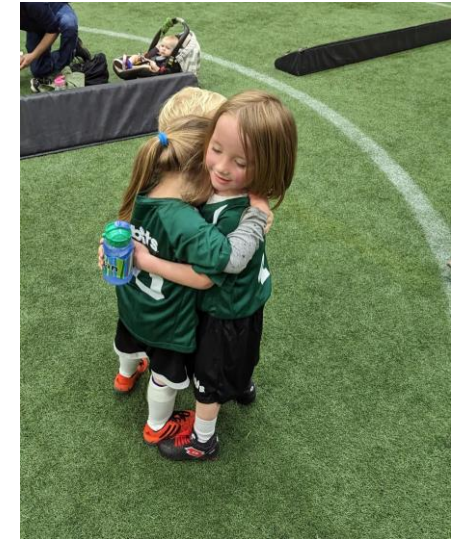
(Parent & Tot)



U4 (Parent & Tot) - 2021 Boys & Girls (CoEd)

- Physical literacy & beginner ball understanding;
 - Fantasy based games and basic introductory movements;
 - No games to be played at this stage of learning, purely discovery & learning to love the ball.
-
- 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 x 30-minute Active Start Sessions – Ball literacy.

Price - \$150



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LYS U5 Program - Timbits



U5 – 2020 Boys & Girls (CoEd)

- CSA Active Start Stage;
 - 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;
 - Discovery stage, 'organised chaos'.
-
- 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 x 45-minute sessions

Price - \$150



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LYS U6 Program - Timbits



U6 – 2019 Boys & Girls (CoEd)

- CSA Active Start Stage;
 - 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;
 - Discovery stage, 'organised chaos'.
-
- 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 x 45-minute Sessions

Price - \$150



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LYS U8 Program

U8 –Boys Division - 2017 & 2018

U8/ U10 – Girls Division - 2015, 2016, 2017 & 2018

- CSA FUNDamentals Stage;
 - 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);
 - Introduction to structured game format.
-
- 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 x 55-minute sessions*

Price - \$225



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LYS U10 Program

U10 Boys – 2015 & 2016 Boys Division

- CSA FUNdamentals Stage;
 - Introduction to basic soccer skills through fun-based learning, mostly dribbling with small amount of passing and shooting;
 - 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)
 - Small sided games will be 7v7(1 goalkeeper), Dribble-ins for restarts along sidelines. Retreat line in effect (Halfway);
 - Players will play a multitude of positions and with equal playing time for all.
-
- Times will rotate between 5:00, 6:00 and/ or 7:00pm
 - Tuesdays & Thursdays
 - Field Location College Field
 - *18 x 55-minute sessions*

Price - \$225



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LYS U12 Program

U12 – 2013 & 2014 Boys Division

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

- CSA Learning To Train Stage.
 - 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)
-
- 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)
 - 18 x 1 hour sessions.



Price - \$225



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LYS U14 Program

U14 – 2011 & 2012 Boys Division

- 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.
- 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)
- 18 x 1 hour sessions.



Additional LYS Rules

- 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.

Price - \$225



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LYS U16 Program

U16 – 2009 & 2010 CoEd

- 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 goalkeeper)**
- To benefit full skill development, all players will play a multitude of positions and equal playing time for all.

- Monday's & Wednesday's Start times will rotate
- All sessions will be played at Winston Churchill School (North)
- 18 x 1 hour 10 minute sessions



Additional LYS Rules

- 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.

Price - \$225



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LYS U18 Program

U18 – 2007 & 2008 CoEd

- 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 goalkeeper)**
 - Players will play a multitude of positions and equal playing time for all.
-
- Tuesday's & Thursday's- Start times will rotate
 - All sessions will be played at Atsotawawa (West)
 - 18 x 1 hour 20 minutes sessions.



Additional LYS Rules

- 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.

Price - \$225



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Contact Details

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