



Lethbridge Soccer Association AMSAL Program Outdoor 2025




In Partnership with Vancouver Whitecaps Football Club



The LSA Player Pathway



Ages 18+
Lethbridge Football Club - Adult Major Soccer League


Whitecaps Academy &
Caps To College Program


Ages 9-18
Lethbridge Football Club
(LFC)

Competitive Program
U10,U11,U12,U13,U15,U17, U19

OR

Ages 9-18
Lethbridge Youth Soccer
League (LYSL)

Recreational Program
U11, U13, U15, U18


Whitecaps Skills Centre
Program

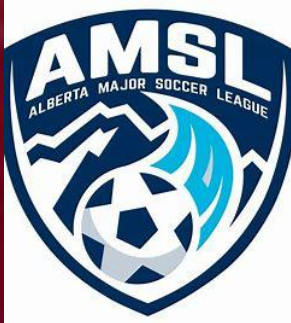


Ages 7-9
LSA Foundation Program



Ages 3-6
Timbits Soccer Program





AMSL 2025 OUTDOOR COACHES MEET OUR TEAM



Men's and Women's Head Coach Mark



We're fired up to welcome Mark Meerkerk as the Head coach for the Upcoming AMSL season. Mark is C-License Certified with 17 years of Coaching in LSA, he has developed players at numerous levels helping to build on their skills and understanding of the game. His character and leadership will be the perfect fit for our squads as it will carry our Lethbridge soccer identity and continue to improve the team. Mark is going into his 4th year with the AMSL program and has coached the men to provincials the last two years. Mark is excited to coach both Lethbridge teams this season and bring them both to provincials this year.

Men's and Women's Assistant Coach Tom



After having played soccer in League1 Ontario, the Canadian Soccer League, the ACAC, and a few far away places (including Australia, Italy, and Sweden), Thomas now finds himself serving as an assistant coach with the University of Lethbridge men's soccer team while also working on a master's degree in Kinesiology and Sport Psychology. He earned a Master of Sports Management & Coaching as well as a Coerver Coaching License while at the Rome City Institute in Italy, and he is on track to complete his Canada Soccer B Diploma this year. Thomas is now going into this third season of involvement with the AMSL program and is excited to continue chasing new heights with Lethbridge FC this summer.

Men's and Women's Goalkeeper Coach Chris



Chris Hayes brings a wealth of knowledge and passion to the game of soccer. Hailing from Halifax, Nova Scotia, Chris has an extensive playing background, having represented Nova Scotia at both youth and senior national levels. He also earned a national silver medal with Holland College in 2012, further cementing his credentials as a dedicated player and leader. Over the years, Chris has held key roles, including serving as the Head of Goalkeeping for several respected clubs in the East, such as Halifax City, Halifax Dunbrack, and Conception Bay South in Newfoundland and Labrador. Most recently, Chris played a pivotal role in rebuilding the goalkeeping program at Mackenzie United Soccer Club in Southeast Calgary, while also working with the women's college keepers at Medicine Hat College. Chris is committed to instilling a fighting spirit and determination into his players. With a deep understanding of the game, Chris continues to inspire athletes to develop their skills, leadership, and resilience, both on and off the field.



LFC AMSL - Expectations

- 2 sessions a week (Tuesday & Thursday evenings), gameday selection will be heavily based around attendance.
- 14 games per season, 7 home and 7 away.
- The Bridge to provide players with a S&C program for the season.
- AMSL is part of the LFC and LSA Club, you will be expected to integrate with younger players from within the club, especially on matchdays.
These players will be looking up to you.
- Competitive training environment and culture throughout the club.



Evaluations Evenings – How Are We Assessing

- 24th and 25th March will be evaluation evenings
- Prepare for both outdoor and indoor evaluations (weather dependent)
- Small fitness element following activation warm up, then SSG format (6 or 7 a side), possibility of larger sided games on day #2
- Coaching staff and LSA Technical Staff will be assessors (all CSA Licensed)
- Evaluations open to anyone in good standing with the club or new players



Evaluations Evenings – What We Are Assessing

During a youth soccer player evaluation evening, evaluators assess various aspects of a player's skills, abilities, and potential to determine their suitability for different teams or levels within the club or organization. These evaluations help coaches place players in appropriate teams based on their individual strengths and weaknesses. Based on the CSA LTPD model, here are some of the key factors that evaluators typically assess:

Technical Skills:

Dribbling: The player's ability to control and maneuver the ball while moving.

Passing: Accuracy and technique when distributing the ball to teammates.

Shooting: The player's ability to take accurate shots on goal.

Ball Control: How well the player receives, and controls passes or long balls.

Heading: Ability to direct the ball with the head during aerial challenges.

Physical Attributes:

Speed: Sprinting ability and overall pace on the field.

Agility: Quick changes of direction and maneuverability.

Endurance: Ability to maintain performance throughout the game.

Strength: Physical strength and ability to hold off opponents or win physical challenges.

Tactical Understanding:

Positioning: How well the player understands and maintains their position on the field.

Decision-making: Ability to make quick and appropriate decisions based on game situations.

Awareness: Awareness of both their teammates' positions and the movements of opponents.

Psychological Traits:

Mental Toughness: Ability to handle pressure and setbacks during games.

Focus: Ability to stay attentive and engaged throughout the match.

Confidence: Demonstrating self-belief in their abilities without being overly arrogant.

Other Possible Areas:

Game Understanding:

Movement off the ball: How the player positions themselves to create passing options and open space.

Defensive Skills: Tackling, intercepting passes, and marking opponents.

Offensive Contribution: Involvement in attacking plays and creating scoring opportunities.

Teamwork and Attitude:

Communication: How well the player communicates with teammates on and off the field.

Team Play: Willingness to pass and work in coordination with others.

Work Ethic: Dedication, commitment, and willingness to improve.

Coachability: Ability to take instructions and apply them to their play.

Overall Performance:

Decision Making: How the player performs in game situations and adapts to different scenarios.

Consistency: The player's ability to perform at a consistent level over time.

Loyalty: Players that have been within the LFC program for multiple years.

The emphasis on certain aspects may vary based on the player's age, level of play, and the playing philosophy of the LFC.



The LFC Blue-Print

- Style of play model around the LFC Game Model “The LFC Blue-Print”
- Possession focused, with heavy emphasis on a style of play that benefits players technical and tactical development.
- Out of possession we work tirelessly to win the ball back, we set our own standard through our energetic and constant pressing and counter pressing
- Tactical adaptable and coachable players, **WE BEFORE ME.**
- Games to be recorded to assess player performance and receive analysis to execute future game plans



LFC AMSL – Fees & Fundraising

- Fees, Fundraising, & Financial Commitments (whats the figure?)
- Team Communication & Expectations for Players
- Travel Expectations & Policies
- Fees paid ahead of time

Anything to add Jodi?????





Questions



Thank You For Your Time

