



- **LYS Outdoor 2025:**
 - Recreational & developmental focus for all youth levels.
 - Emphasizes fun, physical literacy, discovery-based learning, and foundational skill-building.
 - “Results do not matter” – stress on enjoyment and learning.
 - **LFC Indoor 2024-2025:**
 - Competitive stream with a strong technical, tactical, and philosophical framework.
 - Focused on building elite players through a possession-based, creative, and brave style of play.
 - Structured with performance goals, technical development, and video analysis.
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Target Audience

- **LYS:**
 - Programs for players aged U4 to U18.
 - CoEd and gender-specific divisions, primarily recreational.
 - Equal playtime and rotation of positions emphasized.
 - **LFC:**
 - Competitive youth athletes (U10–U17), aiming for high-level development.
 - Players expected to commit to training, video sessions, fitness, and team standards.
 - Emphasis on performance-based playtime and individualized goals.
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Structure & Curriculum

- **LYS:**
 - Follows CSA’s Long-Term Player Development (LTPD) and Four-Corner Model.
 - Session plans created by the technical team, with coaches trained prior to the season.
 - Ratios like 3 games:1 practice in older age groups.
- **LFC:**
 - Follows “Whitecaps Way” curriculum, deeply integrates the CSA 4-Corner Model.
 - Gradual increase in tactical focus as age increases (U10 → U17).
 - Includes classroom sessions, video analysis, and sport-specific training.



Coaching

- **LYS:**
 - Volunteers trained to deliver fun, developmentally appropriate sessions.
 - **LFC:**
 - Coaches must be CSA licensed or working toward it.
 - Must complete several certifications (Respect in Sport, Making Ethical Decisions, etc.).
 - Encouraged to improve through clinics, mentorship, and feedback.
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Game Philosophy

- **LYS:**
 - Emphasis on discovery, fun, and participation.
 - Game formats vary by age (e.g., 4v4, 7v7, 9v9, 11v11).
 - Equal playtime and position rotation strictly encouraged.
 - **LFC:**
 - Possession-based and performance-driven.
 - Focus on creativity, decision-making, bravery, and tactical discipline.
 - Playtime is "fair-play" based (minimum 30%) and influenced by performance.
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Expectations & Culture

- **LYS:**
 - Community-friendly and inclusive, with minimal formal expectations.
 - Reinforces sportsmanship, enjoyment, and learning.
 - **LFC:**
 - Clear expectations for players, coaches, and parents.
 - Strict codes of conduct (on travel, appearance, sideline behavior, etc.).
 - Zero tolerance for misconduct; commitment, resilience, and respect are emphasized.
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Summary

Feature	LYS	LFC
Program Type	Recreational	Competitive
Age Groups	U5 to U18	U10 to U17
Curriculum Base	CSA LTPD + ASA Four-Corner Model	Whitecaps Way + CSA Four-Corner Model
Focus	Fun, discovery, basic skills	Creativity, technical excellence, bravery
Game Style	Emphasis on participation and enjoyment	Possession-based with tactical goals
Playtime	Equal time, position rotation	Minimum 30%, performance-influenced
Coach Requirements	Must complete LYS training	CSA licensing + multiple certifications
Player Development	Early-stage foundational development	Long-term high-performance progression
Tactical Training	Minimal, age-appropriate	Structured and increases by age
Parent Expectations	Supportive and hands-off	No sideline coaching, strict conduct rules
Additional Activities	None beyond sessions	Includes video analysis & fitness training

Summary for Parents and Coaches

LYS is ideal for families looking for a fun, community-focused soccer experience that emphasizes learning the game, enjoying physical activity, and building confidence in a low-pressure environment. Players rotate positions, everyone gets equal time, and results are not a priority. It's structured, but inclusive and recreational in nature.

LFC, on the other hand, is designed for more committed athletes looking to develop competitive soccer skills within a structured, high-performance setting. Emphasis is placed on tactical awareness, technical ability, mental resilience, and team discipline. It prepares players for advanced levels of play and includes off-field responsibilities like video analysis, team meetings, and sports training. Parents and players should be ready for higher expectations and accountability.

Choosing between the two comes down to your child's goals and skill level and your family's preferred level of commitment. Both programs are excellent in their own right, serving different needs within the Lethbridge soccer community.