

LFC Indoor Program  
2021/2022





#### LFC Competitive

- Competitive Environment
- High Emphasis on Technical & Tactical Development
- Travelling Tournaments
- Selection based

#### LFC Grassroots

- Player Centred Philosophy
- Our emphasis is player development and not results
- Travelling Tournaments
- **All players welcome to join our program**

**LFC Competitive  
U13, U15, U17 &  
U19**

**LFC Developmental  
\*U9\*, U10, U11 &  
U12**

#### \*U9 Boys & U9 Girls NEW\*

- Player Centred Philosophy
- Our emphasis is player development and not results
- Travelling Tournaments
- **All players welcome to join our program**

**Senior Soccer  
& AMSL**

**LSA House  
U11, U13, U15 &  
U17**

**LSA House  
U7 & U9**

**Timbits  
U4, U5, U6**

#### LSA House

- Recreational Environment
- High Percentage of sessions involve a scrimmage
- No league standings
- All players welcome to attend, no selection process

# LFC Development (Grassroots)

## U9 (2013), U10 (2012), U11 (2011) & U12 (2010)

- We want our players to enjoy their time with us while being challenged in a positive coaching environment and improve themselves as players and young children as they travel through the different stages of their development.
- All developmental LFC coaches are CSA certified and undertake training with the LSA Technical Director in order to able to deliver the best sessions for developing players.
- Parents looking for more of a recreational gameplay environment are asked to register in the LSA House Program.

### Our philosophy is player centric, meaning:

- Our emphasis is player development and not results;
- Advancement + development of individual player; team as vehicle only.
- Emphasis on process in games, including training games.
- No compromise on playing style, encouraging positive solutions & freedom to play.

#### Warm-up (technical)



Blues pass and move together with one ball and the reds do the same, keeping good spacing and handling quickly. Two red players in one end zone, 2 in the other end zone and 2 in the middle zone; R4 plays to R6, who opens up and plays to R1, R1 transfers the ball to R2 and the same now in the other direction. Blue does the same, always playing through the middle zone. Now players move freely, but still always play through central zone to switch play. Possibly add defenders. In central area.

#### Game action/discovery



3 v 3 (4 v 4) + targets. blue plays N/S, red plays E/W direction. Each team tries to play through the other team with combinations and dribbling. Player that plays ball to a target, changes position with that target. Focus on accurate and positive passing, timely movement. Progression: condition is that ball can not go back to target on same side once direction has been established.



- All teams work from a tailored curriculum provided by our partner VANCOUVER WHITECAPS FC (MLS) that will provide players with fun, energetic and competitive environment focused on individual player development through the different stages - FUNdamentals and Learn to Train.
- At these ages, the primary focus is on developing confident, passionate and 'difference makers' young soccer players. This lays the foundation for them to progress in their journey towards maximizing their potential.
- Our focus will be on delivering the curriculum to work across the four-corner development model - Technical, Tactical, Athletic Development and Mental aspects of the game that are appropriate for these age groups.

# LFC Development (Grassroots)

## U9 (2013), U10 (2012), U11 (2011) & U12 (2010)



- The LFC Development Program provides year-round training and games for players who aspire to achieve excellence. The program serves players aged U9 to U12.
- Teams play adapted forms of the LFC BluePrint with all teams working from a tailored curriculum that will provide players with a fun, energetic and competitive environment focused on individual player development. At these ages, the primary focus is to develop technical, confident and passionate young soccer players.
- The LFC Development Program will operate a player pool system.
- At this stage of a young player's development, there are a lot of variables that can enhance, or impact development and we want to ensure that our players are given the necessary support and time to be able to reach their full potential.
- While we fully understand how 'winning' can positively affect player development, it is a by-product of a solid technical-tactical base and of a club's player development philosophy
- The player pool system provides our coaching staff the opportunity to move players throughout the year to allow maximum opportunity and ensure players are placed in the right environment to maximize their development. Players can be split based on ability, attitude, commitment to the game and what LFC think is best for the player's development.
- Our emphasis is player-centric with development as the number one priority. We focus on the technical, tactical, physical and psychological development of individual players on a pathway towards maximizing their full potential

# LFC Development (Grassroots) Program Outline (U9-U12)

- Most gamedays for LFC Development teams will be during tournaments and any exhibition games.
- 10 - 30 players per gender
- Underage players allowed to participate at the discretion of the Technical Director
- Long Term Player Development (LTPD) Matrix - No scores, no standings
- Program kicks off in October 2021
- Coaching Qualifications - Minimum certifications required by the Canada Soccer:
  - Fundamentals Certification
  - Game Leader
  - Respect in Sport
  - Making Ethical Decisions
  - Making Headway
- Coach Evaluation/Feedback (on going)
  - Age Group Head Coach evaluated by Technical Director
- 9 Sessions with The Bridge Sports Therapy and Training – Physical Literacy & SAQ
- LFC Open Sessions will be in the September
- 2 APPROVED TOURNAMENTS:
  - Out of town tournament to be approved by the Technical Director



# LFC Competitive (U13+)



- The LFC Competitive Program provides year-round training and games for players aged 13-19 who aspire to achieve excellence.
- The Competitive Program is divided into tiers and players are selected onto teams based on ability, attitude, commitment to the game and what LFC think is best for the player's development.
- The Program is split into two tiers:
  - Tier 1 (CMSA)
  - Tier 2 (CMSA)
- Each tier provides curriculum based on the four pillars of the game, technical, tactical, physical and psychological. There will be less movement between each tier of the program than in the Development Program, but the LFC Staff (Coach & TD) reserves the right to move players accordingly.
- Our emphasis is player-centric with development the number one priority. We focus on the technical, tactical, physical and psychological development of individual players on a pathway towards maximizing their full potential.
- The winning tradition that has been established over the past decade is based on each player improving significantly over the time they are with the club.
- U19 teams will be playing in the Senior Men's, AMSL or WSAL Leagues.
- Teams in the U9 - U13 will be by birth year. U15 – U19 age groups will be formed in accordance to ASA guidelines, example below:
  - U13 (2009)
  - U15 (2008 & 2007)
  - U17 (2006 & 2005)



# LFC Competitive Program Outline

## U13 (2009), U15 (07/08), U17 (05/06) & U19 (04/03)

- Most gamedays for LFC Competitive teams will be during tournaments and any exhibition games.
- 18 players per gender
- Underage players allowed to participate at the discretion of the Technical Director
- Program kicks off in October 2021
- All LFC Competitive Coaches are CSA certified and undertake training with the LSA Technical Director.
- Coach Evaluation/Feedback (on going)
  - Age Group Head Coach evaluated by Technical Director
- 9 Sessions with The Bridge Sports Therapy and Training – Strength & Conditioning
- LFC Assessments/Tryouts will be in the September
- 4 APPROVED TOURNAMENTS:
  - 1 Local Tournament - Lethbridge Nov/Dec Tournament
  - Out of town tournaments to be approved by the Technical Director
  - Alberta Youth T1 or T2 Provincials



# LFC Values

Every player, coach and manager in LFC is to adhere to the non-playing 'LFC Values'. These are a set of non-negotiables that allows us to build a culture of respect to ourselves, others and our environment.

When as a team or individual at a training facility, tournament venue, hotel or restaurant:

- Appropriate dress only (no hats, no hoodies or board shorts)
- Clean up after ourselves (dressing rooms & benches)
- Show good manners at all times (hold doors open for other etc)
- Respect all officials, committee members, teams, referees & spectators
- No phones/game devices allowed at meal times, players are asked to sit with teammates



We should all be proud to represent LSA, LFC & the City of Lethbridge



# LFC Training

- Practice days will be either Tuesday's or Thursday's and Sunday's
- Indoor sessions will be during October, November, December, January, February & March will be at the Servus Sports Centre
- All sessions will be ran by certified LFC coaches, following VWFC curriculum & will be overseen by our Technical Director
- Sessions will start Tuesday October 12.
- Christmas Break – December 13 – January 4 – No practices



# Age Groups

| Age Group | Year of Birth | Indoor Provincial Competitions |
|-----------|---------------|--------------------------------|
| U9        | 2013          | No                             |
| U10       | 2012          | No                             |
| U11       | 2011          | No                             |
| U12       | 2010          | No                             |
| U13       | 2009          | U13 T1, T2                     |
| U15       | 2008 & 2007   | U15 T1, T2                     |
| U17       | 2006 & 2005   | U17 T1, T2                     |
| U19       | 2004 & 2003   | No                             |



# THE BRIDGE

## SPORTS THERAPY AND TRAINING

We have partnered up with The Bridge Sports Therapy and Training to provide us with a program on improving performance, preventing injury and providing injury care as needed to our club.

Depending on the team's age, needs and ideal training location, they will design a specific program to help LFC athletes improve their movement quality, strength, power, speed, agility and quickness.

They have a new 7,600 square foot location in east Lethbridge (its just off of Highway 2 and 43 Street) and houses physiotherapy, chiropractic (future), and massage therapists in conjunction with a state-of-the-art performance training centre and highly trained performance staff.

We are excited to offer this program to our teams as it is our intention to provide quality, comprehensive treatment and training to our athletes for injury prevention, efficient treatment and overall performance gains.



# Player Fees

Each player must pay an initial registration fee to the LSA, these payments may be made at the LSA Office located at the Soccer Centre building.

***Failure to complete payments before deadlines will result in player suspensions. If suspended, a player will not be permitted to practice or compete in any games with the LFC or house league until payment is made.***

***Note: Any tournament in addition to the outlined program must come to the board for approval and will be at the team's expense.***



| Age Group | Initial LFC Fee | Remaining Portion | Total Fee |
|-----------|-----------------|-------------------|-----------|
| U9        | \$300           | \$400             | \$700     |
| U10       | \$300           | \$400             | \$700     |
| U11       | \$300           | \$400             | \$700     |
| U12       | \$300           | \$400             | \$700     |
| U13       | \$300           | \$550             | \$850     |
| U15       | \$300           | \$550             | \$850     |
| U17       | \$300           | \$550             | \$850     |
| U19       | \$300           | \$260             | \$560     |



# Lethbridge Whitecaps Academy



LSA are a proud technical partner with the Vancouver Whitecaps Football Club. Through our partnership we are able to offer the Lethbridge Whitecaps Academy and Caps to College programs.

This is a step on the pathway to Boys MLS Prospects and the Girls Rex Prospects. BMO Academy players earn opportunities to showcase their talent, including events like the High-Potential Player (HPP) program. BMO Academy players also have the opportunity to be invited to the Prospects program training in Vancouver and a connection to the clubs Girls Elite and Boys MLS academies in Vancouver.

## BMO Academy

The BMO Academy is for players aged between 9 years old and 14 years old. The focus of all sessions is providing supplementary individual training to enhance and maximize the players development.

All sessions are conducted by nationally qualified staff and follow 'The Whitecaps Way' curriculum used throughout all Whitecaps Academy Centres.

## Caps To College (C2C)

The C2C program is for players aged 15+ wishing to continue their soccer careers into collegiate environment and beyond. As well as working on the technical aspects of the players game, this program also works on soccer education, fitness, self-promotion & recruitment.

Supported by Whitecaps Manager of Collegiate Transition Ryan Clark, the Lethbridge 'Caps to College' (C2C) program provides both players who have graduated from Whitecaps FC Full-time programs and additional invited players with the best opportunity to play in college and university with Whitecaps head coaching staff and college transition experts.

People wishing further information please contact:

LSA Technical Director Gonalo Pinto ([gpinto@whitecapsfc.com](mailto:gpinto@whitecapsfc.com))



# Club Fundraising

- Lethbridge FC is a non-profit organization with fundraising being required for the financial operation of the club. The club mandates that every player/family be committed to fundraising policies and participation in these activities is expected from everyone.
- We are working on different fundraising opportunities to help keep costs down for all members of the Lethbridge Football Club. We will be asking all Parents, players and coaches to participate with Club Fundraisers brought forth from the club during indoor season.





# Orientation Sessions & Assessments/Tryouts

## WHAT ARE ORIENTATION SESSIONS AND ASSESSMENTS/TRIALS?

**Orientation Sessions** are for players in the 'Grassroots' age groups, U8-U12.

These are not Trials or Assessments in following Canada Soccer and Alberta Soccer's Long-Term Player Development (LTPD) guidelines.

They are an opportunity for us to work with the players, and more importantly for the players and parents to experience our programs and environment.



**Assessments or Trials** are for players in the 'Youth' age groups, U13 and older.

These are based on selecting the most competent players for a team to play in a certain league.

# Orientation Sessions/Assessments Schedule

## Will take place at Servus Sports Centre

### SCHEDULE

#### U9-U12 ORIENTATION SESSIONS

- **U9 (2013)**
  - Boys September 13 & September 14 (5:00-6:00pm both days)
  - Girls September 20 & September 21 (5:00-6:00pm both days)
- **U10 (2012)**
  - Boys September 13 & September 14 (6:00-7:00pm both days)
  - Girls September 20 & September 21 (6:00-7:00pm both days)
- **U11 (2011)**
  - Boys September 15 & September 16 (5:00-6:00 pm both days)
  - Girls September 22 & September 23 (5:00-6:00pm both days)
- **U12 (2010)**
  - Boys September 13 & September 14 (7:00-8:00 pm both days)
  - Girls September 20 & September 21 (7:00-8:00 pm both days)



### SCHEDULE

#### U13-U19 Assessments

- **U13 (2009)**
  - Boys September 15 & 16 (6:00-7:00 pm both days)
  - Girls September 22 & 23 (6:00-7:00 pm both days)
- **U15 (2008 & 2007)**
  - Boys September 13 & 14 (8:00-9:00 pm both days)
  - Girls September 20 & 21 (8:00-9:00 pm both days)
- **U17 (2006 & 2005)**
  - Boys September 15 & 16 (7:00-8:00 pm both days)
  - Girls September 22 & 23 (7:00-8:00 pm both days)
- **U19 (2004 & 2003)**
  - Boys September 15 & 16 (8:00-9:00 pm both days)
  - Girls September 22 & 23 (8:00-9:00 pm both days)

**LFC season to start on October 12, 2021**

# Player Assessments (U13-U19)

**All players entering or returning to LFC must go through an assessment  
at u13+**

- All assessment sessions set by the LSA Technical Director and ran by LFC Coaches
- Arrive at **least 15 minutes** prior to your scheduled session to check in.
- Wear appropriate clothing and equipment.
  - Soccer cleats, soccer socks, soccer shorts and a suitable jersey.
- Assessment & team selection carried out by the Technical Director & LFC Coaches.



# Orientation Sessions/Assessments Registration

## U9-U12/13-U19

2021 TEAMS (Training begins October 2021)

REGISTRATION IS OPEN - To Register [Click Here](#)

The Schedule is Posted [Here](#)

### [Grassroots \(U9-U12\)](#)

U9 (2013) Boys and Girls – [Register](#)

U10 (2012) Boys and Girls – [Register](#)

U11 (2011) Boys and Girls – [Register](#)

U12 (2010) Boys and Girls – [Register](#)

### [Competitive \(U13+\)](#)

U13 (2009) Boys and Girls – [Register](#)

U15 (2008/2007) Boys and Girls – [Register](#)

U17 (2006/2005) Boys and Girls – [Register](#)

U19 (2004/2003) Boys and Girls – [Register](#)



2021 RECREATIONAL HOUSELEAGUE REGISTRATION NOW OPEN  
- [CLICK HERE](#)

# Kidsport / Canadian Tire Jumpstart Funding

KidSport is a national not-for-profit organization that provides financial assistance for registration fees and equipment to kids aged 18 and under.

KidSport Lethbridge & Taber provides financial support up to \$300 per child, per calendar year towards sport registration fees.

Canadian Tire Jumpstart Charities is a registered charity dedicated to removing financial barriers so kids across Canada have the opportunity to get off the sidelines and get into the game. Jumpstart's core purpose is to enrich the lives of kids in need through sports and physical activity.



Arrangements for applications to KidSport and Jumpstart can be made through the LFC.

Please contact Kristy at the LSA office – [kristy@lethbridgesoccer.com](mailto:kristy@lethbridgesoccer.com) **PRIOR** to time of registration to apply.