

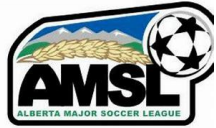


Lethbridge Soccer Association
LFC Program
Indoor 2024/2025




In Partnership with Vancouver Whitecaps Football Club

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
U8, U10, U12, U14, U16, U18


Whitecaps Skills Centre
Program



Ages 7-9
LSA Foundation Program



Ages 4-7
Timbits Soccer Program



LETHBRIDGE FC U10 (2015), U11 (2014) and U12 (2013)



The Lethbridge FC program is the first step into our competitive player pathway.

Although there will be exhibitions and tournaments throughout the season, practices are a large majority of the season. Parents looking for more of a recreational gameplay environment are asked to register in the LYS League Program.

Following LFC Evaluations, teams will be formed in accordance with ASA guidelines, example below:

U10 (players born in 2015)

U11 (players born in 2014)

U12 (players born in 2013)



LETHBRIDGE FC U10 – U12 Tier 1, 2 and 3 – Program Overview

All players, parents and coaches should be aware of the nature of this program before starting the season. The focus is constantly on technical development of players not the results or scorelines:

Program kicks off in October 2024;

There will be 2 on-field sessions a week; Tuesday and/ or Thursday and Sunday's

Most gamedays for LFC U10 – U12 teams will be during tournaments and any exhibition games;

4 sessions with **The Bridge** to work on biomechanics and soccer movement;



Coach Evaluation/Feedback (on going)

- All LFC players are monitored in accordance with the LFC Continuous Assessment Protocol (CAP)
- LFC Head Coaches are also constantly evaluated by LFC Staff & Technical Director

2 Approved Tournaments:

- Out of town tournament to be approved by the Technical Director
- Teams can fundraise for additional tournaments

LETHBRIDGE FC – Tier 1 and Tier 2 -U13 (2012), U15 (2010-2011) & U17 (2008-2009)



The LFC Competitive Program provides year-round training and games for committed players from the ages of under 13 to under 17, who aspire to play competitive soccer.

Although there will be exhibitions and tournaments throughout the season, practices are a large majority of the season. Parents looking for more of a recreational gameplay environment are asked to register in the LYS League Program.

Following LFC Evaluations, teams will be formed in accordance with ASA guidelines, example below:

U13 (players born in 2012)

U15 (players born in 2010 & 2011)

U17 (players born in 2008 & 2009)

LFC– Brief Technical Overview



Teams play to a tailored curriculum that will provide players with a fun, energetic and competitive environment focused on individual player development. Within this program the aim is to enhance the technical skills learned in the LFC Development program and to build a tactical understanding of the game needed. We also begin to introduce techniques and awareness for strength & conditioning and injury prevention.

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.

Depending on circumstances, age groups will be made up of tiered teams. Players are subject to movement throughout the year to allow maximum opportunity and based on ability, attitude, commitment to the game and what LFC staff believe is best for the player’s current stage of development. Move information on the LFC Playing Up Policy and Continuous Assessment Protocol (CAP) can be found on our website.

Our emphasis is player-centric with development as the number one priority. We focus on the CSA ‘4 corner model’ to improve the technical, tactical, physical and psychological development of all individuals. For LFC includes on-field sessions, exhibitions, tournaments, using professional sports training services and video analysis led by qualified coaches. (U13 – U17 Age groups)



LFC – Program Overview

All players and parents should be aware that the LFC program requires a certain amount of time and commitment throughout the entire season. The focus is on developing players ready to compete within a competitive soccer environment.

Program kicks off in October 2024;

There will be 2 on-field sessions a week; Tuesday and/ or Thursday and Sunday's

Most gamedays for LFC teams will be during tournaments and any exhibition games;

12 sessions with **The Bridge** to work on strength & conditioning and injury prevention;

Coach Evaluation/Feedback (on going)

- All LFC players are monitored in accordance with the LFC Continuous Assessment Protocol (CAP)
- LFC Head Coaches are also constantly evaluated by LFC Staff & Technical Director

2 Approved Tournaments:

Out of town tournaments to be approved by the Technical Director

U10 – U12 – 2 out of town + local home tournament (Nov. 29- Dec.1, 2024) if enough registrations for particular age groups

U13 – U17 – 2 out of town + Provincials (March 2025) + local home tournament (Nov. 29- Dec.1, 2024) if enough registrations for particular age groups





LFC Coaching – Certification Requirements

While many of our LFC teams are led by volunteer coaches, Canada Soccer and Alberta Soccer have strict guidelines to the minimum requirements soccer volunteers and coaches must hold to work with players.

Coaching Qualifications - Minimum certifications required:

- Fundamentals or Learn to Train Certification
- Respect in Sport
- Making Ethical Decisions
- Making Headway
- Valid Criminal Record Check

All LFC Coaches will be encouraged to gain Canada Soccer Association (CSA) Licensing. These courses are vital phase in coach development and improving the knowledge, understanding and delivery of coaches working in competitive youth soccer.

We are proud of all our U13 + Coaches for their hard work in achieving their C- License Certifications.

More information on Coach Expectations can be found in LFC Coach Development page on our website.

LFC Evaluations



LETHBRIDGE FC is selection -based programs.

All players looking to play in these programs must attend a 'LFC Evaluations' within their own age-group to have their current soccer abilities evaluated by LFC staff. Following those evaluations, the LFC Staff will either place the player within an LFC team or advise the player they would be better suited by LYS League Program at their current stage of development.

LFC U10 – U12 Evaluation – Tier 1, 2, and Tier 3

LFC U13 – U17 Evaluations – Tier 1 and Tier 2

**Each age group has there own specific training spots.

More information on LFC Evaluations and the process can be found on LFC page on our website.



LFC Evaluation Dates and Times

SCHEDULE

U10-U12 Boys & Girls *(Due to the increased number of registrations, another day may be needed to evaluate U10 – U12 players – Date TBD)*

Evaluations Sessions @ Servus Sports Centre

U10 Boys & Girls (2015) Tier 1, 2 and 3

Boys – September 23 and September 24 – 5:00pm – 6:00pm

Girls - September 25 and September 26 – 5:00pm – 6:00pm

U11 Boys & Girls (2014) Tier 1, 2 and 3

Boys – September 23 and September 24 – 6:00pm – 7:00pm

Girls - September 25 and September 26 – 6:00pm – 7:00pm

U12 Boys & Girls (2013) Tier 1, 2 and 3

Boys – September 23 and September 24 – 7:00pm – 8:00pm

Girls – September 25 and September 26 – 7:00pm – 8:00pm

LFC Evaluations Dates and Times



SCHEDULE

U13-U17 Boys & Girls - **Tier 1 and Tier 2**

Evaluation Sessions @ Servus Sports Centre

U13 Boys & Girls (2012) - Tier 1 and Tier 2

Boys – September 23 and September 24 – 8:00pm – 9:00pm

Girls – September 25 and September 26 – 8:00pm – 9:00pm

U15 Boys & Girls (2010 & 2011) - Tier 1 and Tier 2

Boys – September 23 – 9:00pm - 10:00pm

Girls – September 24 – 9:00pm – 10:00pm

U17 Boys & Girls (2008 & 2009) - Tier 1 and Tier 2

Boys – September 25 – 9:00pm – 10:00pm

Girls – September 26 – 9:00pm – 10:00pm

Player Fees



Age Group	INDOOR 2024-2025 LFC FEE
U10	\$750.00
U11	\$750.00
U12	\$750.00
U13	\$1000.00
U15	\$1000.00
U17	\$1000.00

Funding Opportunities



KidSport

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 towards sport registration fees.

Jumpstart

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 funding organizations websites.

<https://kidsportcanada.ca>

<https://jumpstart.canadiantire.ca>