



Lethbridge Football Club Technical Program Outline

Inspiring Excellence, Fostering Creativity, and Nurturing Bravery

Introduction

At Lethbridge Football Club, we believe in developing not just skilled soccer players, but also well-rounded individuals who embody the values of teamwork, discipline, creativity, and bravery. Our competitive stream, affiliated with the Lethbridge Soccer Association, is dedicated to cultivating a possession-based style of play that encourages players to express themselves, showcase their creativity, and exhibit courage both on and off the field.

Our Vision

To empower young athletes to become exceptional soccer players who embrace creativity, possess technical mastery, and approach challenges with unwavering bravery. We aspire to be a leading youth soccer club, known for producing players who are not only proficient in possession-based play but also contribute positively to their communities.

LFC – The Playing Philosophy

Possession-Based Style: We prioritize possession of the ball as the foundation of our gameplay. Our teams are encouraged to keep the ball and control the tempo of the match, allowing us to dictate play and create opportunities.

Creativity and Expression: We celebrate and encourage creative expression on the field. Players are given the freedom to experiment with their skills, invent new solutions, and express their unique playing styles. We believe that creative players are more adaptable and better problem-solvers.

Bravery and Risk-Taking: Bravery is the bedrock of our philosophy. Players are encouraged to take calculated risks, both in their decision-making and execution of skills. Embracing challenges and pushing their boundaries are essential to growth as players and individuals.

Technical Proficiency: A solid technical foundation is essential for executing the possession-based style effectively. We emphasize ball control, passing accuracy, dribbling ability, and precise decision-making to ensure our players are technically sound.

Game Intelligence: Understanding the game is equally important. Players are encouraged to read the field, anticipate movements, and make strategic decisions that contribute to maintaining possession and creating scoring opportunities.

LFC – The Mindset

Player-Centric Development: Our coaching staff and volunteers prioritize individual player development. We recognize that each player is unique and possesses different strengths and areas for improvement. Personalized guidance should be provided to nurture talent effectively.

Holistic Growth: We strive to develop not only exceptional players but also responsible individuals. We emphasize life skills such as teamwork, leadership, time management, game understanding and respect for others, fostering well-rounded athletes. To fully achieve this there will be large parts of the LFC program that require commitment away from the soccer pitch, including video analysis sessions and sports training, which will be provided by a qualified professional.

Positive Reinforcement: We believe in a positive and encouraging coaching approach. Constructive feedback is provided to help players learn and grow, with an emphasis on recognizing effort, improvement, and creativity.

Challenging Environment: Practices and games are designed to challenge players and promote growth. We create an environment where players are encouraged to step out of their comfort zones, promoting self-discovery and confidence.



Outdoor 2024

LFC Development – Program Outline

Boys & Girls

Selection by evaluation process

Ages

U10 (2014)

U11 (2013)

U12 (2012)

Season

April to August, with a week break in mid-July.

Field-Time

2 x 75 mins sessions per week,

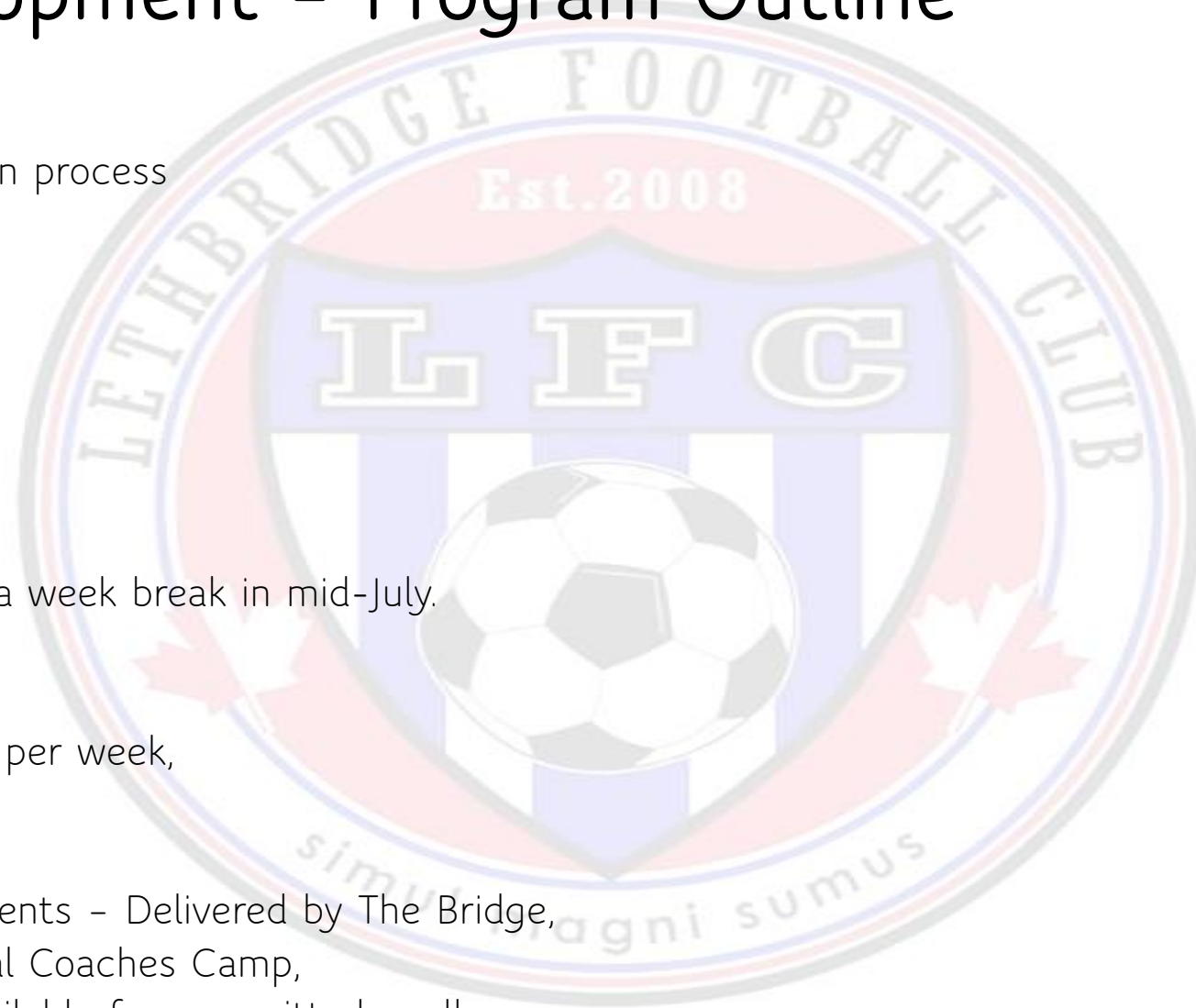
Travel Tournaments,

Home Tournament,

Bio-mechanic Movements – Delivered by The Bridge,

Whitecaps Professional Coaches Camp,

Goalkeeper clinics available for committed goalkeepers.



LFC Development – How We Practice

- All practices will follow the 'Whitecaps Way' curriculum,
- Session aim to have 75% ball rolling,
- Practice is players safe place where they can express themselves and try things,
- Emphasis on ball mastery and building players with solid technical foundations,
- Players should be a positive influence on the practice environment,
- An open-mind to learning is required at all times,
- Players will give a minimum of 100% effort to every practice,
- Everyone will follow the LFC codes of conducts at all times.

LFC Development – How We Approach Games

- Emphasis is player development and not results;
- Advanced development of individual player;
- Allowing players to be creative, understanding that mistakes are a critical part of learning,
- No compromise on playing style, encouraging positive solutions & freedom to play,
- Challenge players to be problem solvers in the face of obstacles,
- Players should be open to try a multitude of positions and challenges within a game,
- Time on the field will be as close to equal as possible,
- Players will be a positive influence on the team at all times.
- Everyone will follow the LFC codes of conducts at all times.

LFC – Program Outline

Boys & Girls – Tiers 1 and 2

Selection by evaluation process.

Ages

U13 (2011)

U15 (2010 and 2009)

U17 (2008 and 2007)

U18 (2006)

Season

April to August, with a week break in mid-July.

Field-Time

2 x 90 mins sessions per week,

Travel Tournaments and/or CMSA (league)

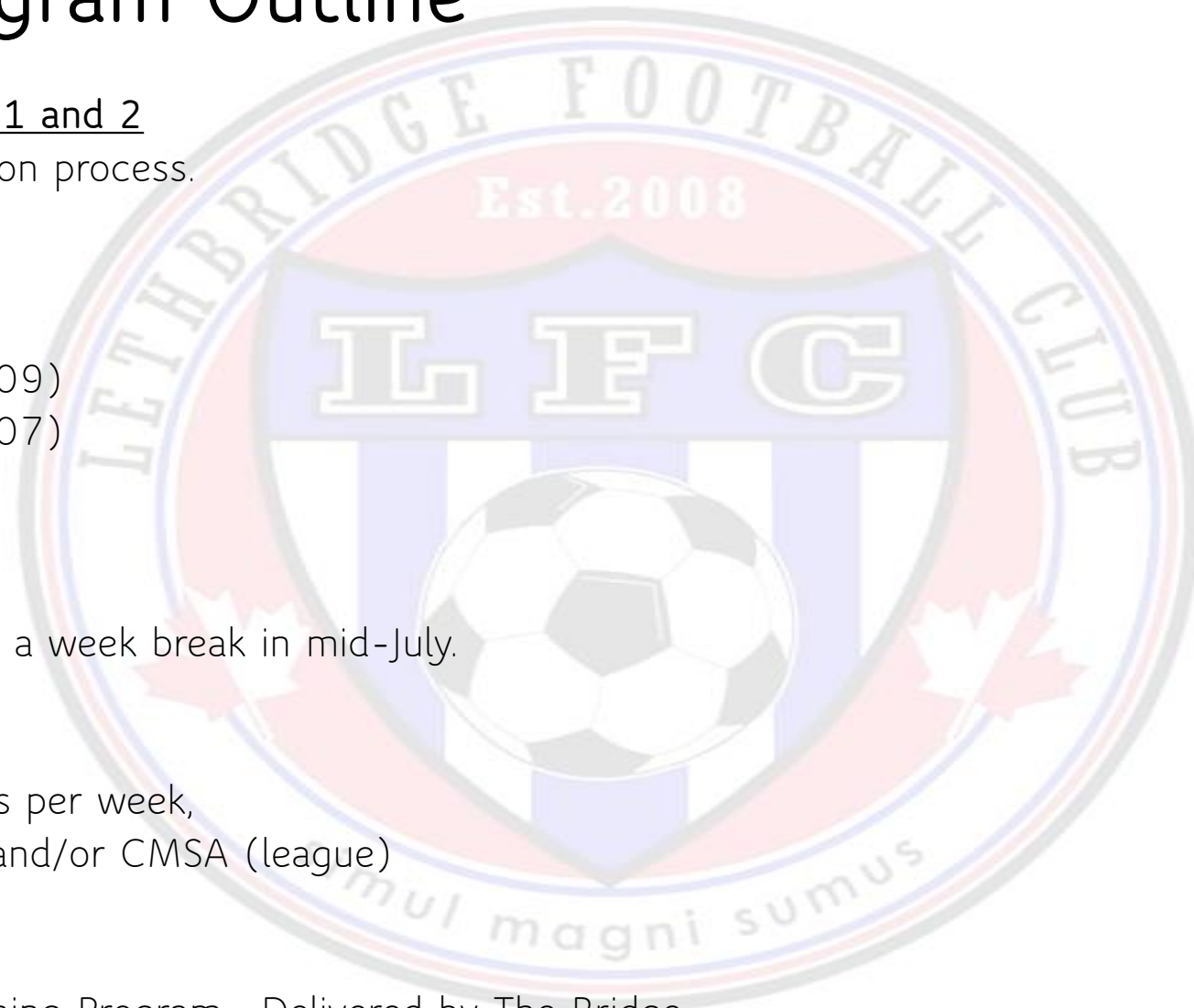
Home Tournament,

Provincials,

Strength & Conditioning Program- Delivered by The Bridge,

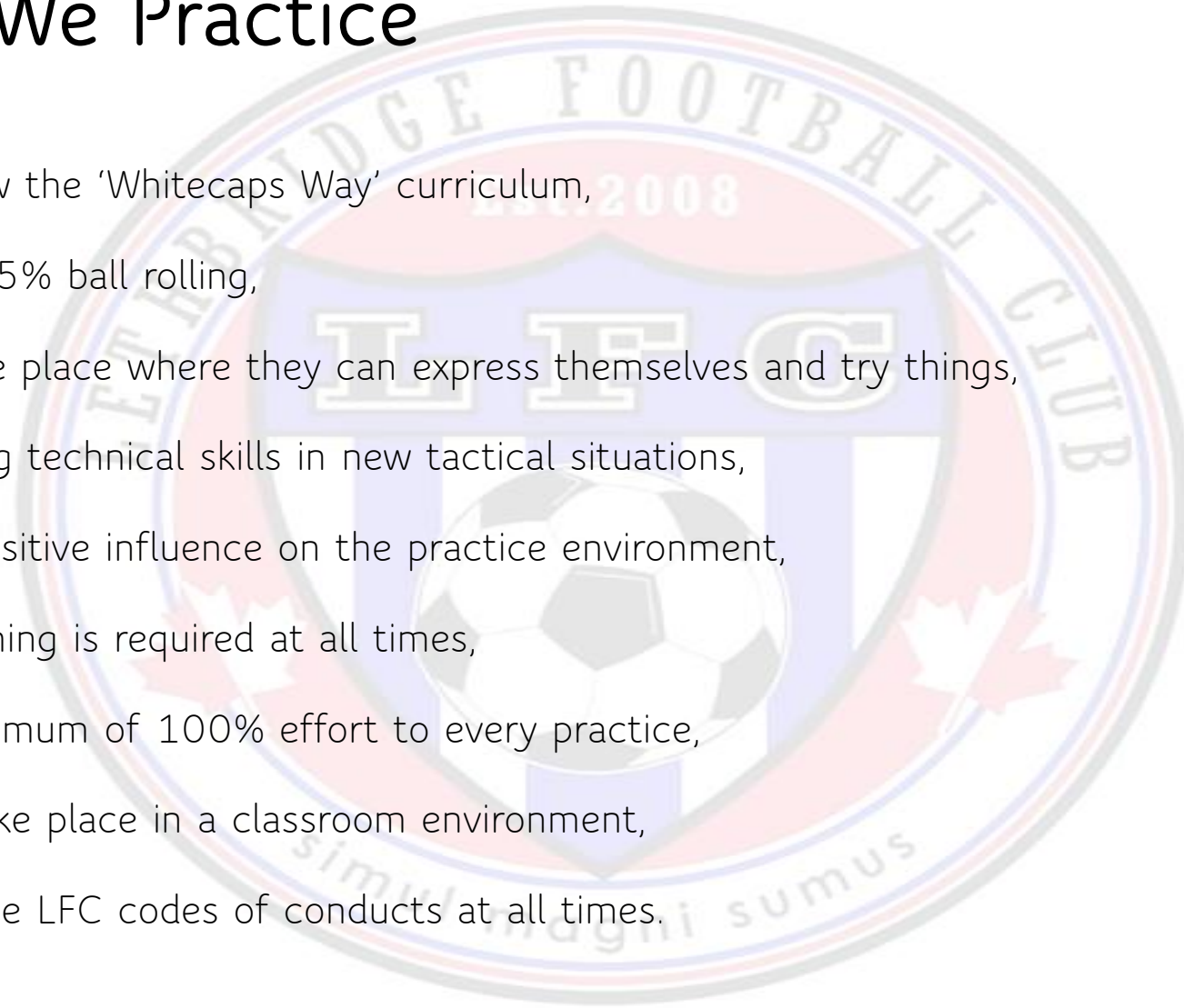
Whitecaps Professional Coaches Camp,

Goalkeeper clinics available for committed goalkeepers.



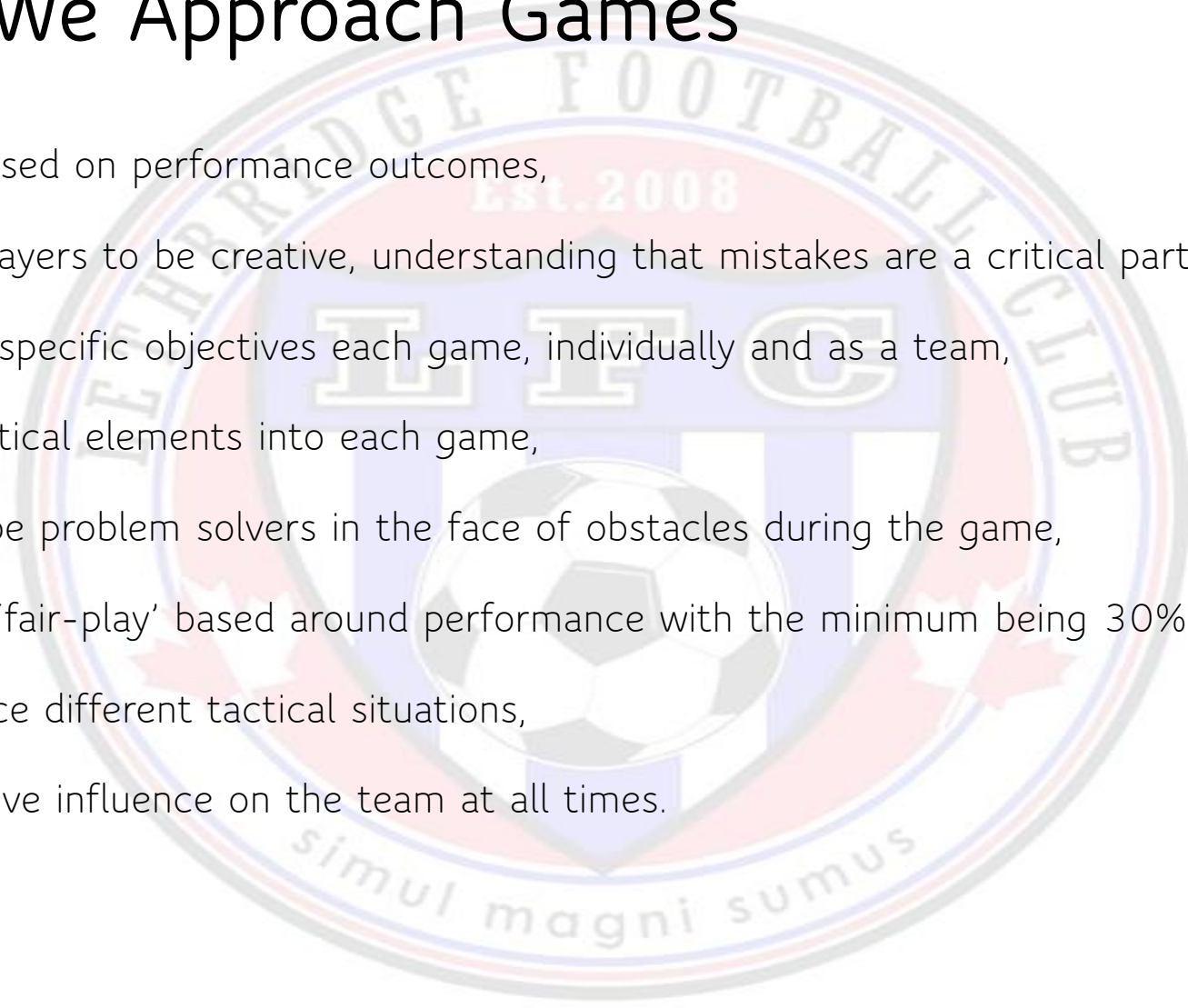
LFC – How We Practice

- All practices will follow the 'Whitecaps Way' curriculum,
- Session aim to have 75% ball rolling,
- Practice is players safe place where they can express themselves and try things,
- Emphasis on enhancing technical skills in new tactical situations,
- Players should be a positive influence on the practice environment,
- An open-mind to learning is required at all times,
- Players will give a minimum of 100% effort to every practice,
- Some practices will take place in a classroom environment,
- Everyone will follow the LFC codes of conducts at all times.



LFC – How We Approach Games

- Winning mindset, focused on performance outcomes,
- Continuing to allow players to be creative, understanding that mistakes are a critical part of learning,
- Players should be set specific objectives each game, individually and as a team,
- Incorporating new tactical elements into each game,
- Challenge players to be problem solvers in the face of obstacles during the game,
- Time on the field will 'fair-play' based around performance with the minimum being 30% game-time,
- Openness to experience different tactical situations,
- Players will be a positive influence on the team at all times.



LFC – Developing Players With a 4-Corner Model

The LFC philosophy is a player centered approach based around Canada Soccer Associations (CSA) '4 Corner Model'. It is aimed at creating freethinking gamechangers that can recognize & adapt to any situation, enabling maximum on-field performance.

Technical

Developing players with the best possible technical abilities

- Ball Mastery
- Dribbling
- Passing
- Shooting
- Aerial
- Defending

Psychological

Equipping players with mental skills to excel and overcome

- Social Skills
- Passion
- Accepting mistakes / resilience
- Healthy Competitiveness (accepting of wins and losses)
- A desire to improve

Tactical

Educate players in order to understand modern game strategies

- Formations
- Phases of play
- Positional play
- Set pieces
- Attack/Defense

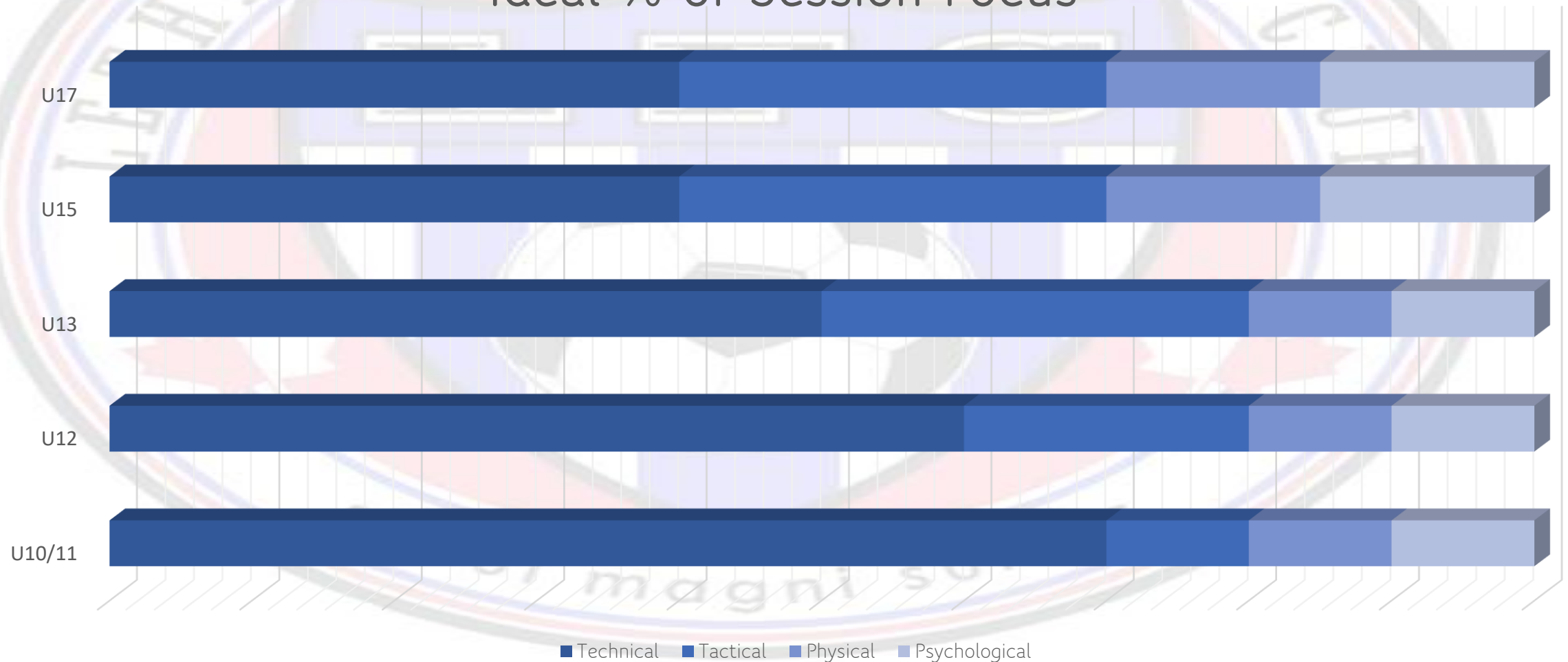
Physical

Building players with physical traits needed in the game

- Speed/Agility/Quickness (SAQ)
- Stamina/Endurance
- Injury Prevention
- Injury Rehabilitation
- Balance/Coordination

LFC - 4 Corner Model By Age Group

Ideal % of Session Focus



LFC – The Curriculum – U10/11

This phase of LFC will be heavily focused on the technical development of the player.

Building a skillset of **World Class Basics** which can be utilized in practices and games.

For example, **Dribbling & 1vs1's** will be a huge focus within these age groups, as we try to build creative and expressive players (**dribble first, pass second mindset**). Other attributes such as passing, shooting and defending will be coached.

During practices there will be some tactical elements but mainly as a starting off point for these players when to use the technical skills they have learnt. Tactical knowledge and execution of the game come far later in a LFC players' career.



LFC – The Curriculum – U12

Within the U12 environment, there will still be a heavy focus on Technical Player Habits, but as we look to advance the skills learnt in the previous years, we begin to mesh them with an initial game understanding.

Tactics, including basic formations are worked on more than previous years and moments of the game, including 'playing out from the back', 'playing into midfield' and 'playing into targets' are explained and developed.

Most of the practice sessions teams work on are based on 'In Possession' and what we do with the ball, but the defensive and transitional moments of the game are also featured briefly in the LFC curriculum for this age group.



LFC – The Curriculum – U13

Within the U13 environment you will start to see moments of the game really come to life.

Players start to identify the tactical side of the game a lot more as they **build their knowledge of moments of the game.**

Although there are always elements of practices that continue to work on Technical Player Habits, more of the practices are now game related and **connect to specific areas** we are working on.

There is still a higher percentage of sessions working on ‘in possession’ rather than ‘out of possession’, but as players start to identify where their preferred positions are, they begin to understand how elements of the sessions translate into those positions for themselves and the team.



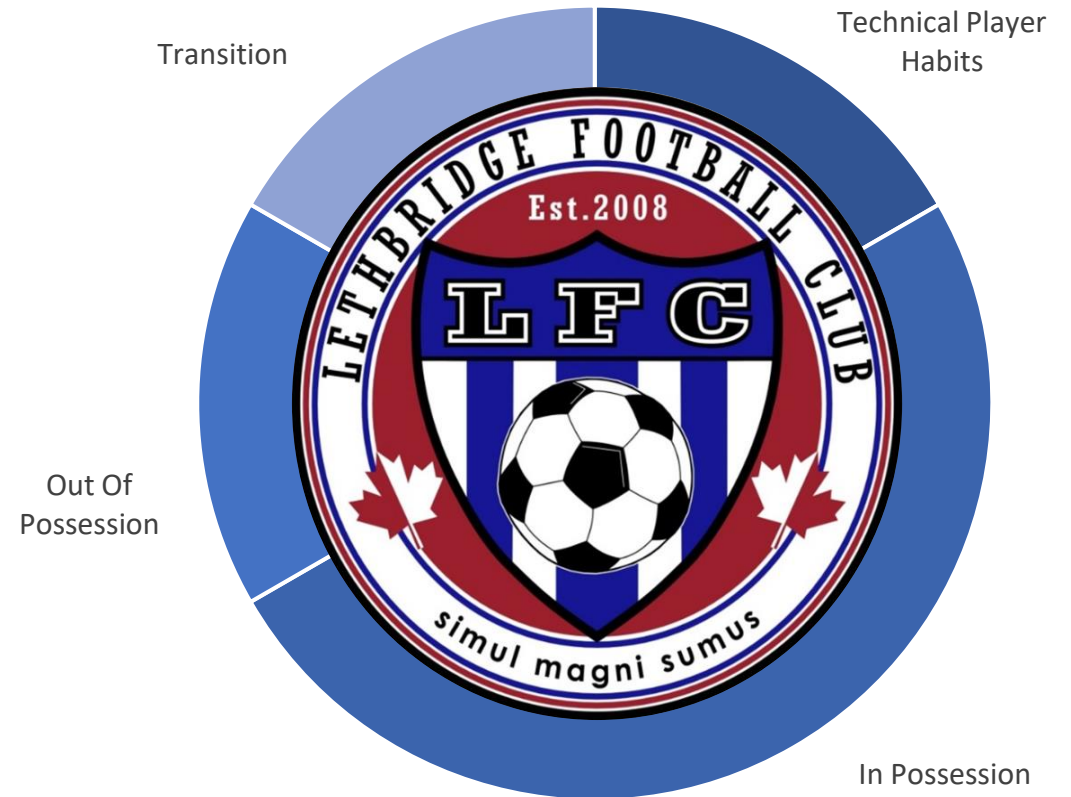
LFC – The Curriculum – U15

In the U15 arena, the game now starts to move into a **tactical battle**.

Coaches start to work on areas of the game their team either sees as a strength or identified as a weakness. We use video analysis to look for these.

Less of sessions are now spent building technical habits, and much more on **the tactical side of the game**, including increased focus on ‘Out of Possession’ and ‘Transition’.

Although over half of all sessions will be aimed at improving players and teams ‘In Possession’, a lot of the practices will include tactical challenges where players are asked to **identify key moments** in the game and link what is being taught to those moments.



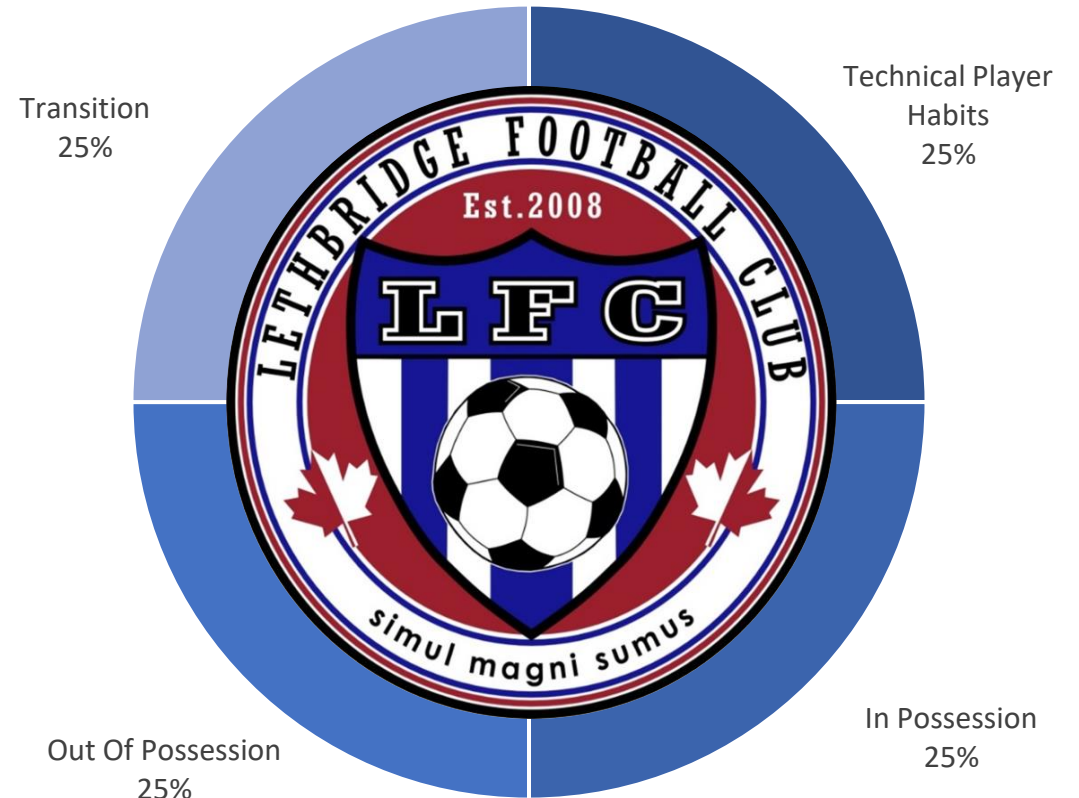
LFC – The Curriculum – U17

The final phase is a well-balanced phase where we look to sharpen and refine the LFC player.

Technical Player Habits will be executed and worked on at **the highest intensity possible** to ensure they hold up during matches.

On the tactical side of things, each area of will be worked on almost equally. A lot of practices will be a **review-plan-do model** from the coach, again using video analysis to aid.

The understanding and consistent executions of the tactical and technical elements is critical as we look to push the players into **peak performance** in their LFC careers.





LFC Expectations

LFC – Player Expectations

Commitment to Excellence: Strive for excellence in every aspect of the game, both on and off the field.

Attendance and Punctuality: Maintain consistent attendance at all team activities, including training sessions, matches, and team meetings. Arrive punctually for all scheduled events to ensure efficient use of time.

Professional Conduct: Display exemplary behavior on and off the field, upholding the club's reputation at all times.

Adhere to a high standard of sportsmanship and fair play.

Work Rate and Dedication: Demonstrate a strong work ethic during training sessions, pushing oneself to the limit to improve individual and team performance. Show dedication to personal development and continuous improvement.

Team Collaboration: Foster a positive team environment by actively engaging with teammates, coaches, and support staff. Communicate effectively and contribute constructively to team discussions.

Adaptability and Versatility: Be willing to adapt to different playing styles and tactical approaches as directed by the coaching staff. Show versatility in various positions if required, contributing to team flexibility.

LFC – Player Expectations

Physical Fitness: Maintain peak physical fitness throughout the season through regular training, conditioning, and adherence to fitness programs. Take responsibility for personal fitness levels to meet the demands of a highly competitive schedule.

Injury Prevention and Rehabilitation:

Follow prescribed injury prevention protocols to minimize the risk of injuries. Actively participate in rehabilitation programs when recovering from injuries, demonstrating commitment to a swift and complete recovery.

Continuous Learning: Embrace a growth mindset, seeking opportunities for personal and professional development.

Resilience and Mental Toughness: Develop mental resilience to cope with the pressures and challenges of high-stakes competitions. Support teammates during difficult times and maintain a positive mindset.

These expectations outline the holistic approach expected from LFC players, covering technical skills, physical fitness, mental toughness, and professionalism both on and off the field.

LFC – Player Expectations When Travelling

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

When as a team or individual when representing LFC:

- Appropriate dress only (no hats or non-LFC clothing),
- Clean up after ourselves (dressing rooms & benches),
- Good manners at all times (hold doors open for other etc),
- Appropriate behaviour in hotels, soccer facility or eateries etc,
- Respect all officials, committee members, teams, referees & spectators,
- No phones/game devices allowed at meal-times, in the dressing rooms or pitch-side, players are asked to sit with teammates to help team relationships,

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

LFC – Coaching

All LFC Coaches will strive to improve their coaching ability to benefit players under their guidance.

To do this they will be open to receiving feedback from the Technical Director during practices, exhibitions and tournaments. They will also attend coach development clinics aimed at improving knowledge and understanding of the game whilst also building a LFC coaches' network.

Coaches will be CSA Licensed, or look to obtain as soon as possible, and must possess a minimum certification of:

- Respect In Sport
- Making Ethical Decisions
- Making Headway
- Learn To Train / Soccer For Life

And hold a valid Criminal Record Check.

All coaches are volunteers who give countless hours free of charge to develop LFC players and will make mistakes over the course of the season, parents are encouraged to always remember this.

LFC – Parent Expectations

Parents will always abide the parental code of conduct.

Sideline Coaching of any type of absolutely prohibited, including:

- Passing instructions to players on the field,
- Challenging officials calls,
- Acting negatively towards opposition groups,
- Bringing noise makers (such as cowbells and air-horns) to any soccer facility,

There will be a zero-tolerance policy on:

- Unsavory language such as any racist remarks or homophobia,
- Any physical altercations,

Anyone in breach of these rules will have their details passed to the disciplinary committee.

We encourage all spectators to relax, find a comfy spot and enjoy the game.

Cheering and applauding good play is encouraged.

All the coaches, players and managers will perform much better if you do, we promise 😊

Evaluation Dates and Times - U10, U11 and U12

U10 Girls (2014)

- March 18 and March 19 (5:00PM - 6:00PM BOTH DAYS)
(Davis GMC Field Servus Sports Centre)

U10 Boys (2014)

- March 18 and March 19 (6:00PM - 7:00PM BOTH DAYS)
(Cedar Ridge Field Servus Sports Centre)

U11 Girls (2013)

- March 18 and March 19 (5:00PM - 6:00PM BOTH DAYS)
(Davis GMC Field Servus Sports Centre)

U11 Boys (2013)

- March 18 and March 19 (7:00PM - 8:00PM BOTH DAYS)
(Cedar Ridge field Servus Sports Centre)

U12 Boys (2012)

- March 20 and March 21 (6:00PM - 7:00PM BOTH DAYS)
Davis GMC Field Servus Sports Centre

U12 Girls (2012)

- March 20 and March 21 (5:00PM - 6:00PM BOTH DAYS)
Cedar Ridge Field Servus Sports Centre

Further information about the evaluation process can be found online

Evaluation Dates and Times - U13, U15, U17 and U18

U13 Boys (2011)

- March 25 and March 26 (6:00PM - 7:00PM)
Davis GMC Field Servus Sports Centre

U13 Girls (2011)

- March 25 and March 26 (5:00PM - 6:00PM
BOTH DAYS)
Davis GMC Field Servus Sports Centre

U15 Boys (2009 and 2010)

- March 25 and March 26 (7:00PM - 8:00PM
BOTH DAYS)
Davis GMC Field Servus Sports Centre

U15 Girls (2009 and 2010)

- March 27 and March 28 (5:00PM - 6:00PM
BOTH DAYS)
Davis GMC Field Servus Sports Centre

U17 Boys (2007 and 2008)

- March 27 and March 28 (6:00PM - 7:00PM BOTH
DAYS)
Cedar Ridge Field Servus Sports Centre

U17 Girls (2007 and 2008)

- March 27 and March 28 (7:00PM - 8:00PM BOTH
DAYS)
Davis GMC Field Servus Sports Centre

U18 Boys and Girls (2005 and 2006)

- March 27 and March 28 (8:00PM - 9:00PM BOTH
DAYS)
Davis GMC Field Servus Sports Centre

Further information about the evaluation process can be found online

Player Fees & Details

Age Group	LFC FEE WITH CMSA LEAGUE FEE	LFC FEE WITHOUT CMSA LEAGUE FEE
U10	\$540.00	N/A
U11	\$550.00	N/A
U12	\$550.00	N/A
U13	\$900.00	\$750.00
U15	\$930.00	\$750.00
U17	\$950.00	\$750.00
U18	\$950.00	\$750.00

Each player must pay an initial \$190.00 registration fee.

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 LSA until payment is made.

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

Contact Details

Executive Director - Steve Dudas
steve@lethbridgesoccer.com

Program Director - Kristy Lauzon
kristy@lethbridgesoccer.com

Technical Director - Sam Heap
sheap@whitecapsfc.com

Soccer Office
Servus Sports Centre
T1K 7L6

Open Monday to Friday 9am-5pm

P: 403-320-5425

