



Lethbridge Soccer Association LFC Program Indoor Program 2025/2026



In Partnership with Vancouver Whitecaps Football Club



Successes from Indoor Season 2024/2025





Why LFC?

- ✓ Our staff are Canada Soccer Association certified, with directors with professional playing and coaching experience to lead our programming.
- ✓ We have player centric programming at all age groups that put the athletes first.
- ✓ We are a club, with club wide curriculums, game models and methodology.
- ✓ Renowned for creating a fun and positive environment at all levels.
- ✓ Club culture events, club tournaments, coach mentorship programs, coaches' clinics and showcases.
- ✓ We provide and support player pathways into high performance programs and collegiate/university levels of the game.
- ✓ Games recorded and analyzed.
- ✓ Athlete fitness, strength & conditioning, recovery and rehab services provided.
- ✓ Full Partnership with a professional MLS Soccer Club the Vancouver Whitecaps





What is LFC?

Introduction

At Lethbridge Football Club (LFC), 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.

Inspiring Excellence, Fostering Creativity, and Nurturing Bravery



How We Play?

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.



The LFC 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.

Growth Mindset: LFC Players are always supporting each other, embracing any obstacles in unity & working with a positive mentality. They recognize each other's successes and celebrate together, understanding that effort is part of the journey. The ideal LFC player will be one that constantly looks to step out of their comfort zone to better themselves.

Holistic Approach: 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.



Program Outline



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LFC Development U10, U11 & U12

Boys & Girls

Selection by evaluation process

Ages

U10 (2016, 2017+ welcome to attend evaluations)

U11 (2015)

U12 (2014)

Season

October to March, with a Christmas & New Year break.

Field-Time

U10 & U11 – Half Field,

U12 – Full Field

2 x sessions per week (1 x 60 minutes Tues/Thurs, 1 x 75 minutes Sat/Sun)

2 x Travel Tournaments

Home Tournament – Chinook Cup – November/December





LFC U13, U15, & U17

Boys & Girls – Tiers 1 and 2

Selection by evaluation process.

Ages

U13 (2013)

U15 (2011 and 2012)

U17 (2010 and 2009)

Season

October to March, with a break for Christmas & New Year.

Field-Time

2 x 75 mins sessions per week – full field

2 x Travel Tournaments,

1 x Home Tournament (Chinook Cup)

Provincials (U15 and U17),

Strength & Conditioning Program– Delivered by The Bridge.





LFC U18 (Caps to College Snr)

Boys & Girls – Tier 1

Selection by evaluation process.

Ages

U18 Co-ed (2008)

Season

October to March, with a break for Christmas & New Year.

Field-Time

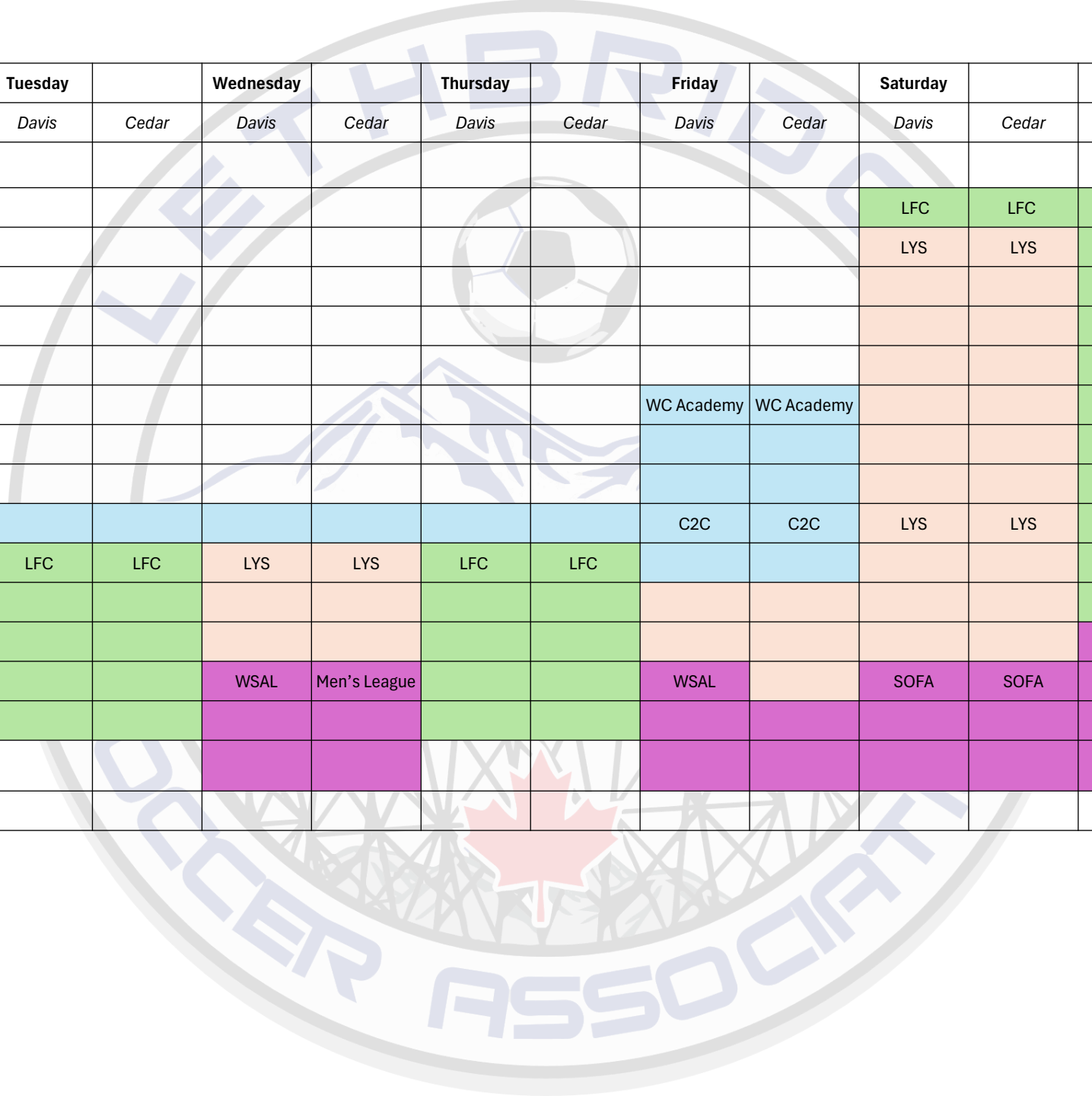
1 x Travel Tournament,

Entry into LSA Adult League

Strength & Conditioning Program– Delivered by The Bridge

1 x 90 Minutes Session a week







Long Term Player Development (LTPD) & LFC Curriculum Structure



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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

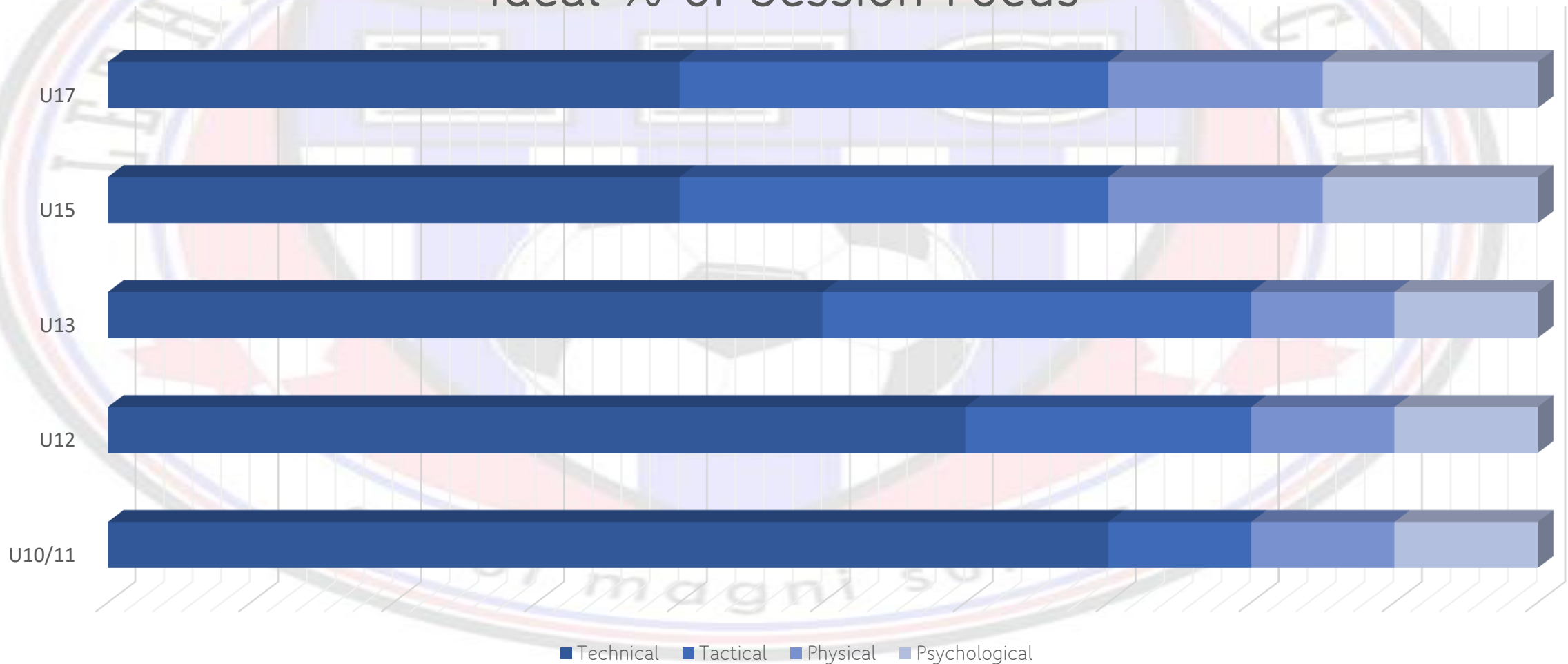
Building players with physical traits needed in the game

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



LFC – 4 Corner Model By Age Group

Ideal % of Session Focus



LFC –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 – 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 –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 –U15

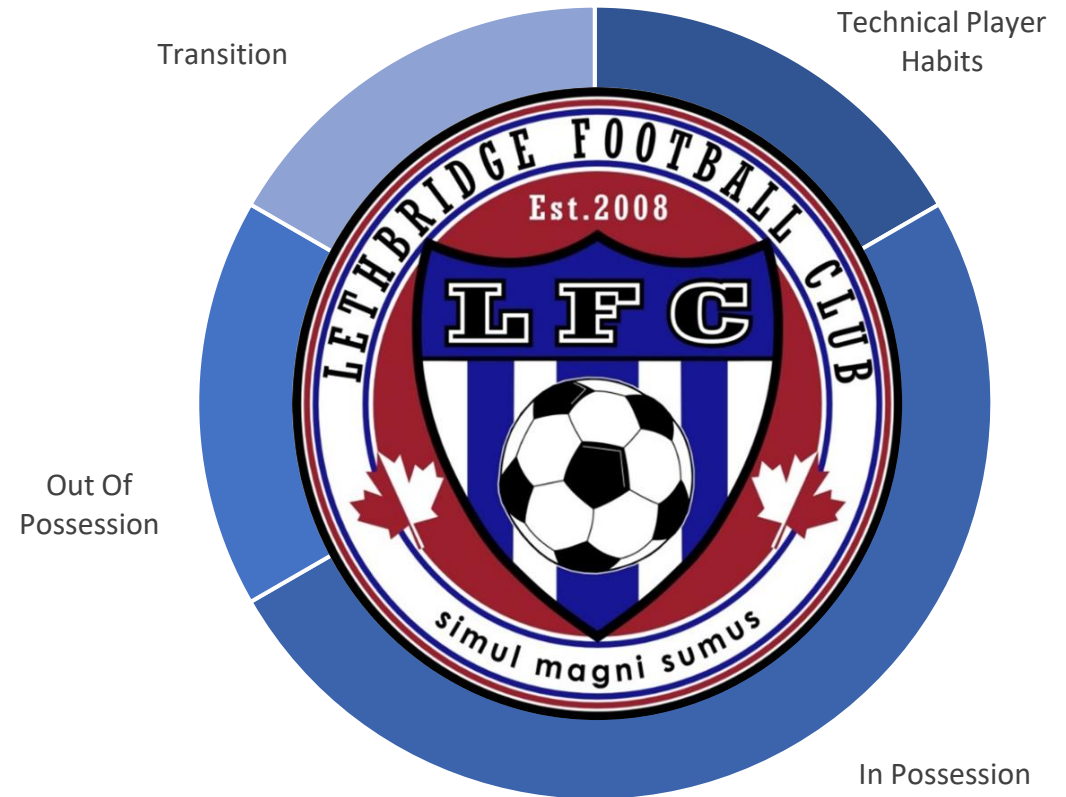


In the U15 arena, the game now starts to move into a **tactical battle**.

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 –U17/18



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



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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 – Club 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 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 undertake a number of qualifications based around SafeSport:

- Respect In Sport
- Making Ethical Decisions
- Making Headway
- Rule of Two
- Valid Criminal Record Check.

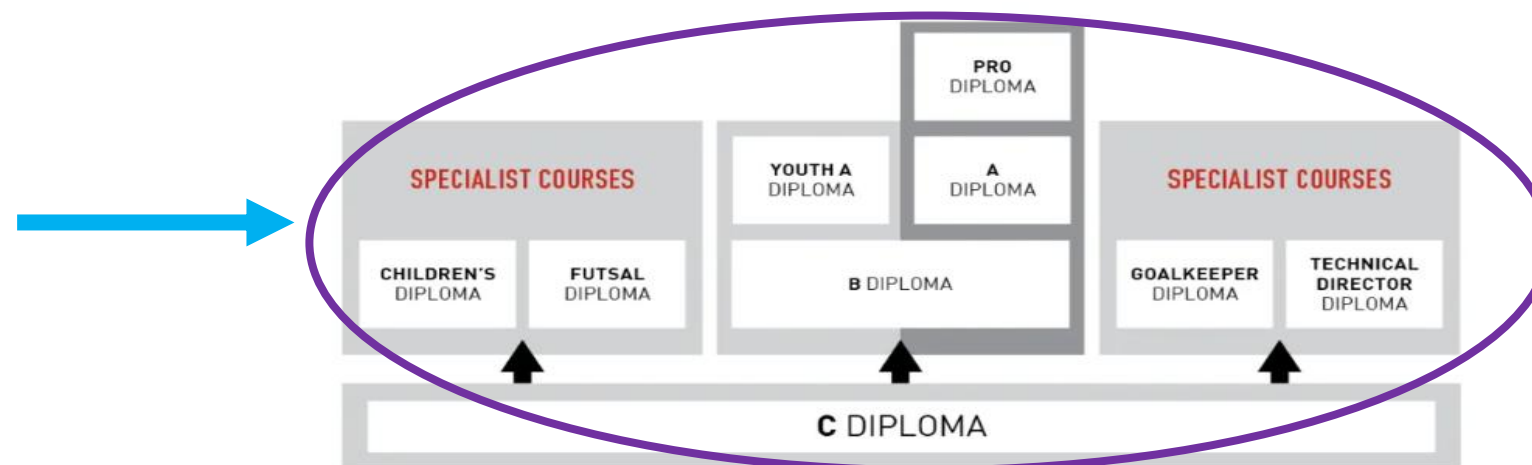
All coaches are volunteers who give countless hours free of charge to develop LFC players and will make mistakes over the course of the season, parents are encouraged to always remember this.



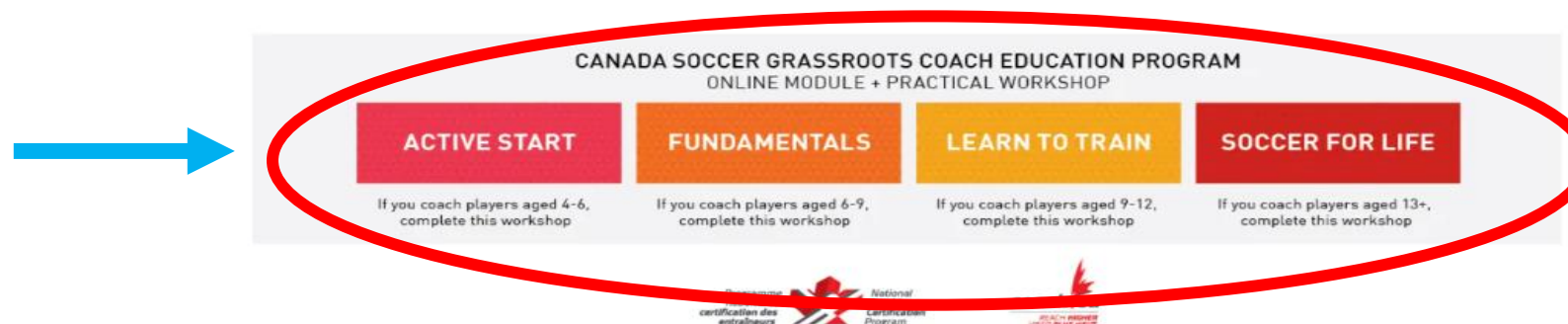
LFC – Coaching Qualifications



LFC U15 & U17 Coach
Qualification Minimum
Requirements:
CSA C Diploma
Criminal Record Check
SafeSport Requirements



LFC U10, U11, U12 & U13
Coach Qualification Minimum
Requirements:
CSA Grassroots Certified
Criminal Record Check
SafeSport Requirements





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



LETHBRIDGE FC 2025-2026 INDOOR EVALUATION REGISTRATION

Online Registration opens August 1, 2025

www.lethbridgesoccer.com

all registration must be done online

All evaluations held at the Servus Sports Centre

EVALUATION DATES & TIMES

<u>Age Group</u>	<u>Birthyear</u>	<u>Evaluation Fee</u>	<u>Evaluation day</u>	<u>Total Season Fees</u>	<u>Evaluation Time</u>
U10 Boys	2016	\$325.00	Monday September 8 and Tuesday September 9	\$800.00	5:00pm - 6:00pm Both Days
U10 Girls	2016	\$325.00	Monday September 8 and Tuesday September 9	\$800.00	6:00pm - 7:00pm Both Days
U11 Boys	2015	\$400.00	Wednesday September 10 and Thursday September 11	\$800.00	5:00pm - 6:00pm Both Days
U11 Girls	2015	\$400.00	Wednesday September 10 and Thursday September 11	\$800.00	6:00pm - 7:00pm Both Days
U12 Boys	2014	\$400.00	Monday September 8 and Tuesday September 9	\$850.00	7:00pm - 8:00pm Both Days
U12 Girls	2014	\$400.00	Wednesday September 10 and Thursday September 11	\$850.00	7:00pm - 8:00pm Both Days
U13 Boys	2013	\$400.00	Monday September 15 and Tuesday September 16	\$1,100.00	5:00pm - 6:00pm Both Days
U13 Girls	2013	\$400.00	Wednesday September 10 and Thursday September 11	\$1,100.00	8:00pm - 9:00pm Both Days
U15 Boys	2011 and 2012	\$400.00	Monday September 15 and Tuesday September 16	\$1,250.00	6:00pm - 7:00pm Both Days
U15 Girls	2011 and 2012	\$400.00	Wednesday September 17 and Thursday September 18	\$1,250.00	6:00pm - 7:00pm Both Days
U17 Boys	2009 and 2010	\$400.00	Monday September 15 and Tuesday September 16	\$1,250.00	7:00pm - 8:00pm Both Days
U17 Girls	2009 and 2010	\$400.00	Wednesday September 17 and Thursday September 18	\$1,250.00	7:00pm - 8:00pm Both Days

All players MUST register in their correct age group (Birth Year)



Player Fees & Details

Age Group	Season Fees		
U10	\$800.00		
U11	\$800.00		
U12	\$850.00		
U13	\$1,100.00		
U15	\$1,250.00		
U17	\$1,250.00		
U18	\$1,250.00		

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 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

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