



# Lethbridge Soccer Association LSA Program



In Partnership with Vancouver Whitecaps Football Club





# LSA House – Timbits Program (U5 & U6)

The LSA House Timbits Program is first steps into the sport for any fledgling soccer player.

This program is purely an environment of experimentation for the players, where they get their first feel of a soccer ball at their feet. Our aim is to create a players that learn to **'love the ball before they share the ball'**.

Players will learn how to move the ball with both feet and different parts of the feet. There is also a small amount of passing & hand/eye co-ordination activities included. Soccer-specific movements without the ball through introductory games which include agility, turning and recognizing space will also be taught.

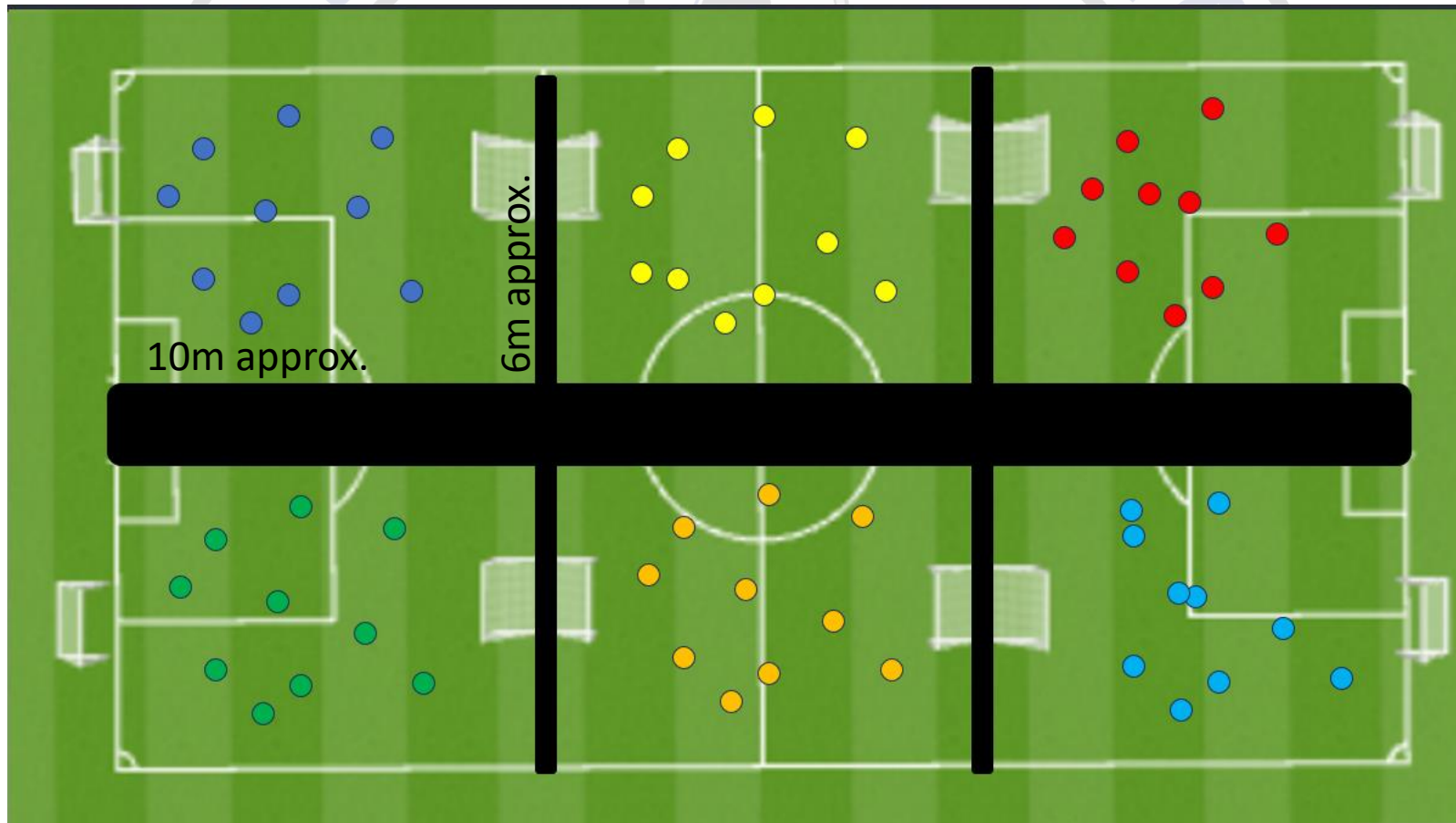
LSA Staff Coaches will lead all sessions and work on a variety of dribbling games, shooting and some passing sessions. There will be some scrimmages involved in the practice time, but the focus of the practice will also be around the technical enhancement of the players.

Small sided games will be 3vs3 or 4vs4 (no goalkeepers), ball continuously thrown back into play by coaches.

Results **do not matter** and everyone is asked to remember this is a **DEVELOPMENT ENVIRONMENT** at all times. No scores or results will be recorded.

# LSA House – Field Setup Timbits

6 Pitches, Games 4-a-side





# LSA House – U7 Program

The last sessions in the discovery phase of soccer, increased technical coaching, yet still no tactical coaching relating to moments of the game. Enhancing a **'love of the ball'** and increasing the opportunities to make decisions during the games for themselves, for example “when to dribble” or to “understand space/spreading out”.

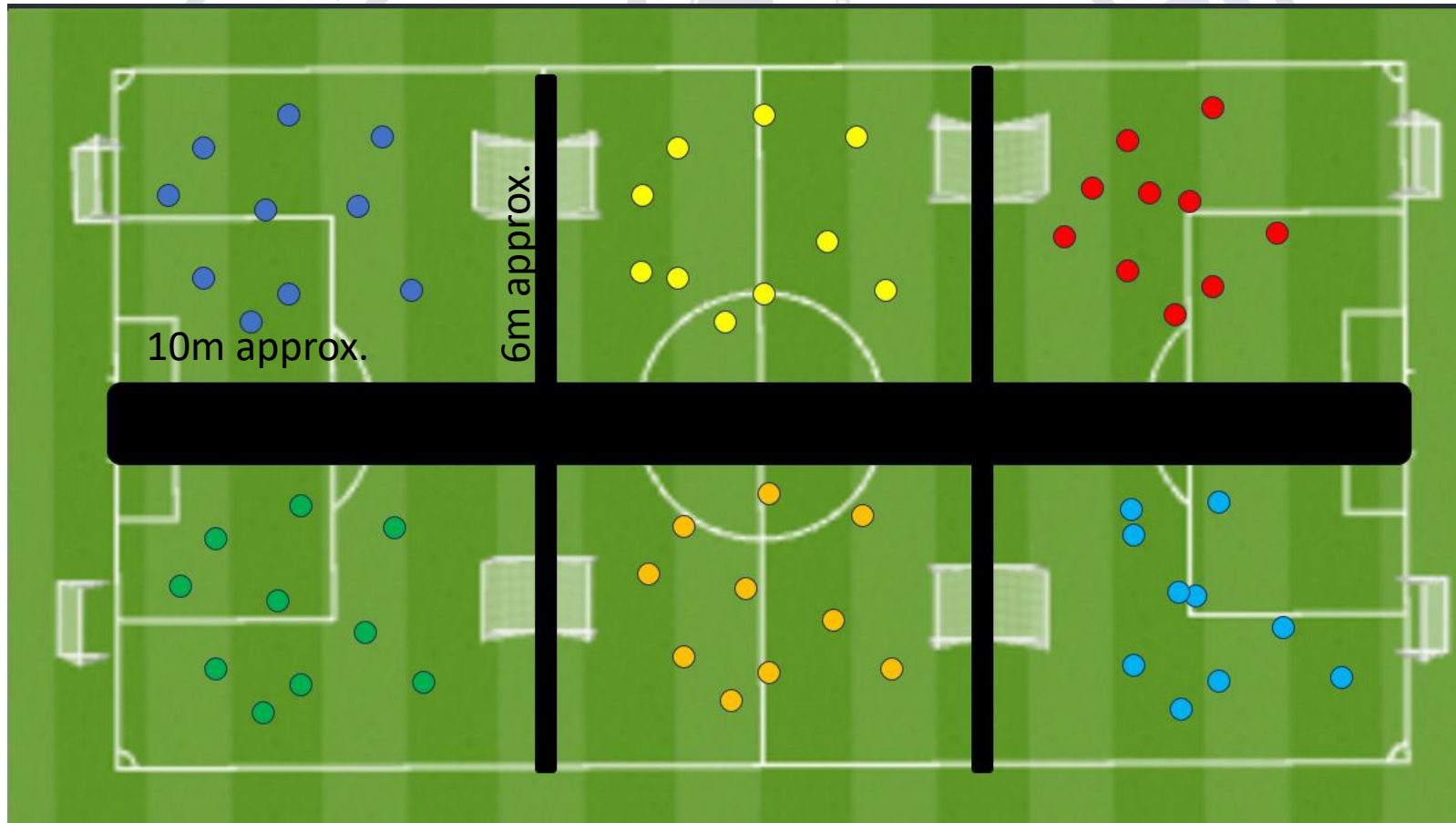
Sessions led by LSA Staff Coaches, will focus on continued improvement of dribbling abilities, including turning at speed and additional shooting & passing activities. Introduction of skills needed to get past defenders (moves and skills) & an aim to build vision and awareness abilities;

Small sided games will be 3vs3 or 4vs4 (no goalkeepers), ball continuously thrown back into play by coaches **and/or** pass or dribble in.

Results **do not matter** and everyone is asked to remember this is a **DEVELOPMENT ENVIRONMENT** at all times. No scores or results will be recorded.

# LSA House – Field Setup U7

6 Pitches, Games 4-a-side





# LSA House – U9 Program

Within the U9 age group is the first introduction to basic formational understanding to the game. Although slightly increasing the pitch in size, we also want to keep it to a size that maximises touches on the ball and decision-making opportunities.

Session plans start to take on more realism to the game and match-like scenarios, including 1vs1's, pass & move and shooting.

Coaches are asked to instruct on basic technical elements and stay away from coaching tactical information at this stage.

Each week will consist of 1 team practice & 1 session with mini-games (5vs5).

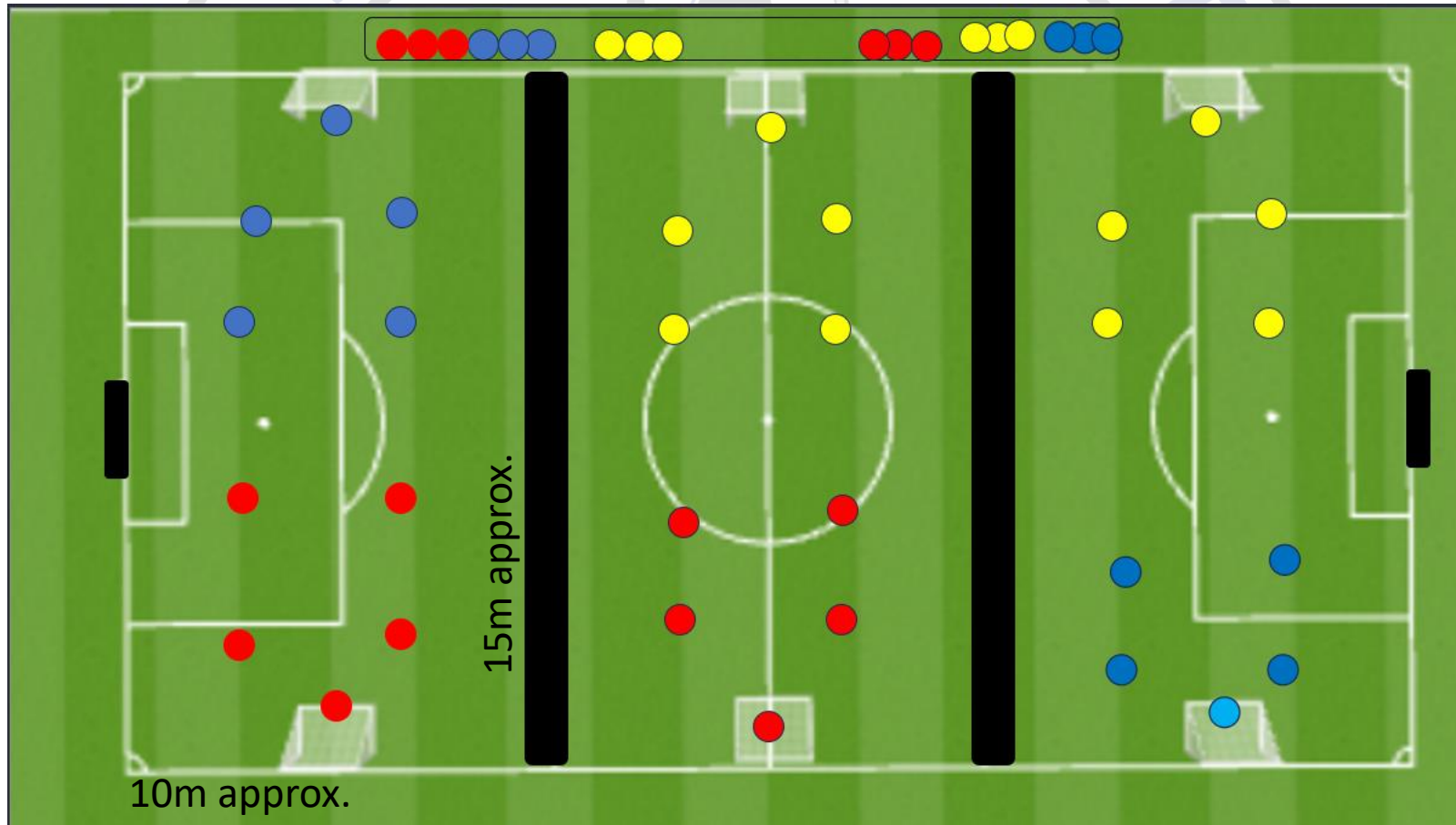
Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc);

Games will be 5 vs 5 at U9 (4 players + 1 goalkeeper) on a small pitch to maximize touches on the ball and opportunities to make decisions and influence the game.

Results **do not matter** and everyone is asked to remember this is a **DEVELOPMENT ENVIRONMENT** at all times. No scores or results will be recorded.

# LSA House – Field Setup – U9

3 Pitches, 5-a-side





# LSA House – U11 Program

The U11 age group will continue to solidify the technical abilities learnt in the previous stages, whilst slightly increasing the tactical elements to the game.

Through the technical coaching in the previous stages, players should now have a solid foundation to build their game upon and begin to understand the concept of formations and how to understand what the team goals are as well as what the opposition is aiming to do.

Volunteer coaches will be asked to instruct to 'LSA Game Principles' when coaching tactical elements of the game to ensure all players are developing the same understandings.

Pitches will be slightly smaller of full length to continue to maximise touches on the ball and decision-making opportunities. Equal play time and players expected to try each position.

Sessions will be 1 practice to 3 games.

Games will be 6 vs 6 at U11 (5 players + 1 goalkeeper)

Retreat Line (1/3 of the field),

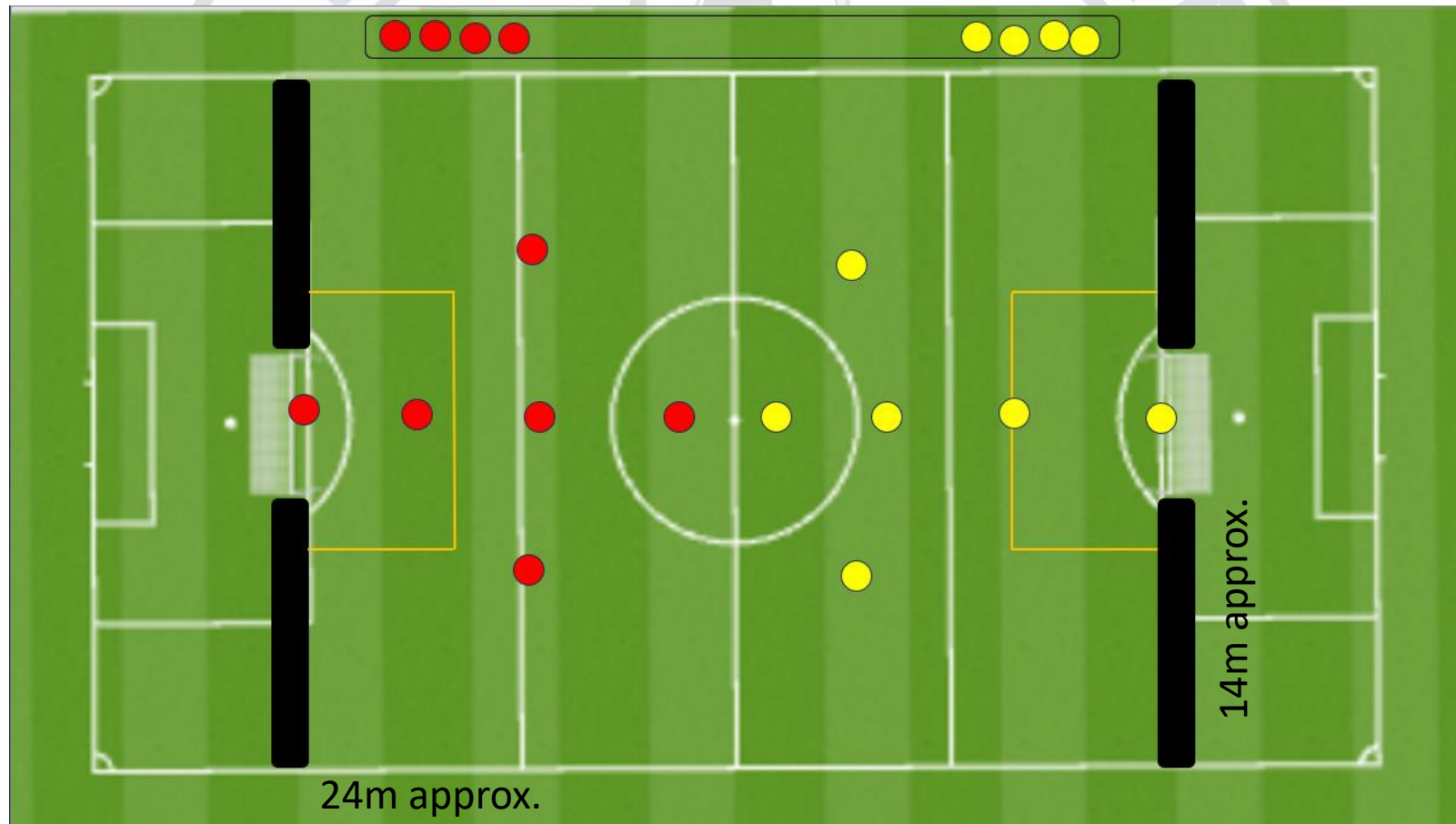
Players will play a multitude of positions and with equal playing time for all.

Results **do not matter** and everyone is asked to remember this is a **DEVELOPMENT ENVIRONMENT** at all times. No scores or results will be recorded.



# LSA House – Field Setup – U11

Shortened indoor field, 6-a-side





# LSA House – U13 Program

Within the U13 age group, players will now start to use their technical abilities and basic tactical understanding to play more games, and let the game become the teacher. We should now be aiming to see players and teams understanding how to keep possession of the ball and create opportunities through build-up play.

Players, coaches and parents are asked to acknowledge that these games are purely for development purposes and enjoyment is the key.

Players should have equal game time, and over the course of the season experience all positions on the pitch.

Sessions will be 1 practice to 5 games.

Games should be 6v6 format (5 outfield and 1 goalkeeper).

The game becoming more of a teacher through testing technical ability with added tactical instruction, allowing players decision-making process to be stressed.

Building on an increased tactical understanding

Results **do not matter** and everyone is asked to remember this is a **DEVELOPMENT ENVIRONMENT** at all times. No scores or results will be recorded.



# LSA House – U15 & U18 Program

Within the U15 and U18 age groups, teams will purely play games.

Teams and players should now be looking to play the game at high intensity when in or out of possession. Chances should be created through possession of the ball and build up play involving all areas of the pitch (defence, midfield and attack).

Players, coaches and parents are asked to acknowledge that these games are purely for development purposes and enjoyment is the key.

Players should have equal game time, and over the course of the season experience all positions on the pitch.

All sessions will be games.

Games should be 6v6 format (5 outfield and 1 goalkeeper).

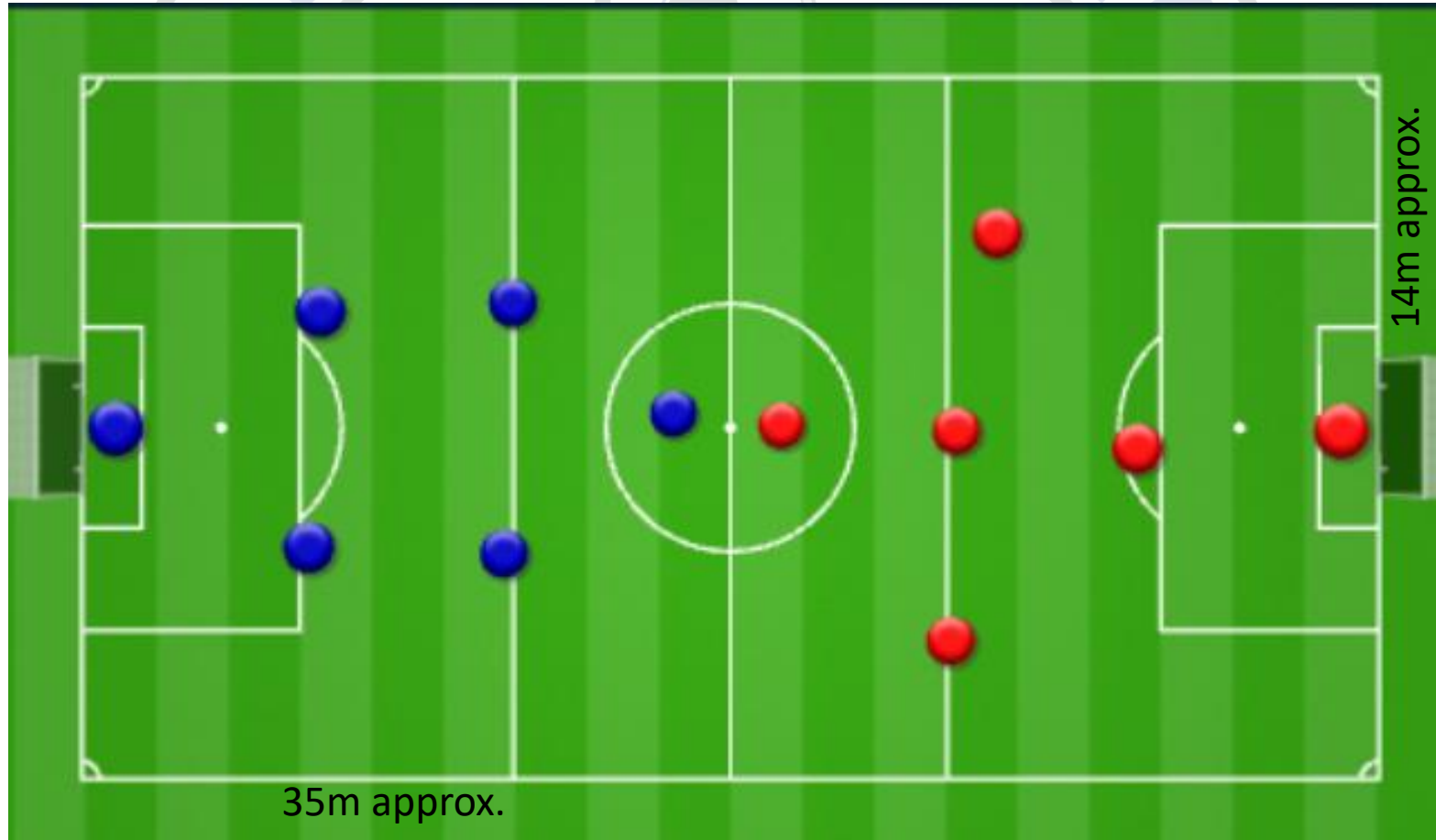
The game becoming more of a teacher.

Building on an increased tactical understanding, understanding the desire to compete.

Results **do not matter** and everyone is asked to remember this is a **DEVELOPMENT ENVIRONMENT** at all times.

# LSA House – Field Setup – U13, U15 and U18

Standard indoor field, 6-a-side





# Outdoor – Lethbridge Soccer Program

As the program transitions to an Outdoor setting, the content of the program will remain much the same as indoor.

Pitches will become slightly larger, but still smaller for the younger age groups (U5-U13). The older age groups (U15 and U18) will play on a full sized 11v11 field. This is in line with Canada Soccer & Alberta Soccer Guidelines, and the Long-Term Development Plan (LTPD) for all soccer players.

Timbits – 3 or 4 a side.

U9 – 5-a-side.

U11 – 7-a-side.

U13 – 9-a-side.

U15 & U18 – 11-a-side.

Practice/Games ratio will remain the same throughout the year.

Further information can be obtained via the Canada Soccer Guidelines below.

# Canada Soccer Guidance - Rules



## CANADA SOCCER GRASSROOTS STANDARDS

	ACTIVE START	FUNDAMENTALS			LEARN TO TRAIN	
CRITERIA	U5-U6	U7	U8-U9	U10-U11	U12-U13	
Offside	N/A	N/A	No	No	Yes	
Retreat line	N/A	Yes (halfway line)	Yes (halfway line)	Yes (one third)	Optional (one third)	
Substitutions	N/A	Unlimited (any stoppage or on the fly)	Unlimited (any stoppage or on the fly)	Unlimited (any stoppage)	Unlimited (any stoppage)	
Season or block length (indoor/outdoor)	6-16 weeks	6-16 weeks	6-22 weeks	10-22 weeks	10-22 weeks	
Team travel time	Within organization	Under 60 minutes each way	Under 60 minutes each way	Under 60 minutes each way	Under 60 minutes each way	
Playing time (players encouraged to try all positions)	Players all play	Fair playing time for all players	Fair playing time for all players	Fair playing time for all players	Fair playing time for all players	
Player-to-coach ratio	<b>Ideal: 4:1 Maximum: 8:1</b>	<b>Ideal: 6:1 Maximum: 8:1</b>	<b>Ideal: 8:1 Maximum: 10:1 (5v5)</b>	<b>Ideal: 10:1 Maximum: 12:1</b>	<b>9v9 Ideal: 12:1 Maximum: 16:1 11v11 Ideal: 16:1 Maximum: 18:1</b>	
Practice-to-match ratio	N/A	1:1	1:1 or 2:1	2:1 or 3:1	2:1 or 3:1	
Structured practice duration	30-45 minutes	30-45 minutes	45-60 minutes	60-75 minutes	60-75 minutes	
Match day roster guidelines (game day only)	N/A	<b>Ideal: 6 players</b>	<b>Ideal: 8 players</b>	<b>Ideal: 10 players</b>	<b>9v9 Ideal: 14 players 11v11 Ideal: 16 players</b>	
Match day format	N/A	Festival format	Festival format	Festival format	Festival or league format	
Number of match days (Festival or league play) per week	N/A	One (1)	One (1)	One (1)	One (1)	

# Canada Soccer Guidance – Structure & Setup



## CANADA SOCCER GRASSROOTS STANDARDS

	ACTIVE START	FUNDAMENTALS		LEARN TO TRAIN	
CRITERIA	U5-U6	U7	U8-U9	U10-U11	U12-U13
Match format (maximum)	No formal matches	3v3	4v4 (no GK) or 5v5 (with GK)	7v7	9v9 (U12) 9v9 or 11v11 (U13)
Coaching qualification	Active Start + MED + RiS + Making Headway + EAP	Fundamentals + MED + RiS + Making Headway + EAP	Fundamentals + MED + RiS + Making Headway + EAP	Learn to Train + MED + RiS + Making Headway + EAP	Learn to Train + MED + RiS + Making Headway + EAP
Maximum match duration	Informal play	30 minutes	40 minutes	50 minutes	70 minutes (U12) 80 minutes (U13)
Maximum match time per player per day	N/A	60 minutes	60 minutes	80 minutes	100 minutes
Minimum rest time between matches	N/A	Duration of one (1) match	Duration of one (1) match	Duration of one (1) match	Duration of one (1) match
Maximum goal size	Pop-up goals 3ft (0.91m) x 5ft (1.52m)	Pop-up goals 3ft (0.91m) x 5ft (1.52m)	5ft (1.52m) x 8ft (2.44m)	6ft (1.83m) x 16ft (4.88m)	6ft (1.83m) x 18ft (5.49m)
Field size	N/A	Width: 18-22m Length: 25-30m	Width: 25-30m Length: 30-36m	Width: 30-36m Length: 40-55m	9v9 Width: 42-55m Length: 60-75m 11v11 Width: 45-90m Length: 90-120m
Ball size	3	3	3 or 4 (or 4 super light)	4 (or 5 light)	9v9: 4 (or 5 light) 11v11: 5 (or 5 light)
Number of memorable events (maximum)	N/A	N/A	Two (2) per year	Two (2) per year	Four (4) per year <i>*One (1) event may be overseas</i>
Referee or Game Leader	N/A	Game Leader	Game Leader or Referee	Game Leader or Referee	Referee
Restarts from Sidelines	N/A	Pass in or dribble in	Pass in or dribble in	Pass in or dribble in	Throw-in