

The background of the slide features a large, light blue circular logo for the Lethbridge Soccer Association. The logo contains a soccer ball at the top, a stylized bridge in the center, and a red maple leaf at the bottom. The words "LETHBRIDGE" and "SOCCER ASSOCIATION" are written around the perimeter of the circle.

Lethbridge Soccer Association LYS Program Indoor 2025/2026

In Partnership with Vancouver Whitecaps Football
Club



2025-2026 INDOOR SOCCER REGISTRATION LYS LEAGUE

www.lethbridgesoccer.com // 403-320-5425 (KICK)



ONLINE ONLY:

August 1 - September 8, 2025

INDOOR SOCCER SEASON STARTS: October 2025 - March 2026 ALL SESSIONS HELD AT THE SERVUS SPORTS CENTRE **INDOOR LEAGUE IS BASED ON TOTAL NUMBER OF SESSIONS FOR THE SEASON**

Register your player in their BIRTH YEAR (all age groups are from birth dates January 1 - December 31 of specified year)

Players will remain playing in their age groups no movement up or down an age group

Player Request Fee \$40.00 - 2 PLAYERS ONLY!

If there are not enough registrants per gender in U12 age group - Will be combined CoEd

Age Group	Birthyear	Fee	# of games	Days Playing	**ESTIMATED START TIMES**
U5 CoEd	2021	\$275.00	17 (40 min. sessions)	Monday	5:00pm
U6 CoEd	2020	\$275.00	17 (40 min. sessions)	Wednesday	5:00pm
U8 Boys	2018 & 2019	\$275.00	17 (40 min. sessions)	Mondays and Saturdays	Mon 5:00pm and Sat 9:00am
U8 Girls	2018 & 2019	\$275.00	17 (40 min. sessions)	Mondays and Saturdays	Mon 5:00pm and Sat 9:00am
U10 Boys	2016 & 2017	\$325.00	21 (55 min. sessions)	Mondays and Saturdays	Mon 6:00pm* - Sat 12:00pm*
U10 Girls	2016 & 2017	\$325.00	21 (55 min. sessions)	Mondays and Saturdays	Mon 6:00pm* - Sat 12:00pm*
U12 Boys	2014 & 2015	\$400.00	27 (55 min. sessions)	Wednesdays, Fridays and Saturdays	Mon 6:00pm*- Fri 5:30pm* - Sat 3:00pm*
U12 Girls	2014 & 2015	\$400.00	27 (55 min. sessions)	Wednesdays, Fridays and Saturdays	Mon 6:00pm*- Fri 5:30pm* - Sat 3:00pm*
U14 CoEd	2012 & 2013	\$400.00	27 (55 min. sessions)	Wednesdays and Saturdays	Wed 6:00pm* - Sat 5:00pm*
U16 CoEd	2010 & 2011	\$400.00	27 (55 min. sessions)	Mondays and Saturdays	Evenings
U18 CoEd	2008 & 2009	\$400.00	27 (55 min. sessions)	Mondays and Saturdays	Evenings

****Start times are subject to change due to registration numbers and are provided as a guideline only****

PLAYER EQUIPMENT:

U5 & U6, Timbits Jersey, shorts & socks will be provided for each player to keep.

U8 - U18, Full Kit Jersey, Shorts & Socks will be provided for each player to keep.

Soccer Shoes or Soccer Cleats are acceptable, Shin Guards are MANDATORY - Not included in player fees

PROGRAM DESCRIPTION:



U5 & U6 TIMBITS: This is our introductory level, where all sessions are run by our CSA Certified Coaches who will help your child build a love for the ball.

U8 - U12 FUNDAMENTAL: At this stage, individual player development is paramount. Developing soccer creativity skills in a fun environment.

U14 & U16 LEARN TO TRAIN: Golden Age of Learning, that learnt technical skills are introduced to the beginning of the tactical environment.

U18 LEARN THE GAME Combining previously developed technical and tactical skills, into a more mature game setting.

Registration Information

- Online registration opens **August 1, 2025**
- All registrations done via **www.lethbridgesoccer.com**
- If you are using KIDSPORT or JUMPSTART, or City of Lethbridge FAP you MUST register and pay online. You will be reimbursed once we receive funds from funding organization
- Start times are subject to change and are provided as a guideline only. Season runs from October 2025 to March 2026
- Field locations for all age groups are listed on registration information sheet



LYS Technical Overview

Sessions

- All practice sessions created and approved by Technical Director and based around LTPD as per Canada Soccer & ASA player development model;
- LSA Sessions focus on CSA's 'Four Corner' model of developing all players Technical, Physical, Psychological & Social skills;
- All LYS Coaches and LSA Staff will be required to have completed LYS Coaches training prior to the start of the season.



Games


- Matches are based around creating the best possible learning environment.
- Results are not kept, but our aim for highly competitive matches.
- Players, coaches and parents are asked to remember this at all times;



LYS U5 Program – Timbits



U5 – 2021 Boys & Girls (CoEd)

- CSA Active Start Stage; 
 - Physical literacy & beginner ball understanding;
 - Fantasy based games and movements;
 - Small sided games will be 4 vs 4 (no goalkeepers), ball continuously thrown back into play by coaches;
 - Discovery stage, 'organised chaos'.
-
- Days will be Mondays 5pm
 - All sessions will be played Servus Sports Centre
 - 17 Sessions 40-minute sessions


Price - \$275



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LYS U6 Program – Timbits

U6 – 2020 Boys & Girls (CoEd)

- CSA Active Start Stage; 
 - Physical literacy & beginner ball understanding;
 - Fantasy based games and movements;
 - Small sided games will be 4 vs 4 (no goalkeepers), ball continuously thrown back into play by coaches;
 - Discovery stage, 'organised chaos'.
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- Days will be Wednesdays 5pm
 - All sessions will be played Servus Sports Centre
 - 17 – 40 Minute sessions

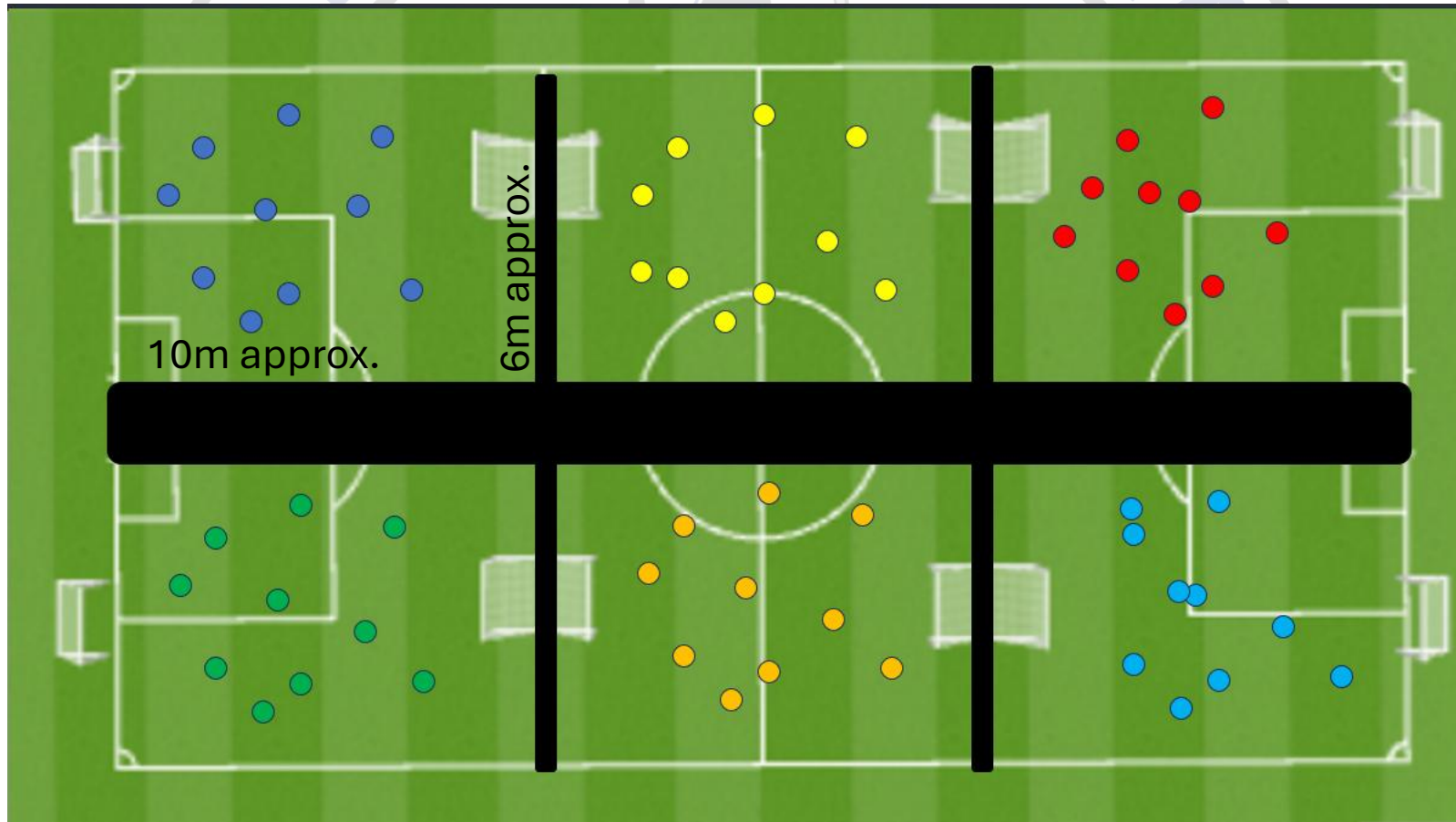
Price - \$275



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LYS – Field Setup - Timbits


6 Pitches, Games 4-a-side



LYS U7/8 Program

U7/8 –Boys Division – 2018 & 2019

U7/8 – Girls Division – 2018, 2019

- CSA FUNDamentals Stage; 
 - Introduction to basic soccer skills through fun-based learning, mostly dribbling with small amount of passing and shooting;
 - Small sided games will be 5v5 (1 goalkeeper), Dribble-ins for restarts along sidelines.
 - Retreat line in effect (Halfway);
 - Introduction to structured game format.
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- Days will be a combinations of Mondays and Saturdays
 - All sessions will be played Servus Sports Centre
 - 17 -40 Minute sessions

Price - \$275




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LYS U9/10 Program

U9/10 Boys – 2016 & 2017 Boys Division

U9/10 Girls – 2016 & 2017 Girls Division

- CSA FUNDamentals Stage; 
 - Introduction to basic soccer skills through fun-based learning, mostly dribbling with small amount of passing and shooting;
 - Each session will break down into 25 minutes of skill-based learning followed by 25 minutes of game time.
 - Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc)
 - Small sided games will be 7v7(1 goalkeeper), Dribble-ins for restarts along sidelines. Retreat line in effect (Halfway);
 - Players will play a multitude of positions and with equal playing time for all.
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- Days will be a combination of Mondays and Saturday
 - All sessions will be played Servus Sports Centre
 - 21 – 55 Minute sessions



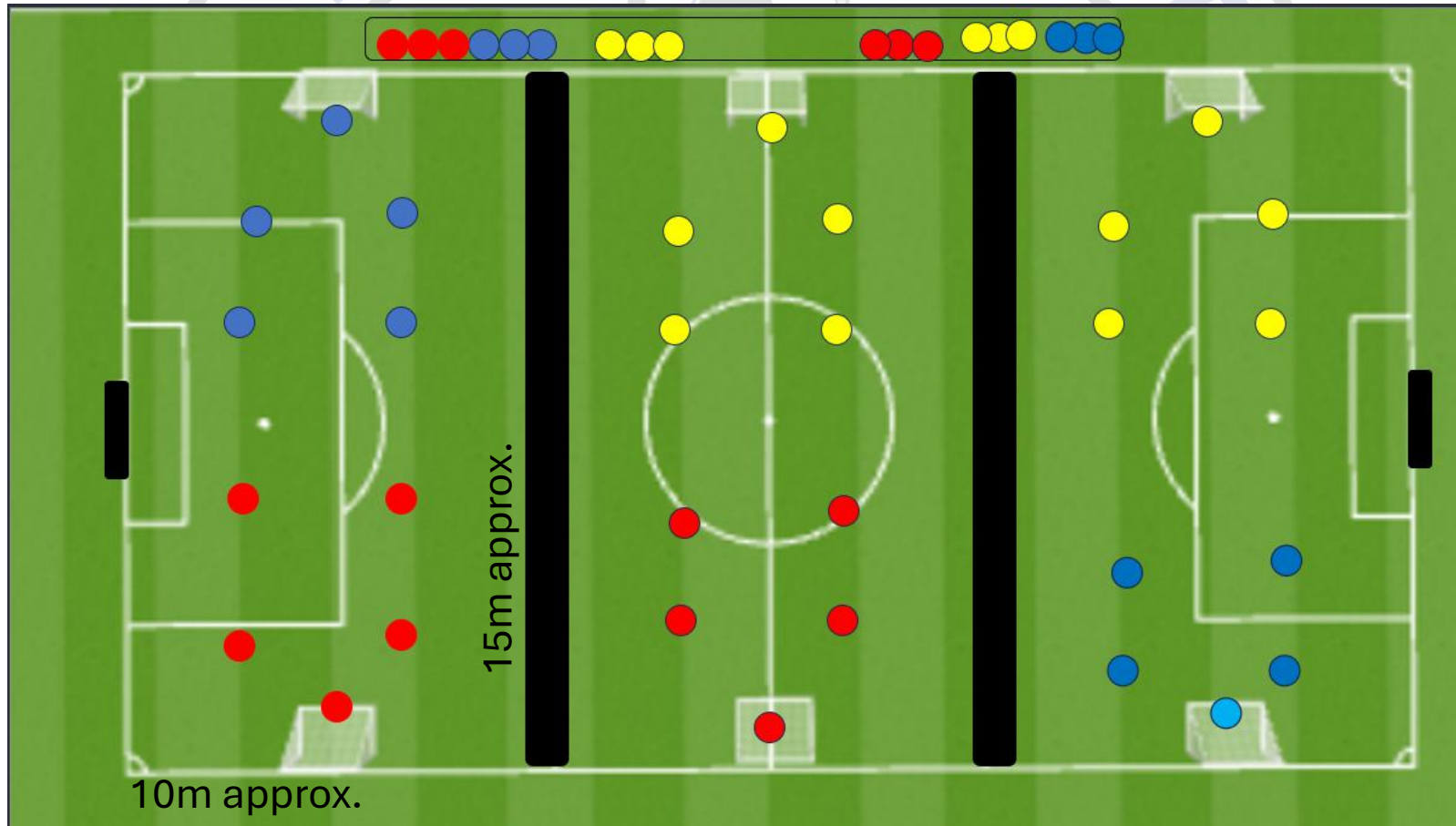
Price - \$325



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LYS – Field Setup – U7/8 & U9/10


3 Pitches, 5-a-side



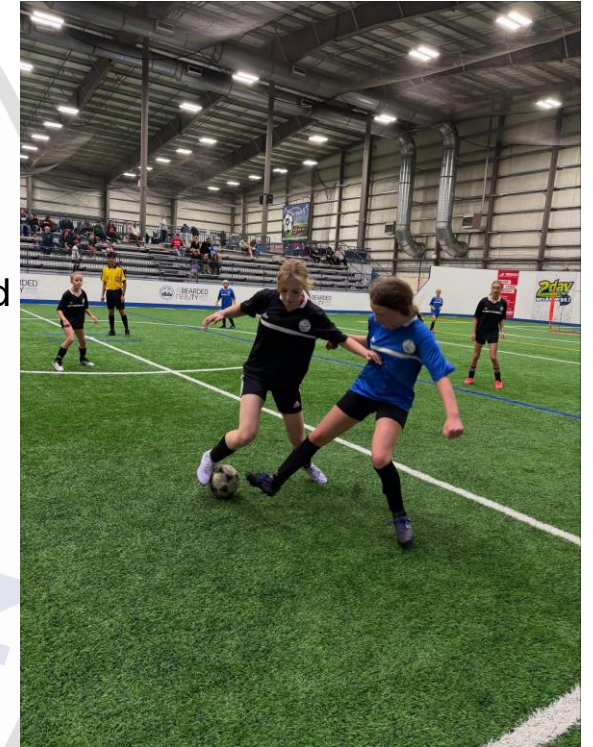
LYS U11/12 Program

U11/12 – 2015 & 2014 Boys Division

U11/12 – 2015 & 2014 Girls Division

- CSA Learning To Train Stage. 
 - The Season will be broken into a 3:1 ratio. 3 games to 1 team practice.
 - Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range/weight of passing, defending etc);
 - Games will be **6 vs 6 (5 players + 1 goalkeeper)**
 - Beginner introduction to formations, game rules and tactical side of soccer;
 - Players will play a multitude of positions and with equal playing time for all.
 - Retreat line in effect, to encourage building from the back (halfway line)
-
- Days will be a mixture of Wednesdays, Fridays and Saturdays
 - All sessions will be played Servus Sports Centre
 - 27 – 55 minute sessions

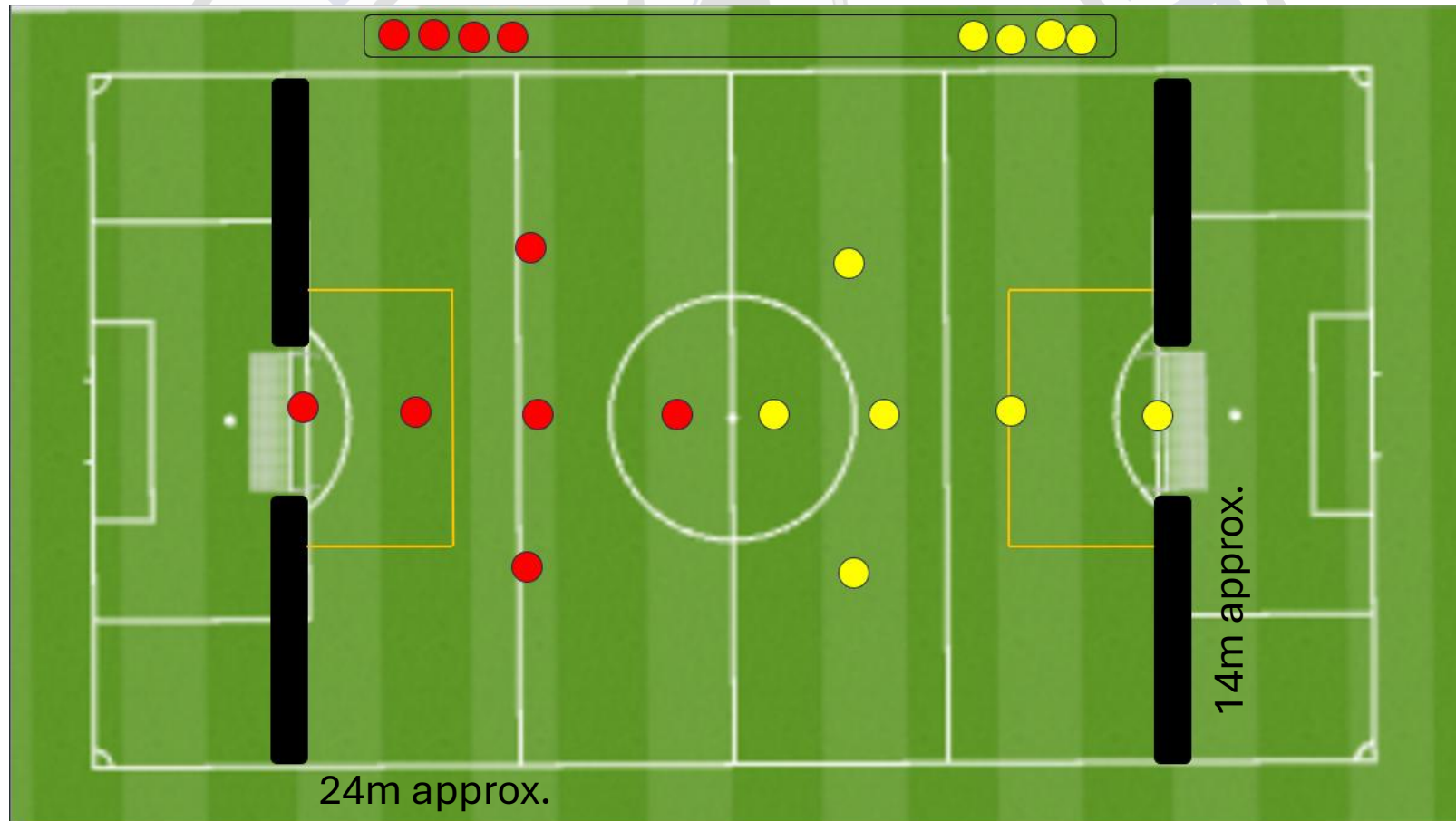
Price - \$400



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LYS – Field Setup – U11/12

Shortened indoor field, 6-a-side



LYS U13/14 Program

U14 – 2013 & 2012 Co-ed Division

- The season will be broken into a 3:1 ratio, 3 games to 1 team practice.
 - Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range/weight of passing, defending etc);
 - Continued understanding of the tactical side of the game;
 - Games will be **6 vs 6 including goalkeepers (5 players + 1 goalkeeper)**
 - Players are encouraged to play multiple positions.
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- Days will be a mixture of Wednesdays and Saturdays
 - All sessions will be played Servus Sports Centre
 - 27 – 55 Minute Sessions

Price - \$400



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LYS U15/16 Program

U16 – 2010 & 2011 Co-Ed

- The Season will be broken into a 4:1 ratio. 4 games to 1 team practice,
 - Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc);
 - Advanced understanding of the tactical side of the game;
 - Games will be **6 vs 6 (5 players + 1 goalkeeper)**
 - To benefit full skill development, all players will play a multitude of positions and equal playing time for all.
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- Days will be a mixture of Monday and Saturdays
 - All sessions will be played Servus Sports Centre
 - 27 -55 Minute Sessions

Price - \$400



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LYS U17/18 Program

U18 – 2008 & 2009 CoEd

- The Season will be broken into a 5:1 ratio. 5 games to 1 team practice,
 - Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc);
 - Advanced understanding of the tactical side of the game;
 - Games will be **6 vs 6 (5 players + 1 goalkeeper)**
 - Players will play a multitude of positions and equal playing time for all.
-
- Days will be a mixture of Monday and Saturdays
 - All sessions will be played Servus Sports Centre
 - 27 -55 Minute Sessions

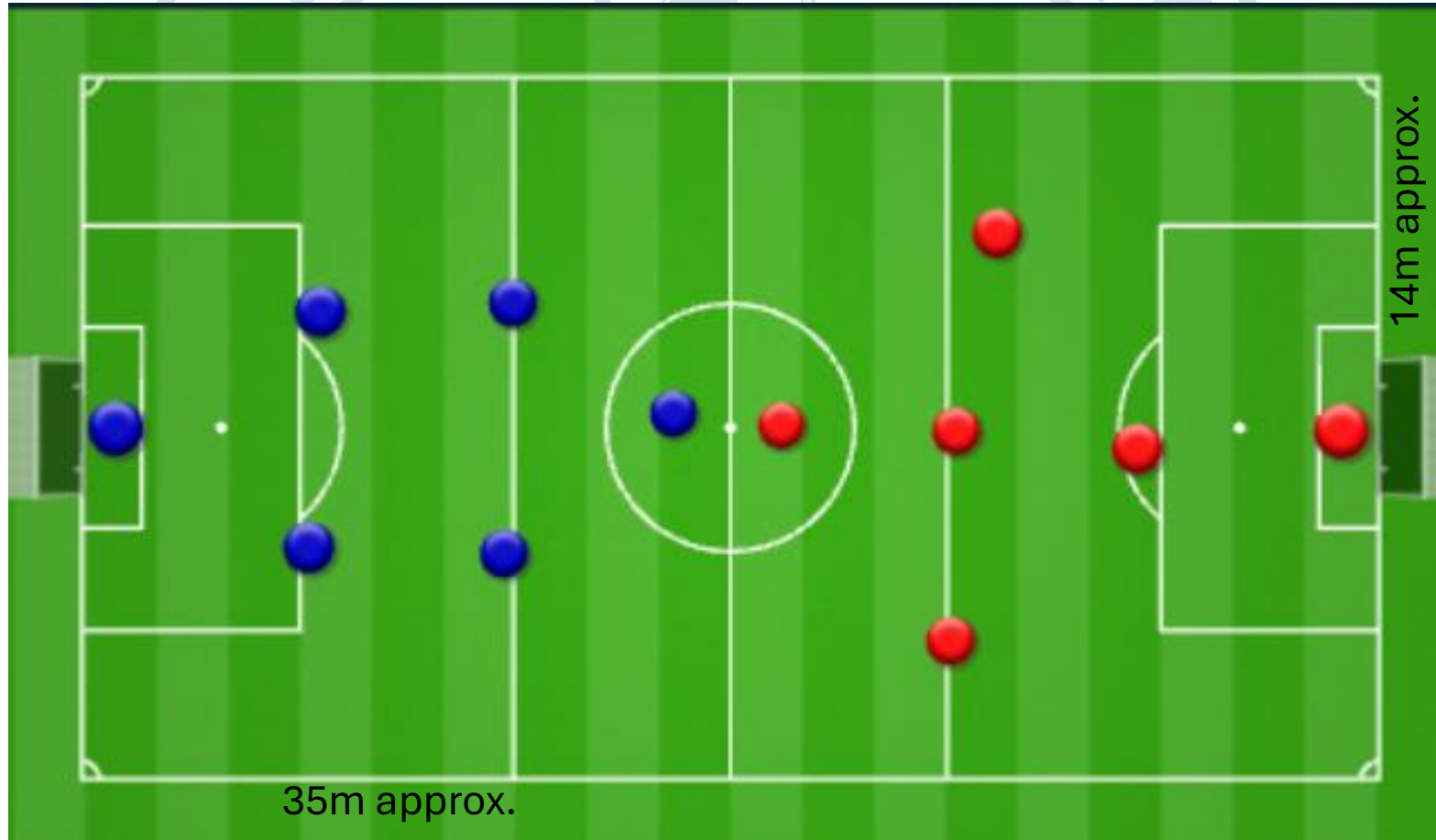
Price - \$400



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LYS– Field Setup – U13/14, U15/16 and U17/18

Standard indoor field, 6-a-side



Contact Details

Executive Director – Steve Dudas
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