



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 be combined CoEd



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 enviornment.

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

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

<u>U5 - 2021 Boys & Girls (CoEd)</u>



- CSA Active Start Stage; CANADA
- 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









LYS U6 Program - Timbits

<u>U6 - 2020 Boys & Girls (CoEd)</u>



- 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 Wednesdays 5pm
- All sessions will be played Servus Sports Centre
- 17 40 Minute sessions







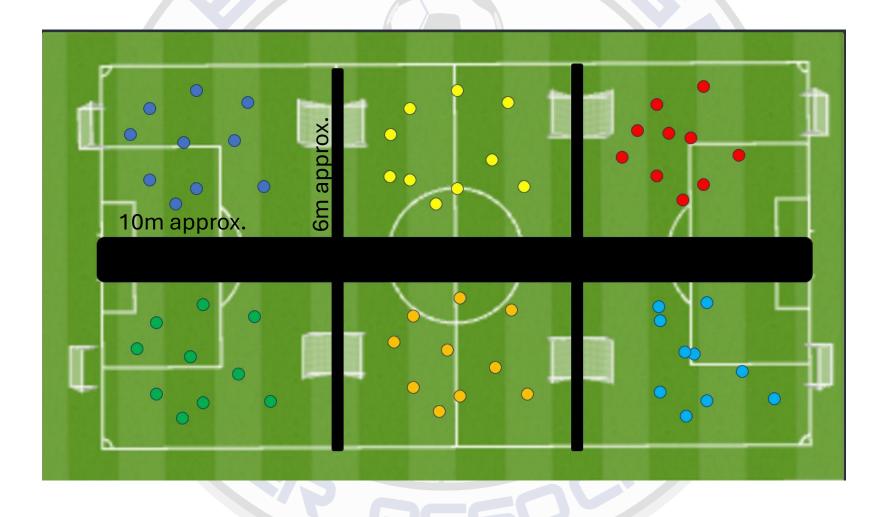




LYS - Field Setup - Timbits

6 Pitches, Games 4-a-side





LYS U7/8 Program

<u>U7/8 -Boys Division - 2018 & 2019</u> <u>U7/8 - Girls Division - 2018, 2019</u>

- 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.
- Days will be a combinations of Mondays and Saturdays
- All sessions will be played Servus Sports Centre
- 17 -40 Minute sessions



LYS U9/10 Program

<u>U9/10 Boys - 2016 & 2017 Boys Division</u> <u>U9/10 Girls - 2016 & 2017 Girls Division</u>

- CSA FUNdamentals Stage; CANADA
- 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.
- Days will be a combination of Mondays and Saturday
- All sessions will be played Servus Sports Centre
- 21 55 Minute sessions





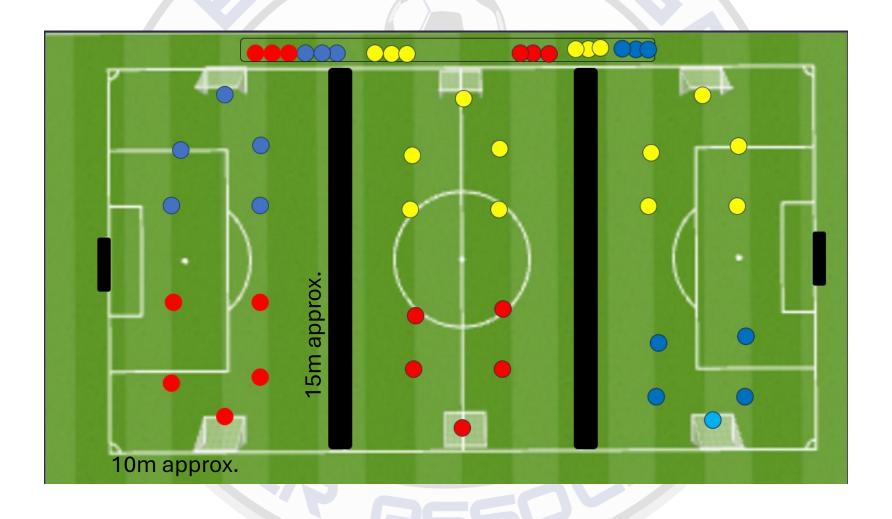




LYS - Field Setup - U7/8 & U9/10

3 Pitches, 5-a-side





LYS U11/12 Program

<u>U11/12 - 2015 & 2014 Boys Division</u> <u>U11/12 - 2015 & 2014 Girls Division</u>



- 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





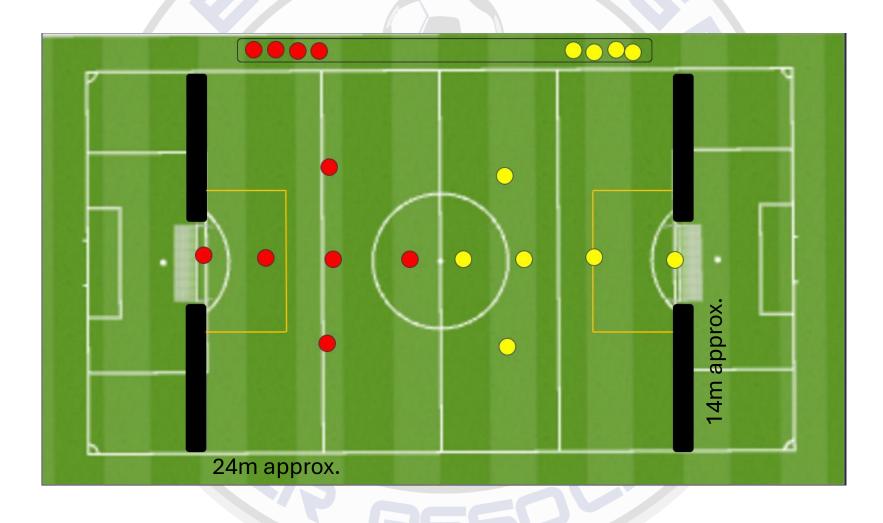




LYS - Field Setup - U11/12

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.
- Days will be a mixture of Wednesdays and Saturdays
- All sessions will be played Servus Sports Centre
- 27 55 Minute Sessions







LYS U15/16 Program

<u>U16 - 2010 & 2011 Co-Ed</u>

- 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.
- Days will be a mixture of Monday and Saturdays
- All sessions will be played Servus Sports Centre
- 27 -55 Minute Sessions







LYS U17/18 Program

<u>U18 - 2008 & 2009 CoEd</u>

- 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



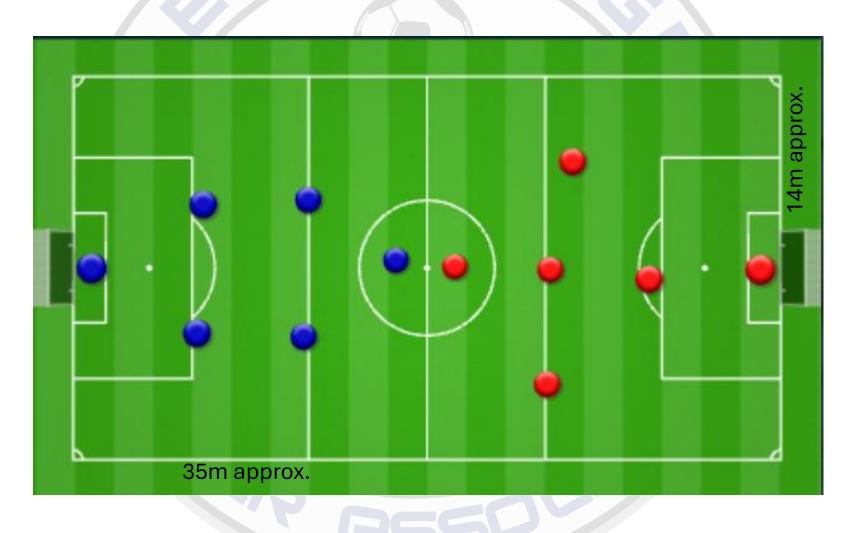




LYS- Field Setup - U13/14, U15/16 and U17/18

Standard indoor field, 6-a-side





Contact Details

Executive Director - Steve Dudas steve@lethbridgesoccer.com

Program Director - Kristy Lauzon kristy@lethbridgesoccer.com

Technical Director - Sam Heap sheap@whitecapsfc.com

Assistant Technical Director / LYS Lead - Chris Hayes chayes@whitecapsfc.com

Soccer Office Servus Sports Centre T1K 7L6

Open Monday to Friday 9am-5pm P: 403-320-5425





