



2023-2024 LSA Indoor House League Program



General Information

- Online registration opens August 1, 2023 www.lethbridgesoccer.com Registration after September 5th will result in a \$30.00 per family late charge.
- If you are applying for **KIDSPORT, JUMPSTART or OTHER FUNDING ORG.** you **MUST** register online, choose the organization, apply for funding ASAP.
- <https://kidsportcanada.ca/>
- <https://jumpstart.canadiantire.ca/>
- <https://www.lethbridge.ca/community-services-supports/community-social-development-csd/fee-assistance-program/>
- **Start times** are subject to change and are provided as a guideline only. Season runs from **October 14 – March 2024 (Final date TBD)**
- All sessions will be held at the Servus Sports Centre – 2501 28 Ave S.





LSA House Technical Overview

Practice

- All practice sessions are created and approved by Technical Director (and our partnership with the Vancouver Whitecaps FC);
- Throughout a players development LSA focus on the 4-corner model of improving Technical, Physical, Psychological & Social skills;
- All LSA House Coaches will be required to have completed LSA House Coaches training prior to the start of the season (Weekend of the 7/8th October).
- Coach Development is a major part of the program with staff on-hand to help guide LSA Volunteers to deliver the best product on-field.

Games (U9 –U18)

- Matches are based around creating the best possible learning environment, results **DO NOT MATTER**. Players, coaches and parents are asked to remember this at all times.





LSA House

U5 -Technical Overview

U5

The discovery phase of soccer, zero tactical/technical, purely a stage of development where players are figuring out the mechanics to the game.

Emphasis on growing a love of the ball. Learning to dribble through a variety of dribbling activities, allowing players to touch the ball using both feet and different parts of the feet.

- Physical literacy & beginner ball understanding;
- Fantasy based games and movements;
- Small sided games will usually finish the session, these will be 3 vs 3 (no goalkeepers), ball continuously thrown back into play by coaches.





LSA House

U6-Technical Overview

U6

Still in the discovery phase of soccer, minimal technical coaching, with zero tactical coaching. Continuing to grow a love of the ball whilst now being able to turn, stop and an introduction to basic concept of passing and shooting.

- Physical literacy & beginner ball understanding;
- Fantasy based games and movements;
- Small sided games will be 3 vs 3 (no goalkeepers), ball continuously thrown back into play by coaches, small amounts of technical input, zero tactical.





LSA House

U7-Technical Overview

U7

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”.

- Continue to improve dribbling abilities, including turning at speed and additional shooting & passing activities;
- Introduction of skills needed to get past defenders (moves and skills);
- Aim to build vision and awareness abilities;
- Small sided games will be 3vs3 (no goalkeepers), ball continuously thrown back into play by coaches and/ or pass or dribble in.





LSA House

U9-Technical Overview

U9 Girls and Boys Div.

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 goal keeper) on a small pitch to maximize touches on the ball and opportunities to make decisions and influence the game.
- Max 10 players per team





LSA House

U11-Technical Overview

U11 Girls and Boys Div.

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 goal keeper)
- Beginner introduction to formations, game rules and tactical side of soccer;
- Retreat Line (1/3 of the field),
- Players will play a multitude of positions and with equal playing time for all.





LSA House

U13-Technical Overview

U13

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.

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;
- Building on an increased tactical understanding
- Results do not matter and everyone is asked to remember this is a DEVELOPMENT ENVIRONMENT at all times.





LSA House

U15/U18-Technical Overview

U15 & U18

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

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 all games;
- Games should be 6v6 format (5 outfield and 1 goalkeeper);
- The game becoming more of a teacher;
- Building on an increased tactical understanding
- Results do not matter and everyone is asked to remember this is a DEVELOPMENT ENVIRONMENT at all times.





LSA House

U13-U18 Added Rules

Additional Rules

These are in place to ensure the games stay competitive.

3 Goal Max – once a player scores 3 goals, any goals scored by that player will not count.

Outnumbered Teams - Should a team find themselves short and the opposition with multiple subs, coaches will be advised to send players to level out teams and give more playing time to all –U15 and U18 this will result in a forfeit lose for team with not enough players

Add A Player - During 'Blow-Out' games where the scoreline differential goes to 4 goals, coaches will also be asked to offer the opposition the chance to add an additional player to make the game 7vs6.

Coaches are asked to ALWAYS make subtle changes to ensure games remain competitive and challenging for all (discussed during coach development).

Female Players – All teams MUST have at least 1 female on the field at all times.





U5 Timbits Program

\$200.00

- U5 – 2019 Boys & Girls (CoEd)
- All players will receive a Timbits jersey, shorts and socks
- Saturday's Start times TBD
- All session will be played at the Servus Sports Centre
- *16 Active Start Skill Sessions – Ball literacy, FUNdamental movements*
- *Small sided games (Max.3v3)*
- *All teams will be coached by our certified CSA Coaches*

#Islaearnthegamelovethegame





U6 Timbits Program

\$200.00

- U6 – 2018 Boys & Girls (CoEd)
- All players will receive a Timbits jersey, shorts and socks
- Saturday's Start times TBD
- All session will be played at the Servus Sports Centre
- *16 Active Start Skill Sessions – Ball literacy, FUNdamental movements*
- *Small sided games (Max.3v3)*
- *All teams will be coached by our certified CSA Coaches*

#Isalearnthegamelovethegame





U7 Program

\$200.00

- U7 – 2017 Boys & Girls (CoEd)
- All players will receive a Timbits jersey, shorts and socks
- Saturday's Start times TBD
- All session will be played at the Servus Sports Centre
- *16 Active Start Skill Sessions – Ball literacy, FUNdamental movements*
- *Small sided games (Max.3v3)*
- *All teams will be coached by our certified CSA Coaches*

#Isalearnthegamelovethegame





U9 Program

\$310.00

- U9 – 2015 & 2016 Boys and Girls
- All players will receive a jersey, shorts and socks
- Teams are coached by volunteer parents
- Mondays/ Saturday's Start times TBD
- All sessions at the Servus Sports Centre – 2501 28 Ave S
- Each week will consist of 1 team practice & 1 Game. 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 goal keeper)**
- 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.

#Isalearnthegamelovethethegame





U11 Program

\$310.00

- U11 – 2013 & 2014 Boys & Girls
- All players will receive a jersey, shorts and socks
- Mondays/ Saturday's (Some Friday's) Start times TBD
- All sessions at the Servus Sports Centre – 2501 28 Ave S
- Sessions will be 1 practice to 3 games
- Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc)
- Games will be **6 vs 6 at U11 (5 players + 1 goal keeper)**
- 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.

#Isalearnthegamelovethegame





U13 Program

\$310.00

- U13 – 2011 & 2012 CoEd
- All players will receive a jersey, shorts and socks
- Wednesday's & Saturday's Start Times TBD
- All sessions held at the Servus Sports Centre -2501 28 Ave S
- Sessions will be 1 practice to 5 games, Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc)
- Continued understanding of the tactical side of the game
- Games will be **6 vs 6 including goalkeepers (5 players + 1 goal keeper)**
- Players will play a multitude of positions and equal playing time for all.

#Isalearnthegamelovethethegame





U15 Program

\$310.00

- U15 – 2009 & 2010 CoEd
- All players will receive a jersey, shorts and socks
- Monday's/ Saturday's Start times TBD
- All sessions held at the Servus Sports Centre -2501 28 Ave S
- Sessions will be 1 practice to 5 games, Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc)
- Continued understanding of the tactical side of the game
- Games will be **6 vs 6 including goalkeepers (5 players + 1 goal keeper)**
- Players will play a multitude of positions and equal playing time for all.

#Isalearnthegamelovethegame





U18 Program

\$310.00

- U18 – 2006, 2007 & 2008 CoEd
- All players will receive a jersey, shorts and socks
- Monday's/ Saturday's - Start times TBD
- All sessions held at the Servus Sports Centre -2501 28 Ave S
- Sessions will be 1 practice to 7 games, Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc)
- Continued understanding of the tactical side of the game
- Games will be **6 vs 6 including goalkeepers (5 players + 1 goal keeper)**
- Players will play a multitude of positions and equal playing time for all.

#Isalearnthegamelovethethegame





LSA House Contact Information

Kristy Lauzon – Program Coordinator

kristy@lethbridgesoccer.com

Sam Heap– Technical Director

sheap@whitecapsfc.com

Paige Veurink – Office Manager

paige@lethbridgesoccer.com

Office 403-320-5425

