



LYS INDOOR PROGRAM

— 2026 / 2027



LEARN
THE GAME.
LOVE
THE GAME.



HAVE FUN

We create a positive, energetic environment where kids love to play.



MAKE FRIENDS

Soccer brings kids together and creates lifelong friendships on and off the field.



DEVELOP SKILLS

Age-appropriate training and small-sided games help players learn and grow.



BUILD CONFIDENCE

We empower players to try new things, face challenges and believe in themselves.



BE PART OF THE COMMUNITY

We are proud to be a welcoming community where every player feels valued.



WHY FAMILIES CHOOSE *LYS*



LYS is more than just soccer.

It's a positive experience that helps children grow, build friendships, and develop a lifelong love of the game.

LEARN THE GAME. *LOVE* THE GAME.



QUALIFIED COACHES

Our coaches are trained, screened, and passionate about helping every player succeed.



AGE-APPROPRIATE DEVELOPMENT

Sessions are designed using Canada Soccer's player development model for each stage of growth.



FOCUS ON FUN

We create a positive, energetic environment where kids can play, laugh and love soccer.



BUILD CONFIDENCE

Small-sided games and supportive coaching help players try new things and believe in themselves.



EQUAL OPPORTUNITIES

Every player gets time, encouragement, and the chance to contribute and shine.



LIFELONG FRIENDSHIPS

Soccer brings kids together and creates connections that last far beyond the season.



SAFE & INCLUSIVE ENVIRONMENT

We promote respect, teamwork, and inclusivity so every child feels welcomed and valued.



SMALL-SIDED GAMES

More touches, more involvement, more decisions and more enjoyment for every player.



COMMUNITY FOCUSED

We're proud to be a locally run association that supports families and our community.



AFFORDABLE & ACCESSIBLE

Quality programming that is accessible to all families in our community.



REGISTRATION INFORMATION



GET READY FOR AN AMAZING INDOOR SEASON!



ONLINE REGISTRATION
OPENS **AUGUST 1, 2026**



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 2026 to March 2027.



FIELD LOCATIONS

for all age groups are listed on the registration information sheet.



MAKE FRIENDS

Soccer brings kids together and creates lifelong friendships on and off the field.



DEVELOP SKILLS

Age-appropriate training and small-sided games help players learn and grow.



BUILD CONFIDENCE

We empower players to try new things, face challenges and believe in themselves.



BE PART OF THE COMMUNITY

We are proud to be a welcoming community where every player feels valued.



SEASON AT A GLANCE

A season of development, fun and community.

Here's what the LYS season looks like. Important dates help families plan ahead and stay in the game!



AUGUST 1

**REGISTRATION
OPENS**

Secure your spot and get ready for the upcoming season!



MID / END SEPTEMBER

**TEAMS FORMED &
COACHES SELECTED**

Teams are formed and coaches are selected. You'll hear from your coach soon!



EARLY OCTOBER (TBC)

SEASON STARTS

Training begins and games kick off. Let the season begin!



END OF DEC –
EARLY JANUARY

**CHRISTMAS &
NEW YEAR BREAK**

Time to rest, spend time with family and enjoy the holidays!



EARLY JANUARY (TBC)

BACK TO IT!

We return refreshed and ready to finish the season strong.



MARCH (TBC)

SEASON FINISHES

The final day of the season (TBC). Celebrate growth, effort and achievements!



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.

LEARN
THE GAME.
LOVE
THE GAME.



GOOD TO KNOW

We focus on **development, effort,** and having **fun** – the true foundation for lifelong soccer success!



OUR DEVELOPMENT PHILOSOPHY

Guided by Canada Soccer. Built for Every Player.

At LSA, our development philosophy is built around Canada Soccer's '**Four Corner Model**' – a holistic approach that supports the growth of the whole player, on and off the field.

THE FOUR CORNER MODEL

TECHNICAL

Developing technical skills and tactical understanding through quality training and game play.



PHYSICAL

Building athletic literacy, movement skills and overall physical competence for lifelong activity.

PSYCHOLOGICAL

Supporting confidence, resilience, focus and a positive mindset to overcome challenges and grow.

SOCIAL

Encouraging teamwork, respect, communication and a sense of belonging – on and off the field.



DEVELOPING THE WHOLE PLAYER

By focusing on all four areas, we help players:



Build confidence and self-belief



Improve skills and decision making



Develop character and a strong work ethic



Form positive relationships and teamwork



Fall in love with the game for life

Better players. Better people. Better together.



DID YOU KNOW?

Players in small-sided games can touch the ball **3-5 TIMES MORE** than in traditional full-sized games.



WHY WE PLAY

SMALL-SIDED SOCCER



Smaller games. More touches. Bigger development.

At LSA, we play small-sided soccer because it creates the best possible learning environment for **every player – every day.**

THE BENEFITS FOR YOUR CHILD



MORE TOUCHES

More touches on the ball means faster skill development.



MORE DECISIONS

Players make more decisions, more often.



MORE GOALS

More scoring opportunities build confidence and motivation.



MORE PLAYERS INVOLVED

Everyone participates more, creating a more engaging experience for all.



BETTER DEVELOPMENT

Small-sided formats help develop technical, tactical, physical and social skills.



DID YOU KNOW?

Players in small-sided games can **touch the ball 3-5 TIMES MORE** than in traditional full-sized games.



Our goal is simple: to create confident, skilled, and passionate players who love the game and want to keep coming back!



LYS U5 PROGRAM - **TIMBITS**



A fun first step into soccer! Our Timbits program focuses on movement, basic ball skills and building confidence in a positive, play-based environment.

PROGRAM FOCUS



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

Mondays
5:00 PM



LOCATION

Servus
Sports Centre



SESSION LENGTH

40 minutes



SESSIONS

17 sessions
are played

PRICE

\$285





LYS U6 PROGRAM - **TIMBITS**



A fun first step into soccer! Our Timbits program focuses on movement, basic ball skills and building confidence in a positive, play-based environment.

PROGRAM FOCUS



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

Wednesdays
5:00 PM



LOCATION

Servus
Sports Centre



SESSION LENGTH

40 minutes



SESSIONS

17 sessions
are played

PRICE

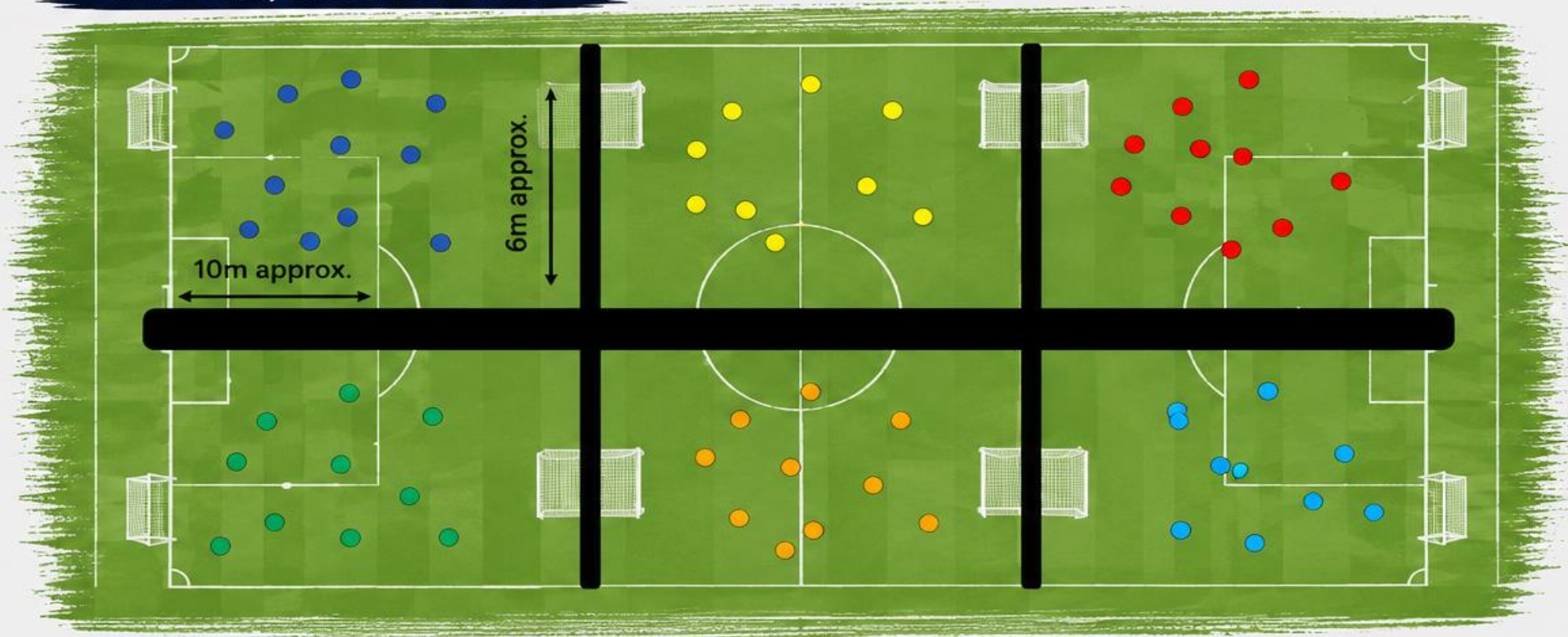
\$285





LYS - FIELD SETUP **TIMBITS**

6 PITCHES, GAMES 4-A-SIDE



4-A-SIDE GAMES

Small sided games help players get more touches and build confidence.



6 PITCHES

Six fields are set up to keep the game moving and fun!



PLAY & LEARN

Players develop skills through play in a positive, supportive environment.



FUN FIRST

Our focus is on having fun, making friends and loving the game!



LYS **U7/8** PROGRAM

BOYS & GIRLS DIVISIONS – 2019 & 2020

PROGRAM FOCUS



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

Mondays and
Saturdays



LOCATION

All sessions will be
played at
Servus Sports Centre



SESSION LENGTH

50 minutes
duration



SESSIONS

17 sessions
are played

PRICE

\$285





LYS U9/10 PROGRAM



FUNdamentals

BOYS & GIRLS DIVISIONS – 2017 & 2018

PROGRAM FOCUS



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 5v5 (including goalkeepers). 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

Mondays,
Wednesdays and
Saturdays



LOCATION

All sessions will be
played at
Servus Sports Centre



SESSION LENGTH

50 minutes
duration



SESSIONS

21 sessions
are played

PRICE

\$340





LYS - FIELD SETUP

U7/8 & U9/10

3 PITCHES, 5-A-SIDE

FIELD DETAILS



3 PITCHES

Set up across a full-size field



5-A-SIDE GAMES

Small sided games maximize touches and development



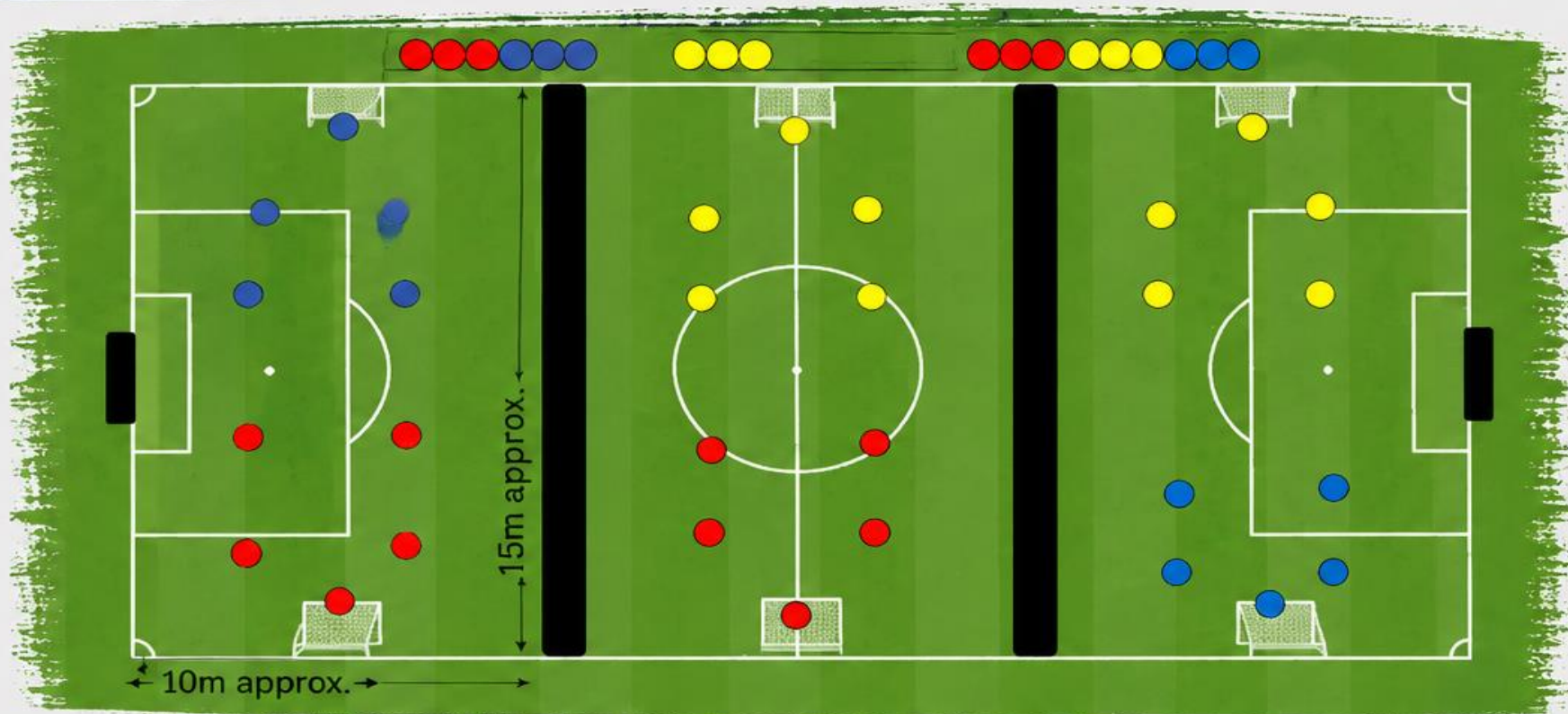
PITCH SIZE

Approximately 15m (length) x 10m (width)



EQUIPMENT

Use small sided goals and marker discs



ORGANIZED SPACES

Three fields allow more players to play at the same time.



MORE TOUCHES

Smaller games mean more action, more touches, more learning.



PLAYER DEVELOPMENT

Encourages creativity, decision making and builds confidence.



TEAM ENVIRONMENT

Players learn teamwork, communication and respect.



FUN & ENGAGING

A positive, supportive environment where players love the game!



LYS **U11/12** PROGRAM



LEARNING
TO TRAIN STAGE

BOYS & GIRLS DIVISIONS – 2015 & 2016



3:1 RATIO

The season will be broken into a 3:1 ratio.
3 games to 1 team practice.



FOCUS ON SKILL DEVELOPMENT

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



6 v 6 GAMES

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



LEARN & COMPETE

Beginner introduction to formations, game rules
and tactical side of soccer.



DEVELOPMENT FOR ALL

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



RETREAT LINE IN EFFECT

Retreat line in effect, to encourage building
from the back (halfway line).



PRICE

\$420



DAYS

Mondays and Saturdays
(with a few select
Fridays)



LOCATION

All sessions will be
played at
Servus Sports Centre



SESSION LENGTH

55 minutes
Session duration



SESSIONS

27 sessions
are played



LYS - FIELD SETUP - U11/12

SHORTENED INDOOR FIELD, 6-A-SIDE

WHY WE DON'T PLAY FULL PITCH

Smaller fields create more touches, more decisions, and more opportunities to learn. This leads to faster development, better technique, and more engaged players.



DEVELOPMENT FIRST

A smaller field means more involvement for every player. More touches = more learning.



MORE ACTION, MORE FUN

More space to play the ball. More chances to dribble, pass, shoot and score.



BETTER DECISION MAKING

Players are challenged to think and act faster in real game situations.



BUILDING CONFIDENCE

More success on the ball leads to happier, more confident players.



AGE APPROPRIATE DEVELOPMENT

Our field setup is recommended by Canada Soccer to support long-term player growth.

FIELD DETAILS



FIELD SIZE

Approximately 24m (length) x 14m (width)



PLAYERS

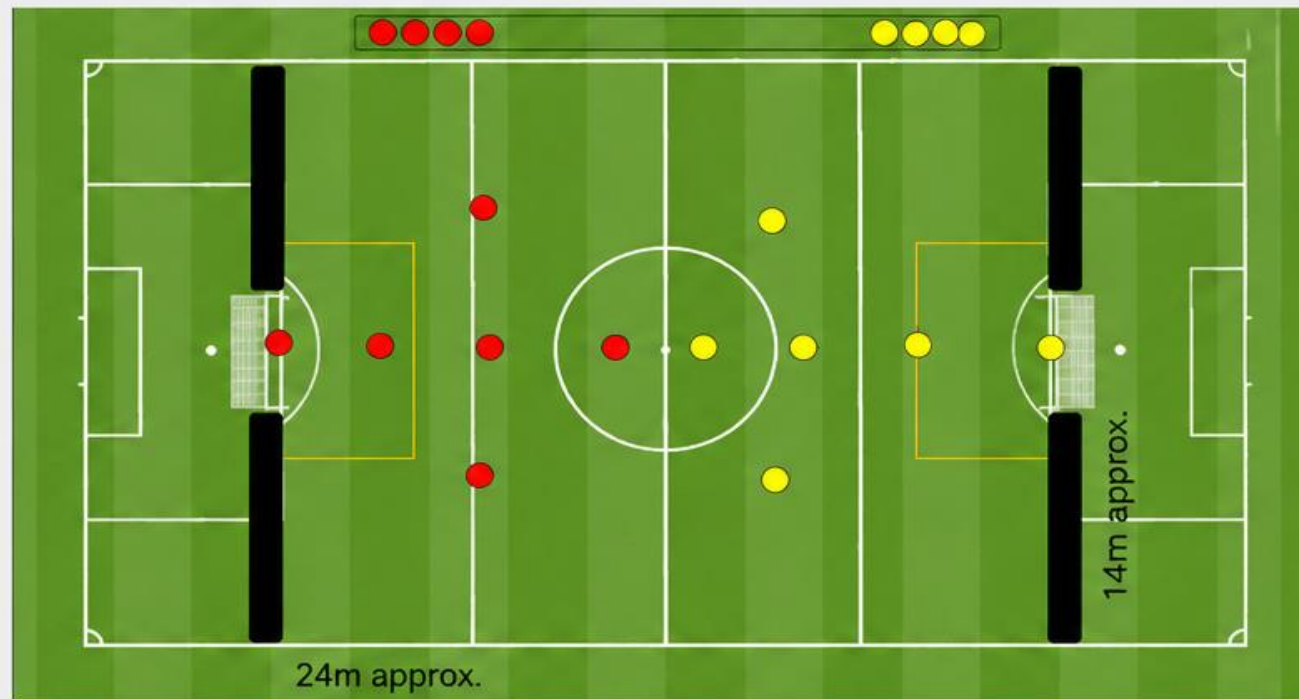
6-a-side
(5 players + 1 goalkeeper)



GAME FORMAT

Modified rules, retreat line in effect

FIELD DIAGRAM



**MORE TOUCHES.
MORE LEARNING.
MORE FUN.**



MORE TOUCHES

Smaller field means more touches and more development.



BETTER SKILLS

Players improve technique faster with more chances to practice.



SMARTER PLAYERS

More decisions, more awareness, better understanding of the game.



MORE CONFIDENCE

More success leads to more confidence and a love for the game.



PLAYER DEVELOPMENT

The right environment today builds better players for tomorrow.



LYS U13/14 PROGRAM



PLAYER DEVELOPMENT
CENTRED

CO-ED DIVISION – 2013 & 2014



3:1 PRACTICE TO GAME RATIO

The season will be broken into a 3:1 ratio,
3 games to 1 team practice.



FOCUS ON SKILL DEVELOPMENT

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



TACTICAL UNDERSTANDING

Continued understanding of the tactical
side of the game.



6 vs 6 INCLUDING GOALKEEPERS

Games will be 6 vs 6 including goalkeepers
(5 players + 1 goalkeeper).



MULTIPLE POSITIONS

Players are encouraged to play
multiple positions.



DAYS

Mondays and Saturdays



LOCATION

All sessions will be
played at
Servus Sports Centre



SESSION LENGTH

55 minutes
Session duration



SESSIONS

27 sessions
are played



PRICE

\$420



LYS U15/16 PROGRAM



PLAYER DEVELOPMENT
CENTRED

CO-ED DIVISION – 2011 & 2012



3:1 PRACTICE TO GAME RATIO

The season will be broken into a 3:1 ratio.
3 games to 1 team practice.



FOCUS ON SKILL DEVELOPMENT

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



TACTICAL AWARENESS

Advanced understanding of the tactical
side of the game.



6 VS 6 (5 PLAYERS + 1 GOALKEEPER)

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



MULTIPLE POSITIONS & EQUAL PLAYING TIME

To benefit full skill development, all players will
play a multitude of positions and equal
playing time for all.



DAYS

Mondays, Saturdays
and a few select
Fridays



LOCATION

All sessions will be
played at
Servus Sports Centre



SESSION LENGTH

55 minutes
Session duration



SESSIONS

27 sessions
are played



PRICE

\$420



LYS **U17/18** PROGRAM



PLAYER DEVELOPMENT
CENTRED

CO-ED DIVISION – 2009 & 2010



3:1 PRACTICE TO GAME RATIO

The Season will be broken into a 3:1 ratio.
3 games to 1 team practice.



FOCUS ON SKILL DEVELOPMENT

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



ADVANCED TACTICAL UNDERSTANDING

Advanced understanding of the tactical
side of the game.



6 VS 6 (5 PLAYERS + 1 GOALKEEPER)

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



MULTIPLE POSITIONS & EQUAL PLAYING TIME

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



DAYS

Mondays and Saturdays



LOCATION

All sessions will be
played at
Servus Sports Centre



SESSION LENGTH

55 minutes
Session duration



SESSIONS

27 sessions
are played



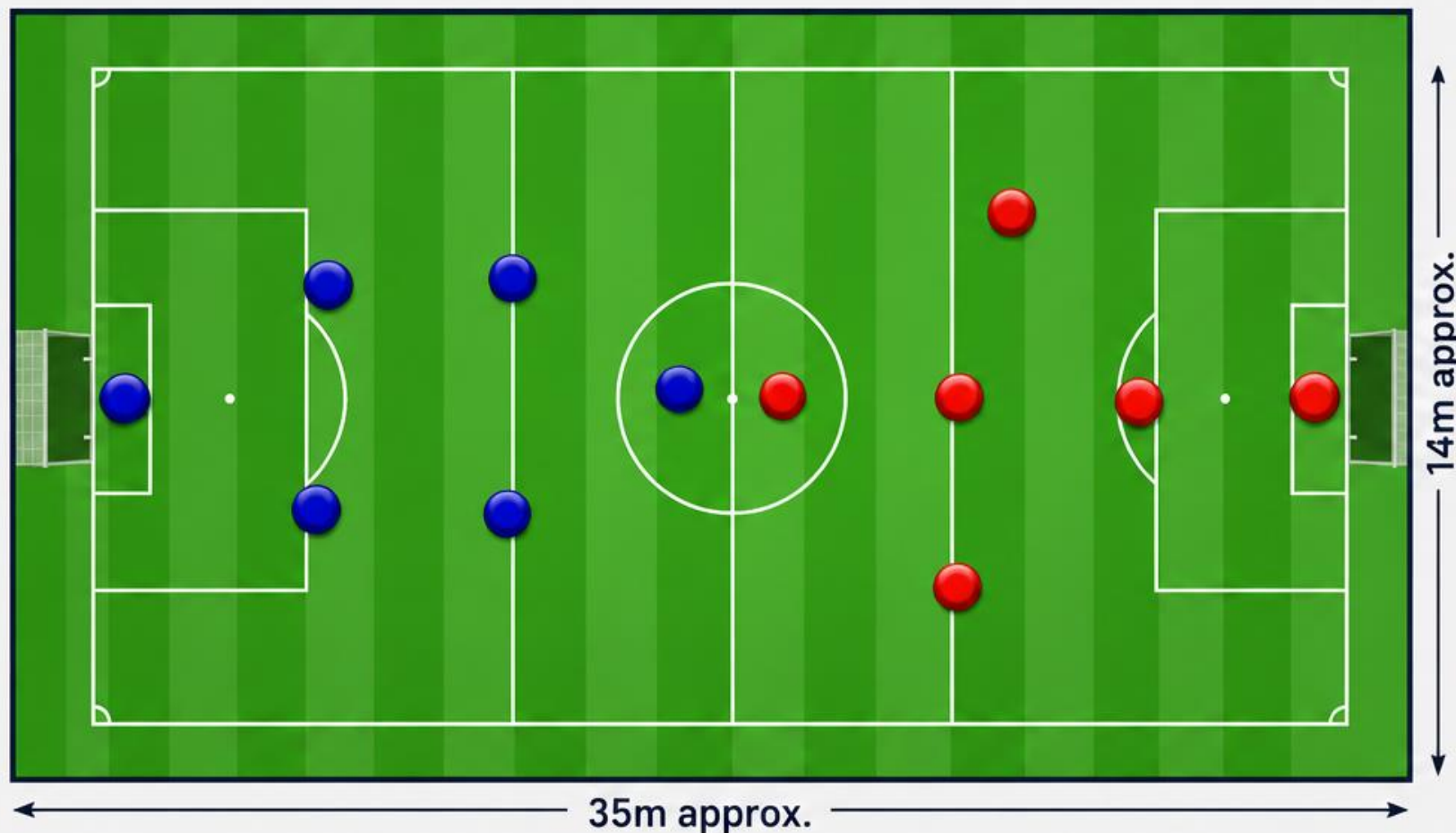
PRICE

\$420

LYS - FIELD SETUP

U13/14, U15/16 AND U17/18

STANDARD INDOOR FIELD, 6-A-SIDE



SETUP DETAILS

- 6 players per team (5 outfield + 1 goalkeeper)
- Standard indoor field dimensions: 35m (length) x 14m (width) approx.
- Use of full boards and standard indoor goals
- All LYS games are played in 6-a-side format for these age groups



PARENT EXPECTATIONS



PLAYER DEVELOPMENT
CENTRED

TOGETHER, WE HELP PLAYERS GROW

Your support and encouragement play a huge role in your child's experience and development. By working together, we can create a positive, fun and development-focused environment for all players.

WHAT WE EXPECT FROM PARENTS



POSITIVE ENCOURAGEMENT

Cheer for effort, hustle and teamwork. Let the coaches coach and the referees referee.



RESPECT

Show respect to all players, coaches, referees and spectators – win or lose.



FOCUS ON DEVELOPMENT

Support your child's learning and effort over winning or individual statistics.



PUNCTUALITY & COMMITMENT

Ensure your child attends practices and games on time and is ready to play.



COMMUNICATION

Communicate with coaches in a respectful and appropriate manner. Address concerns through the proper channels.



SAFETY FIRST

Ensure your child comes to the field prepared, hydrated and ready to have fun.

WHAT THIS LOOKS LIKE



Celebrate good plays from both teams.



Be a role model – your child is watching.



Encourage independence and let players solve problems on their own.



Notify your coach in advance if your child will be absent.



Allow 24 hours before discussing any concerns. Respect the chain of communication.



Support healthy habits and promote a positive environment for all.



**TOGETHER,
WE MAKE A DIFFERENCE.**

Thank you for supporting your child, the team and our club. Let's help every player love the game and reach their potential!



PARENT FAQ'S

ANSWERS TO COMMON QUESTIONS



PLAYER DEVELOPMENT
CENTRED

We've answered some of the most common questions parents have about our indoor soccer program.



1. WHY DO YOU PLAY ON A SHORTER FIELD?

A smaller field increases touches on the ball, speeds up decision making and helps players improve technical skills in a more engaging environment. It supports player development at every age and stage.



2. WHY DOES MY CHILD PLAY MULTIPLE POSITIONS?

We believe all players should understand and experience every area of the game. Playing multiple positions builds smarter players, improves overall soccer IQ and helps them develop a deeper appreciation for the game.



3. HOW MUCH PLAYING TIME WILL MY CHILD GET?

Our goal is equal playing time for all players. Everyone plays, learns and contributes in every session and game.



4. WHAT IS THE COACHES' ROLE?

Our coaches are trained to teach, guide and support players. They focus on skill development, effort, teamwork and creating a positive environment.



5. WHAT IS THE FOCUS OF THE PROGRAM?

Player development. We focus on building technical skills, tactical awareness, confidence and a love for the game in a fun and supportive setting.



6. WHEN ARE THE SESSIONS AND GAMES?

Days are a mixture of weekdays and Saturdays. All sessions are held at Servus Sports Centre. Schedules will be provided before the season begins.



7. WHAT SHOULD MY CHILD BRING?

Indoor shoes, shin guards, water bottle and a positive attitude! All players should come ready to learn and have fun.



8. WHAT IF MY CHILD IS NEW TO SOCCER?

No problem! Our program welcomes all skill levels. We create a supportive environment where every player can learn and grow at their own pace.



9. WHAT IS THE COST OF THE PROGRAM?

The program fee is \$425. This includes all training sessions, games and facility costs.



10. HOW CAN I COMMUNICATE WITH THE COACHES?

We encourage open and respectful communication. Reach out to your coach directly or through the LSA office with any questions or concerns.



CONTACT US

WE'RE HERE TO HELP

Have a question, need more information or want to get involved?
We're just an email or phone call away!

Our team is committed to providing the best experience
for players and families.



LSA OFFICE

☎ 403-320-5425

✉ admin@lethbridgesoccer.com

Registration, general inquiries,
payments, policies and
program information.



SCHEDULING & FACILITY

✉ admin@lethbridgesoccer.com

Session schedules, facility
bookings and weather
related updates.



SAFE SPORT & CONCERNS

🌐 Submit a report through ALIAS
on the lethbridgesoccer.com
website.

Questions or concerns
regarding player safety,
conduct or wellbeing.



TECHNICAL DIRECTOR

✉ sheap@whitecapsfc.com

Overall program leadership,
player development and
technical oversight.



**PLAYER DEVELOPMENT
CENTRED**

STAY CONNECTED



WEBSITE

lethbridgesoccer.com



FACEBOOK

Lethbridge Soccer Association



INSTAGRAM

@lethbridgesoccer



TEAMSAP

Communication & team updates
through TeamSnap



WE VALUE YOUR FEEDBACK

Your input helps us continue to grow
and improve our programs.

**Thank you for being part of our
soccer family!**