



Lethbridge Soccer Association LYS Program Indoor 2026/2027

In Partnership with Vancouver Whitecaps Football
Club



Registration Information

- 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. Then apply for the funding. 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
- All sessions for all age groups will be played at Servus Sports Centre – 2501 28 Avenue South.



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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 is to encourage highly competitive matches.
- Players, coaches and parents are asked to remember this at all times;



LYS U5 Program – Timbits



U5 – 2022 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 Mondays 5pm
 - All sessions will be played Servus Sports Centre
 - 17 Sessions 40-minute sessions

Price - \$285



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LYS U6 Program – Timbits

U6 – 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'.
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- Days will be Wednesdays 5pm
 - All sessions will be played Servus Sports Centre
 - 17 – 40 Minute sessions

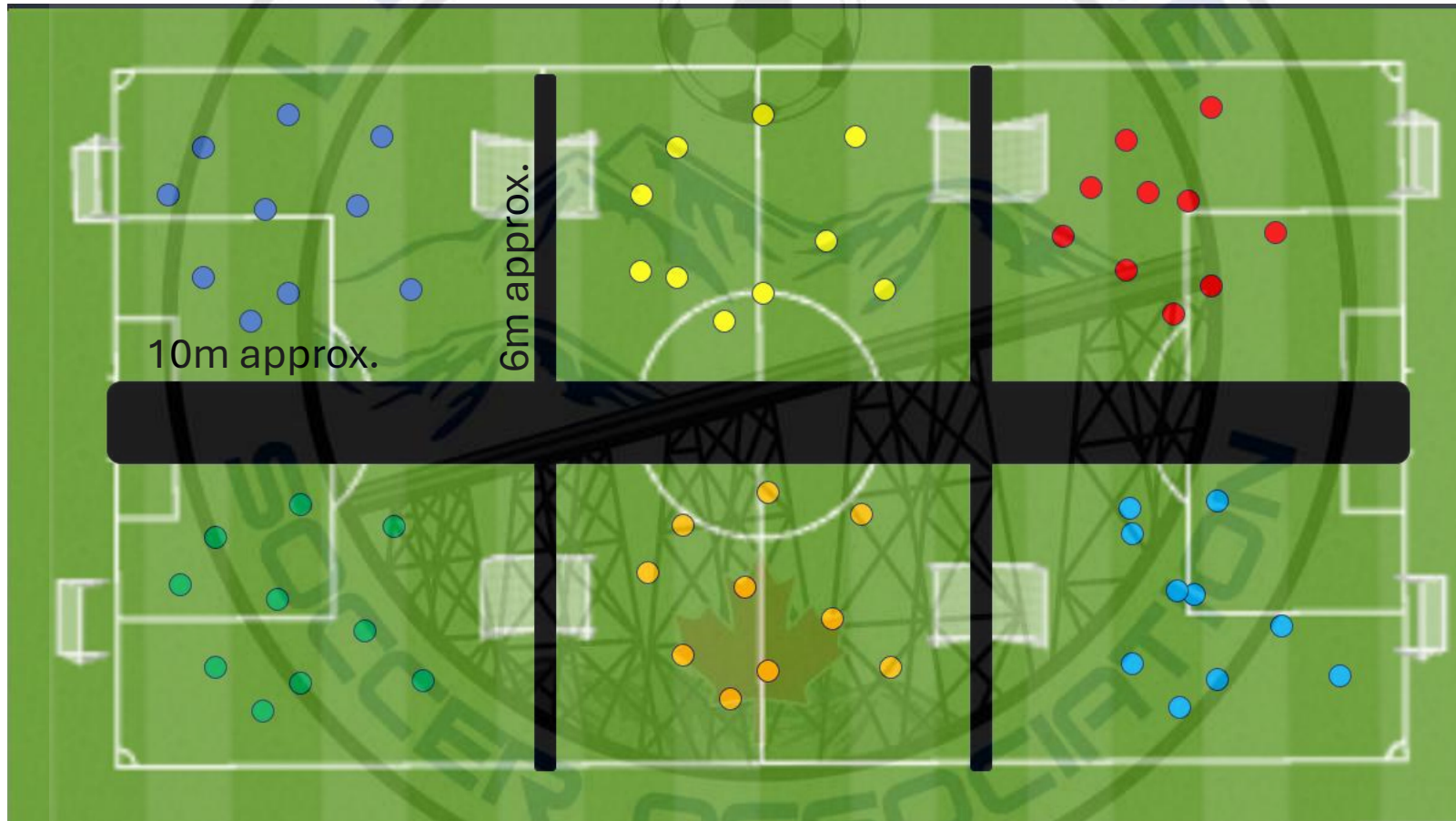
Price - \$285



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LYS – Field Setup - Timbits

6 Pitches, Games 4-a-side



LYS U7/8 Program

U7/ U8 –Boys Division – 2019 & 2020

U7/ U8 – Girls Division – 2019 & 2020

- 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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- Boys days will be a combinations of Mondays and Saturdays
 - Girls will be Wednesdays
 - All sessions will be played Servus Sports Centre
 - 17 – 50 Minute sessions

Price - \$285



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LYS U9/10 Program

U9/U10 Boys – 2017 & 2018 Boys Division

U9/U10 Girls – 2017 & 2018 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 intermediate 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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- Boys days will be a combination of Mondays and Saturday
 - Girls days will be Wednesdays
 - All sessions will be played Servus Sports Centre
 - 21 – 55 Minute sessions



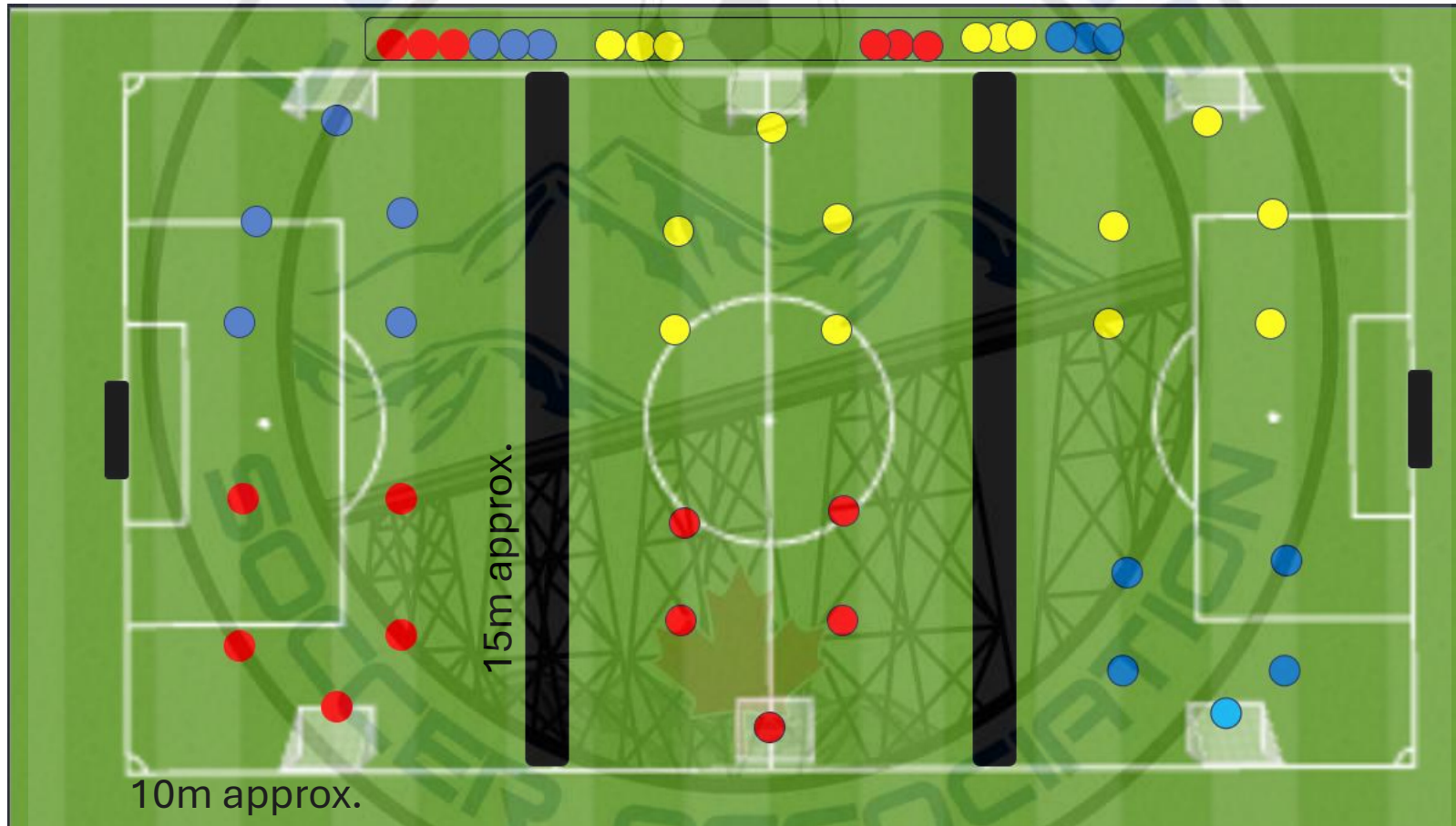
Price - \$340



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LYS – Field Setup – U8 & U9/10

3 Pitches, 5-a-side



LYS U11/12 Program

U11/12 – 2015 & 2016 Boys Division

U11/12 – 2015 & 2016 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)
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- Days will be a mixture of Mondays & Saturdays with a few Fridays
 - All sessions will be played Servus Sports Centre
 - 27 – 55 minute sessions

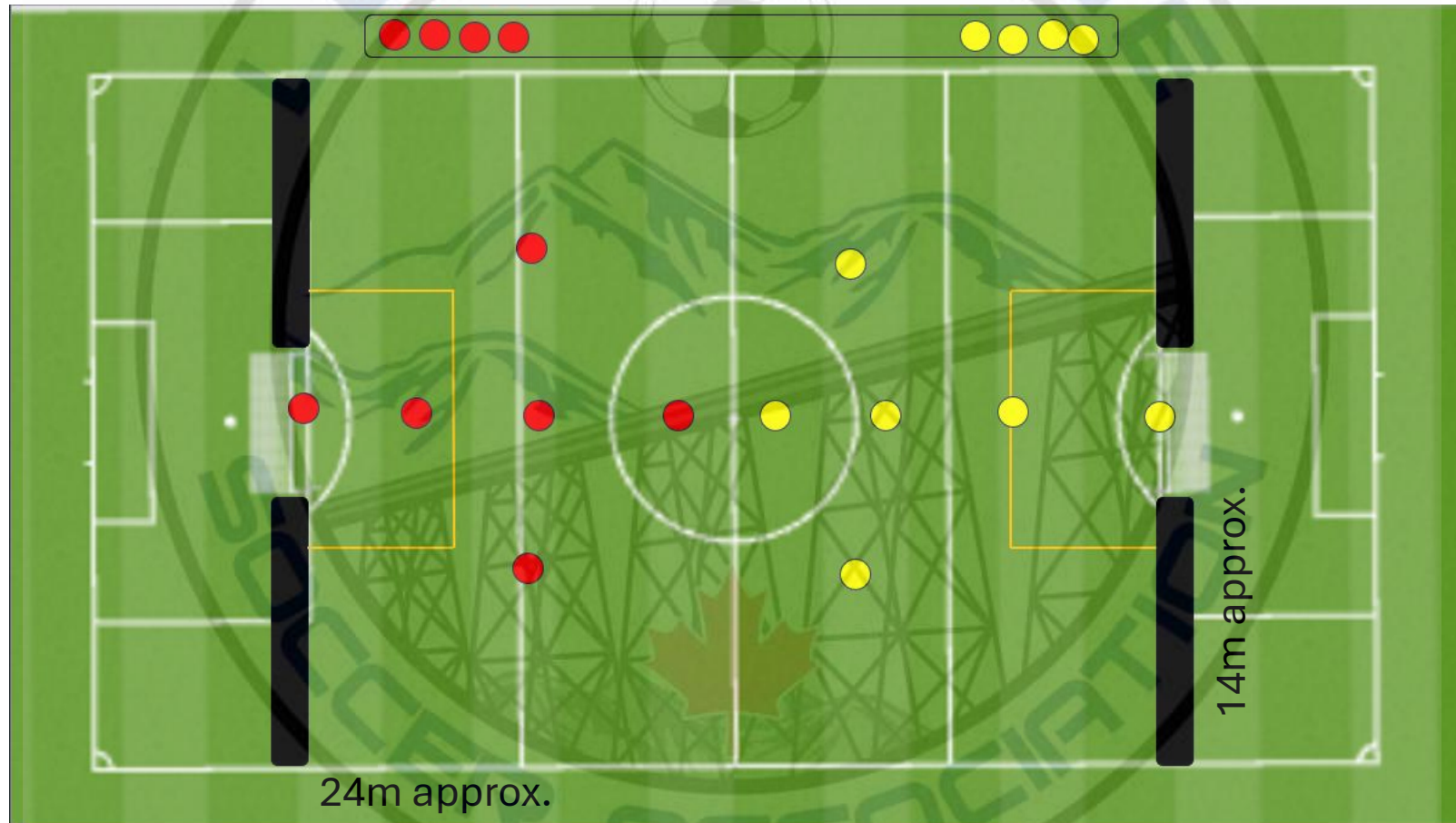
Price - \$420



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LYS – Field Setup – U11/12

Shortened indoor field, 6-a-side



LYS U13/14 Program

U14 – 2013 & 2014 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 Mondays and Saturdays
 - All sessions will be played Servus Sports Centre
 - 27 – 55 Minute Sessions

Price - \$420



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LYS U15/16 Program

U16 – 2011 & 2012 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 and a few Fridays
 - All sessions will be played Servus Sports Centre
 - 27 -55 Minute Sessions

Price - \$420



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LYS U17/18 Program

U18 – 2009 & 2010 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.
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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

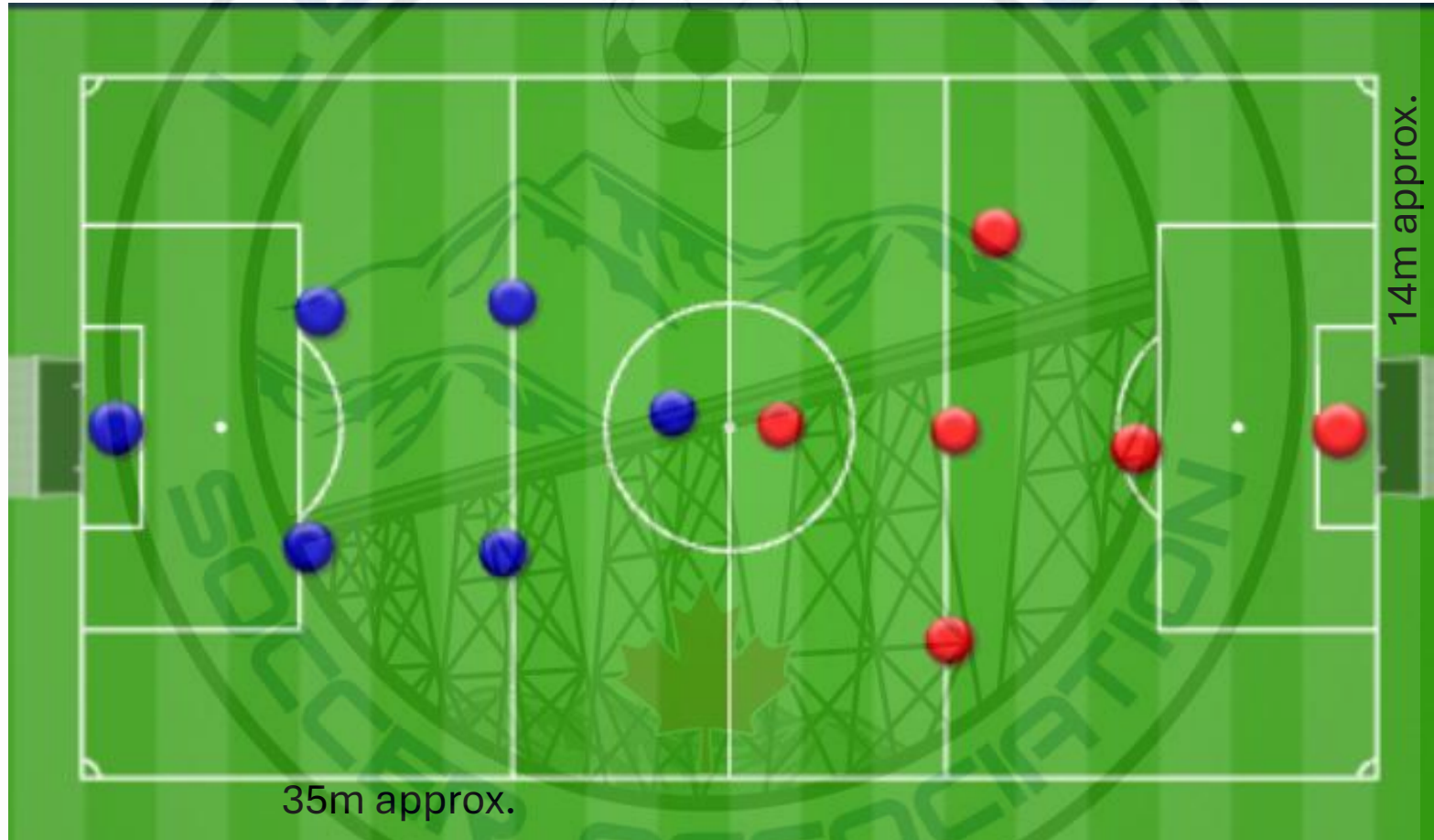
Price - \$420



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

Standard indoor field, 6-a-side



Contact Details

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