



Lethbridge Football Club Technical Program Outline Outdoor 2026



Inspiring Excellence, Fostering Creativity, and Nurturing Bravery

Introduction

At Lethbridge Football Club, we believe in developing not just skilled soccer players, but also well-rounded individuals who embody the values of teamwork, discipline, creativity, and bravery. Our competitive stream, affiliated with the Lethbridge Soccer Association, is dedicated to cultivating a possession-based style of play that encourages players to express themselves, showcase their creativity, and exhibit courage both on and off the field.

Our Vision

To empower young athletes to become exceptional soccer players who embrace creativity, possess technical mastery, and approach challenges with unwavering bravery. We aspire to be a leading youth soccer club, known for producing players who are not only proficient in possession-based play but also contribute positively to their communities.



LFC Development – Program Outline

Boys & Girls

Selection by evaluation process

Ages

U10 (2016)

U11 (2015)

U12 (2014)

Season

Late April to Early August

Field-Time

2 x 75 mins sessions per week based around LFC Curriculum,
Travel Tournaments,
Home Tournament (if applicable),
Bio-mechanic Movements – Delivered by The Bridge,
Whitecaps Professional Coaches Pre-Season Camp,
Goalkeeper clinics available for committed goalkeepers.



LFC – Program Outline

Boys & Girls – Tiers 1-4

Selection by evaluation process.

Ages

U13 (2013)

U15 (2011 and 2012)

U17 (2009 and 2010)

Season

Mid April to Mid August,

Field-Time

2 x 90 mins sessions per week,

Travel Tournaments

CMSA (league) – Tiers 1&2*

Home Tournament (if applicable),

Alberta Soccer Provincials,

Strength & Conditioning Program– Delivered by The Bridge,

Whitecaps Professional Coaches Pre-Season Camp,

Goalkeeper clinics available for committed goalkeepers.



LFC & Vancouver Whitecaps– Pre Season Camp

Dates: 1st, 2nd and 3rd May 2026

We will be hosting coaches from the Vancouver Whitecaps delivering a number of sessions LFC for players and coaches.

Whitecaps Coaches joining full time staff Sam Heap and Chris Hayes will include:

Mike Ayyash - Vancouver Whitecaps Technical Director

Chris Mckaig – Vancouver Whitecaps Regional Head Coach (Calgary)

Joe Taylor – Vancouver Whitecaps Regional Head Coach (Vancouver Island)

& others TBC

A wonderful opportunity for all LFC players and coaches to learn from some of the best coaches in the country.

Full schedule will be released to the LFC teams following evaluations.



OFFICIAL WHITECAPS FC ACADEMY CENTRE PARTNER



LFC Playing Philosophy

Technically Able

A solid technical base, able to execute skills while under pressure in all moments of the game.

Tactically Astute

A player with a clear understanding of tactical cues in relation to the game.

Adaptable / Aware

Can cope with the demands of the game with confidence

Resilient / Mentally Strong

Rises to the challenge & quickly recovers from match difficulties

Pure Enjoyment

Love & passion for the game

Physically Ready

Smooth bio-mechanics.
Work on S&C throughout soccer journey.



Player MUST Haves

LFC – How We Develop Players

The LFC philosophy is a player centered approach based around Canada Soccer Associations (CSA) '4 Corner Model'. It is aimed at creating freethinking gamechangers that can recognize & adapt to any situation, enabling maximum on-field performance.

Technical

Developing players with the best possible technical abilities

- Ball Mastery
- Dribbling
- Passing
- Shooting
- Aerial
- Defending

Psychological

Equipping players with mental skills to excel and overcome

- Social Skills
- Passion
- Accepting mistakes / resilience
- Healthy Competitiveness (accepting of wins and losses)
- A desire to improve

Tactical

Educate players in order to understand modern game strategies

- Formations
- Phases of play
- Positional play
- Set pieces
- Attack/Defense

Physical

Building players with physical traits needed in the game

- Speed/Agility/Quickness (SAQ)
- Stamina/Endurance
- Injury Prevention
- Injury Rehabilitation
- Balance/Coordination



LFC – The Curriculum – U10/11

This phase of LFC will be heavily focused on the technical development of the player.

Building a skillset of **World Class Basics** which can be utilized in practices and games.

For example, **Dribbling & 1vs1's** will be a huge focus within these age groups, as we try to build creative and expressive players (**dribble first, pass second mindset**). Other attributes such as passing, shooting and defending will be coached.

During practices there will be some tactical elements but mainly as a starting off point for these players when to use the technical skills they have learnt. Tactical knowledge and execution of the game come far later in a LFC players' career.



LFC – The Curriculum – U12

Within the U12 environment, there will still be a heavy focus on Technical Player Habits, but as we look to advance the skills learnt in the previous years, we begin to mesh them with an initial game understanding.

Tactics, including basic formations are worked on more than previous years and moments of the game, including 'playing out from the back', 'playing into midfield' and 'playing into targets' are explained and developed.

Most of the practice sessions teams work on are based on 'In Possession' and what we do with the ball, but the defensive and transitional moments of the game are also featured briefly in the LFC curriculum for this age group.



LFC – The Curriculum – U13

Within the U13 environment you will start to see moments of the game really come to life.

Players start to identify the tactical side of the game a lot more as they **build their knowledge of moments of the game.**

Although there are always elements of practices that continue to work on Technical Player Habits, more of the practices are now game related and **connect to specific areas** we are working on.

There is still a higher percentage of sessions working on ‘in possession’ rather than ‘out of possession’, but as players start to identify where their preferred positions are, they begin to understand how elements of the sessions translate into those positions for themselves and the team.



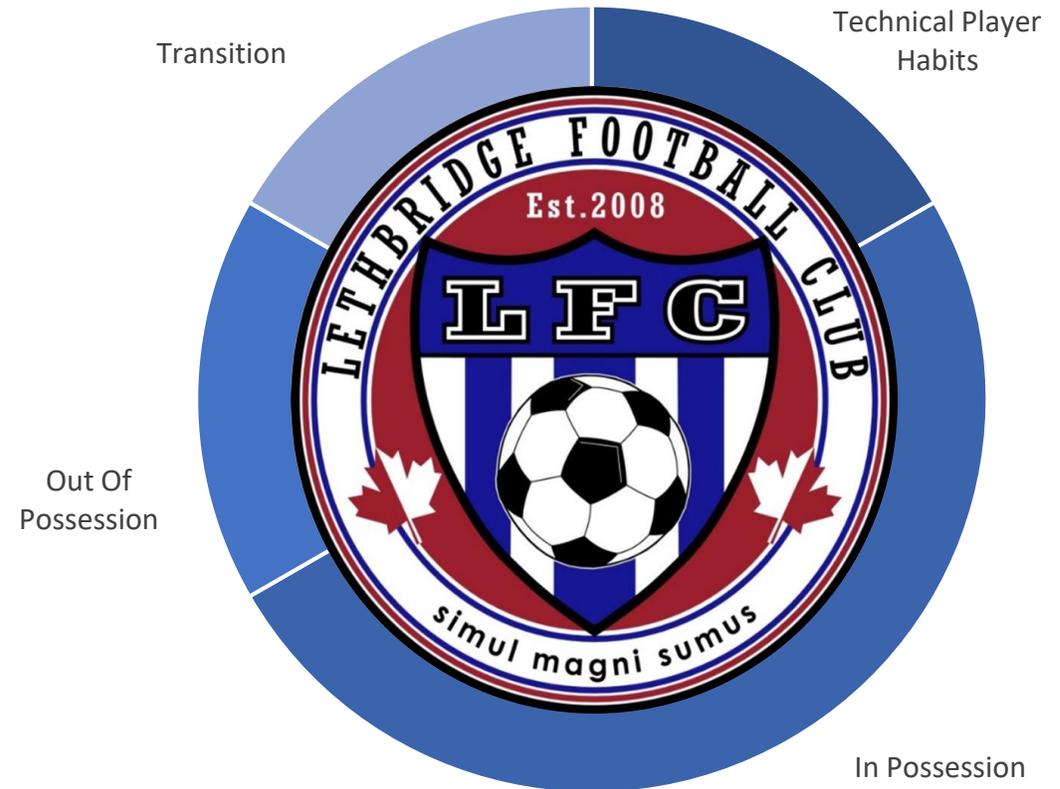
LFC – The Curriculum – U15

In the U15 arena, the game now starts to move into a **tactical battle**.

Coaches start to work on areas of the game their team either sees as a strength or identified as a weakness. We use video analysis to look for these.

Less of sessions are now spent building technical habits, and much more on **the tactical side of the game**, including increased focus on ‘Out of Possession’ and ‘Transition’.

Although over half of all sessions will be aimed at improving players and teams ‘In Possession’, a lot of the practices will include tactical challenges where players are asked to **identify key moments** in the game and link what is being taught to those moments.



LFC – The Curriculum – U17

The final phase is a well-balanced phase where we look to sharpen and refine the LFC player.

Technical Player Habits will be executed and worked on at **the highest intensity possible** to ensure they hold up during matches.

On the tactical side of things, each area of will be worked on almost equally. A lot of practices will be a **review-plan-do model** from the coach, again using video analysis to aid.

The understanding and consistent executions of the tactical and technical elements is critical as we look to push the players into **peak performance** in their LFC careers.





LFC Expectations

LFC – Club Expectations

Player-Centric Development: Our coaching staff and volunteers prioritize individual player development. We recognize that each player is unique and possesses different strengths and areas for improvement. Personalized guidance should be provided to nurture talent effectively.

Holistic Growth: We strive to develop not only exceptional players but also responsible individuals. We emphasize life skills such as teamwork, leadership, time management, game understanding and respect for others, fostering well-rounded athletes. To fully achieve this there will be large parts of the LFC program that require commitment away from the soccer pitch, including video analysis sessions and sports training, which will be provided by a qualified professional.

Challenging Environment: Practices and games are designed to challenge players and promote growth. We create an environment where players are encouraged to step out of their comfort zones, promoting self-discovery and confidence.





LFC Player Expectations

Attendance and Punctuality: Maintain consistent attendance at all team activities, including training sessions, matches, and team meetings. Arrive punctually for all scheduled events to ensure efficient use of time.

Professional Conduct: Display exemplary behavior on and off the field, upholding the club's reputation at all times.

Work Rate and Dedication: Demonstrate a strong work ethic during training sessions, pushing oneself to the limit to improve individual and team performance. Show dedication to personal development and continuous improvement.

Team Collaboration: Foster a positive team environment by actively engaging with teammates, coaches, and support staff. Communicate effectively and contribute constructively to team discussions.

Adaptability and Versatility: Be willing to adapt to different playing styles and tactical approaches as directed by the coaching staff. Show versatility in various positions if required, contributing to team flexibility.



Physical Fitness: Maintain peak physical fitness throughout the season through regular training, conditioning, and adherence to fitness programs. Take responsibility for personal fitness levels to meet the demands of a highly competitive schedule.

Injury Prevention and Rehabilitation:

Follow prescribed injury prevention protocols to minimize the risk of injuries. Actively participate in rehabilitation programs when recovering from injuries, demonstrating commitment to a swift and complete recovery. We have partnered with The Bridge do ensure we are providing the best athletic injury prevention and rehabilitation available.

Resilience and Mental Toughness: Develop mental resilience to cope with the pressures and challenges of high-stakes competitions. Support teammates during difficult times and maintain a positive mindset.

These expectations outline the holistic approach expected from LFC players, covering technical skills, physical fitness, mental toughness, and professionalism both on and off the field.



LFC – Player Expectations When Travelling

When as a team or individual when representing LFC:

- Appropriate dress only (no hats or non-LFC clothing),
- Clean up after ourselves (dressing rooms & benches),
- Good manners at all times (hold doors open for other etc),
- Appropriate behaviour in hotels, soccer facility or eateries etc,
- Respect all officials, committee members, teams, referees & spectators,
- No phones/game devices allowed at meal-times, in the dressing rooms or pitch-side, players are asked to sit with teammates to help team relationships,



We should all be proud to represent LSA, LFC & the City of Lethbridge





LFC Coaching Expectations

All LFC Coaches will strive to improve their coaching ability to benefit players under their guidance.

To do this they will be open to receiving feedback from the Technical Director during practices, exhibitions and tournaments. They will also attend coach development clinics aimed at improving knowledge and understanding of the game whilst also building a LFC coaches' network.

Coaches will be CSA Licensed, or look to obtain as soon as possible, and must possess a minimum certification of:

- Respect In Sport
- Making Ethical Decisions
- Making Headway
- Learn To Train / Soccer For Life

And hold a valid Criminal Record Check.



All coaches are volunteers who give countless hours free of charge to develop LFC players and will make mistakes over the course of the season, parents are encouraged to always remember this.





LFC Parent Expectations

Parents will always abide the parental code of conduct.

Sideline Coaching of any type of **absolutely prohibited**, including:

- Passing instructions to players on the field,
- Challenging officials calls,
- Acting negatively towards opposition groups,
- Bringing noise makers (such as cowbells and air-horns) to any soccer facility,

There will be a **zero-tolerance** policy on:

- Unsavory language such as any racist remarks or homophobia,
- Any physical altercations,

Anyone in breach of these rules will have their details passed to the disciplinary committee.

We encourage all spectators to relax, find a comfy spot and enjoy the game.

Cheering and applauding good play is encouraged.

All the coaches, players and managers will perform much better if you do, we promise 😊





LFC Evaluation Dates & Program Fees

Evaluation Dates and Times – U10, U11 and U12

U10 Girls (2016)

- Tuesday March 17 and Thursday March 19
(6:00PM – 7:00PM BOTH DAYS)
(Servus Sports Centre – Indoor Fields)

U10 Boys (2016)

- Tuesday March 17 and Thursday March 19
(5:00PM – 6:00PM BOTH DAYS)
(Servus Sports Centre – Indoor Fields)

U11 Girls (2015)

- Tuesday March 24 and Tuesday March 31
(5:00PM – 6:00PM BOTH DAYS)
(Servus Sports Centre - Indoor Fields)

U11 Boys (2015)

- Tuesday March 17 and Thursday March 19
(7:00PM – 8:00PM BOTH DAYS)
(Servus Sports Centre – Indoor Fields)

U12 Boys (2014)

- Tuesday March 24 and Tuesday March 31
(6:00PM – 7:00PM BOTH DAYS)
(Servus Sports Centre – Indoor Fields)

U12 Girls (2014)

- Tuesday March 24 and Tuesday March 31
(7:00PM – 8:00PM BOTH DAYS)
(Servus Sports Centre – Indoor Fields)



Evaluation Dates and Times – U13, U15, U17

U13 Boys (2013)

- Tuesday March 17 and Thursday March 19
(8:00PM – 9:00PM –BOTH DAYS)
(Servus Sports Centre – Indoor Fields)

U13 Girls (2013)

- Wednesday April 1 and Thursday April 2
(5:00PM – 6:00PM BOTH DAYS)
(Servus Sports Centre – Indoor Fields)

U15 Boys (2011 and 2012)

- Wednesday April 1 and Thursday April 2
(7:00PM – 8:00PM BOTH DAYS)
(Servus Sports Centre – Indoor Fields)

U15 Girls (2011 and 2012)

- Wednesday April 1 and Thursday April 2
(8:00PM – 9:00PM BOTH DAYS)
(Servus Sports Centre – Indoor Fields)

U17 Boys (2009 and 2010)

- Thursday March 19
(9:00 PM – 10:00 PM)
(Servus Sports Centre – Indoor Fields)

U17 Girls (2009 and 2010)

- Tuesday March 17
(9:00 PM – 10:00 PM)
(Servus Sports Centre – Indoor Fields)

Further information about the evaluation process can be found online



Player Fees & Details

Each player must pay an initial base fee of \$230.00 upon registration.

After evaluation process:

If player is chosen for a spot on an LFC team, the initial \$230.00 will be deducted from the Total season fees. Remaining season fees will be split into two payment options.

If player is not chosen for a spot on an LFC team, LSA Office Staff will automatically transfer players fees to LYS League and player is placed on a team with no further payment required. If player chooses not to play in LYS League, all fees will be refunded minus a \$50.00 evaluation fee.

(CMSA = Calgary Minor Soccer Association)

AGE GROUP	BIRTH YEAR	INITIAL BASE FEE	TOTAL SEASON FEES	TOTAL SEASON FEES WITHOUT CMSA LEAGUE	TOTAL SEASON FEES WITH CMSA LEAGUE
U10	2016	\$230.00	\$700.00	N/A	N/A
U11	2015	\$230.00	\$700.00	N/A	N/A
U12	2014	\$230.00	\$700.00	N/A	N/A
U13	2013	\$230.00	_____	\$950.00	\$1,150.00
U15	2011 & 2012	\$230.00	_____	\$950.00	\$1,150.00
U17	2009 & 2010	\$230.00	_____	\$950.00	\$1,150.00



Contact Details

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