



2023 LSA Outdoor House League Program



General Information

- Online registration opens February 1, 2023 www.lethbridgesoccer.com
- If you are using **KIDSPORT** or **JUMPSTART** you **MUST** register online, choose the organization, apply for funding ASAP. You will **NOT** be registered until we get confirmation from JUMPSTART or KIDSPORT
- Start times are subject to change and are provided as a guideline only. Season runs from **April 24 – June 24, 2023**
- **Field locations for all age groups TBD once approved by the City of Lethbridge**





LSA House 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 the 4 corner model of developing all players Technical, Physical, Psychological & Social skills;
- All LSA House Coaches and 'House Helpers' will be required to have completed LSA House Coaches training prior to the start of the season.

Games

- 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 Technical Overview

U4, U5 & U6

- Physical literacy & beginner ball understanding;
- Fantasy based games and movements;
- Practice to game ratio 3:1;
- Small sided games will be 3 vs 3 (no goalkeepers), ball continuously thrown back into play by coaches.

U7

- Canada Soccer FUNdamentals themed sessions;
- Introduction to basic soccer skills through fun-based learning, mostly dribbling with small amount of passing and shooting;
- Small sided games will be 3vs3 (no goalkeepers), ball continuously thrown back into play by coaches and/or pass in or dribble in





LSA House Technical Overview

U9 & U11

- 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 goalkeeper) & 7 vs 7 at U11 (6 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.

U13 & U15

- Each week will consist of 1 team practice and 1 game, 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 **11 vs 11 including goalkeepers (10 players + 1 goal keeper)**
- Players will play a multitude of positions and equal playing time for all.





LSA House Technical Overview

U9 & U11 Girls Program

We have now made separate divisions for boys and girls in our LSA House U9 and U11 programs.

Female Leadership

In order to really drive the female registration numbers in these divisions we are looking to promote female lead coaches in every team.

LSA are passionate about increasing and developing female coaches and players which will stay in the game for many years to come.

On-field support and guidance will be given to any volunteer that applies.





LSA House Technical Overview

U18

- Each week will consist of 1 team practice and 1 game, 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 **11 vs 11 (10 players + 1 goalkeeper)**
- Players will play a multitude of positions and equal playing time for all.

U13, U15, U18

- 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;
- During 'Blow-Out' coaches will also be asked to make subtle changes to ensure games remain competitive and challenging for all.





U4 Timbits Program

\$125.00

- U4 – 2019 Boys & Girls (CoEd)
- Monday's Start times TBD
- All session will be played indoor at the Servus Sports Centre
- *10 Active Start Sessions – Ball literacy, FUNdamental movements*
- *Small sided games (Max.3v3)*

#lsalearnthegamelovethegame





U5 Timbits Program

\$125.00

- U5 – 2018 Boys & Girls (CoEd)
- Wednesday's Start times TBD
- All session will be played at the Servus Sports Centre (Outdoor Field)
- *10 Active Start Sessions – Ball literacy, FUNdamental movements*
- *Small sided games (Max.3v3)*

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U6 Timbits Program

\$125.00

- U6 – 2017 Boys & Girls (CoEd)
- Monday's Start times TBD
- All session will be played at the Servus Sports Centre
(Outdoor field)
- *10 Active Start Sessions – Ball literacy, FUNdamental movements*
- *Small sided games (Max.3v3)*

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U7 Program

\$125.00

- U7 – 2016 Boys & Girls (CoEd)
- Wednesday's Start times TBD
- All session will be played at the Servus Sports Centre (Outdoor Field)
- *10 FUNdamentals Sessions – Ball literacy, FUNdamental movement*
- *Small sided games (Max.3v3)*

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U9 Program

\$190.00

- U9 – 2015 & 2014
- Girls & Boys – separate programs
- Tuesday and Thursday Start times TBD
- Field Location TBD once approved by City of Lethbridge
- 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)**
- Players will play a multitude of positions and with equal playing time for all.

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U11 Program

\$190.00

- U11 – 2013 & 2012 Boys & Girls
- Monday and Wednesdays - Start times TBD
- Field locations TBD once approved by the City of Lethbridge
- 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 **7 vs 7 at U11 (6 players + 1 goal keeper)**
- Players will play a multitude of positions and with equal playing time for all.

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U13 Program

\$190.00

- U13 – 2011 & 2010 CoEd
- Tuesday and Thursday's Start Times TBD
- Field locations TBD once approved by the City of Lethbridge
- Each week will consist of 1 team practice and 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 **11 vs 11 including goalkeepers (10 players + 1 goal keeper)**
- Players will play a multitude of positions and equal playing time for all!

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U15 Program

\$190.00

- U15 – 2008 & 2007 CoEd
- Monday's & Wednesday's Start times TBD
- Field locations TBD once approved by the City of Lethbridge
- Each week will consist mostly of games, Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc);
- Games will be **11 vs 11 including goalkeepers (10 players + 1 goal keeper)**
- Players will play a multitude of positions and equal playing time for all.

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U18 Program

\$190.00

- U18 – 2005, 2006 & 2007 CoEd
- Tuesday's & Thursday's- Start times TBD
- Field locations TBD once approved by the City of Lethbridge
- Each week will consist mostly of games. Focus is on building advanced soccer skills & techniques (dribbling past defenders, pass and move, shooting, range of passing, defending etc);
- Games will be **11 vs 11 including goalkeepers (10 players + 1 goal keeper)**
- Players will play a multitude of positions and equal playing time for all.

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LSA House Contact Information

Dave Marshall – Executive Director

dave@lethbridgesoccer.com

Kristy Lauzon – Program Director

Kristy@lethbridgesoccer.com

Sam Heap– Technical Director

sheap@whitecapsfc.com

Office 403-320-5425

