

For more information, please contact our
LFC Youth Administrator, Leigh Robertson
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Calling all aspiring young footballers Open Tryouts for LFC

In conjunction with Livingston Youth Foundation (LYF), LIVINGSTON FC is delighted to announce the 2012 Youth Programme Expansion Plans, and would like to invite aspiring young footballers to 2 open tryout dates at LFC's Almondvale Stadium (Turf Field) on:

Tuesday 18th September: 4-5.15pm
for players U'5 – U'8

Thursday 20th September: 5.30-7.00pm
for players U'9 – U'12

(Note: Players to bring water to hydrate and wear appropriate training kit for LFC Try-outs)



Livingston Youth Foundation
lyf4football.org.uk

YOUTH PROGRAMME EXPANSION OUTLINE

LFC (U'5 – U'8) Micro Academy

The Club is looking to establish a training pool of up to 20 players per age group for weekly technical training on Tuesday and Thursday evenings. These Elite training pools will train under the guidance of the Club's qualified Micro Academy Staff and will work to a preset curriculum that will blend Coerver® skills training with technical passing box sessions designed by Director of Coaching, John Collins, LFC Manager, John Hughes and LFC Technical Coach, Richie Burke.

Each month, prior to a predetermined HOME match, in addition to the weekly training programme, all of the Micro Academy age groups will play a Mini Festival of 4 v 4 matches at the LFC Almondvale Stadium (Turf Field) on a Friday evening.

Participation in the NEW LFC Micro Academy Programme will afford all participants the following benefits:

- Twice weekly training sessions with SFA qualified LFC Micro Academy Staff
- LFC Adidas Training kit (to be used for training and Match Day 4 v 4 Festivals)
- Monthly 4 v 4 Match-DAY Festivals at Almondvale Stadium on predetermined dates of LFC HOME matches
- LFC Micro Academy Identification passes and lanyards
- FREE Access to ALL LFC home games for Micro Academy players, with reduced admission (£7) for parent/guardians
- Micro Academy players will act as Match-day (individual player mascot) for pre-game team walk-out
- Player Birthday Announcements at LFC HOME matches

MICRO ACADEMY FEES:
£25 per month (or one-time fee of £200)

LFC (U'9 – U'12) Technical Training Development Pod

Along with the NEW LFC Micro Academy, Livingston Football Club is creating training pools of up to 20 players per age group for weekly technical training on Tuesday and Thursday evenings. These Elite Development pools will train under the guidance of the LFC's qualified Technical Training Staff and will work to an advanced curriculum that will blend Coerver® skills training with technical passing box sessions and tactical development work designed by Director of Coaching, John Collins, LFC Manager, John Hughes and Technical Coach, Richie Burke.

Each month, prior to a predetermined HOME match, in addition to the weekly advanced technical training programme, all of the Technical Development Pod age groups will undertake to play a Mini Festival of 7 v 7 matches in a tournament format at the LFC Almondvale Stadium (Turf Field) on Saturday mornings prior to games.

Participation in the NEW LFC Technical Development Pod will afford all participants the following benefits:

- Twice weekly training sessions with SFA Initiative qualified LFC Technical Training Staff
- Home & Away LFC Adidas Training kit (to be used for training and Match Day 7 v 7 Festivals)
- Monthly 7 v 7 Match-DAY Festivals at Almondvale Stadium on predetermined dates of LFC HOME matches
- LFC Technical Training Pod Identification passes and lanyards
- FREE Access to ALL LFC home games for Technical Training Pod players, with reduced admission (£7) for parent/guardians
- Some of the Technical Training Pod players will have the opportunity to act as Match-day (individual player mascot) for pre-game team walk-out
- Player Birthday Announcements at LFC HOME matches

TECHNICAL TRAINING POD FEES:
£25 per month (or one-time fee of £200)