



LAGUNA UNITED FOOTBALL CLUB

May 2020

NOTE FROM THE DOC & BOARD

We hope that you and your family are all safe and healthy! As we continue through our time off the field, we are looking forward to our return back.

While our State and country starts to reopen, we as well are planning a safe return. We are working with Cal South and our City to enforce safety protocols and guidelines. For more on Cal South's Return-to-Play Guidelines, see the information provided below.

As we await for our eager return, we continue to focus on providing all of our players with the necessary individual resources to continue player development. Coaches continue their efforts in video conference calls and communication, while our club also continues to provide "All Club Virtual Trainings" every Wednesday and Friday, connecting with our communities via social media channels such as Instagram, Facebook and YouTube.

Please continue to engage with us, share your training experiences, and stay connected with our club on all platforms. Stay tuned for more information and return-to-play updates!

PLAY BY PLAY

Keep up
Your touch!

LUFC recommended training activities to continue individual player development and growth while at home.

DISTANCE LEARNING WITH THE BALL

CLUB SESSIONS

COACH SESSIONS

LUFC



YouTube Channel

Handle: Laguna United FC

VIRTUAL TRAINING

Did you miss a LIVE Virtual Training? No problem. We upload every session onto our YouTube page so you can access a full session at any time.

Mix-up your training with a different focus:



Ball Mastery & Technical
(Individual)



Strength & Conditioning
(Individual)

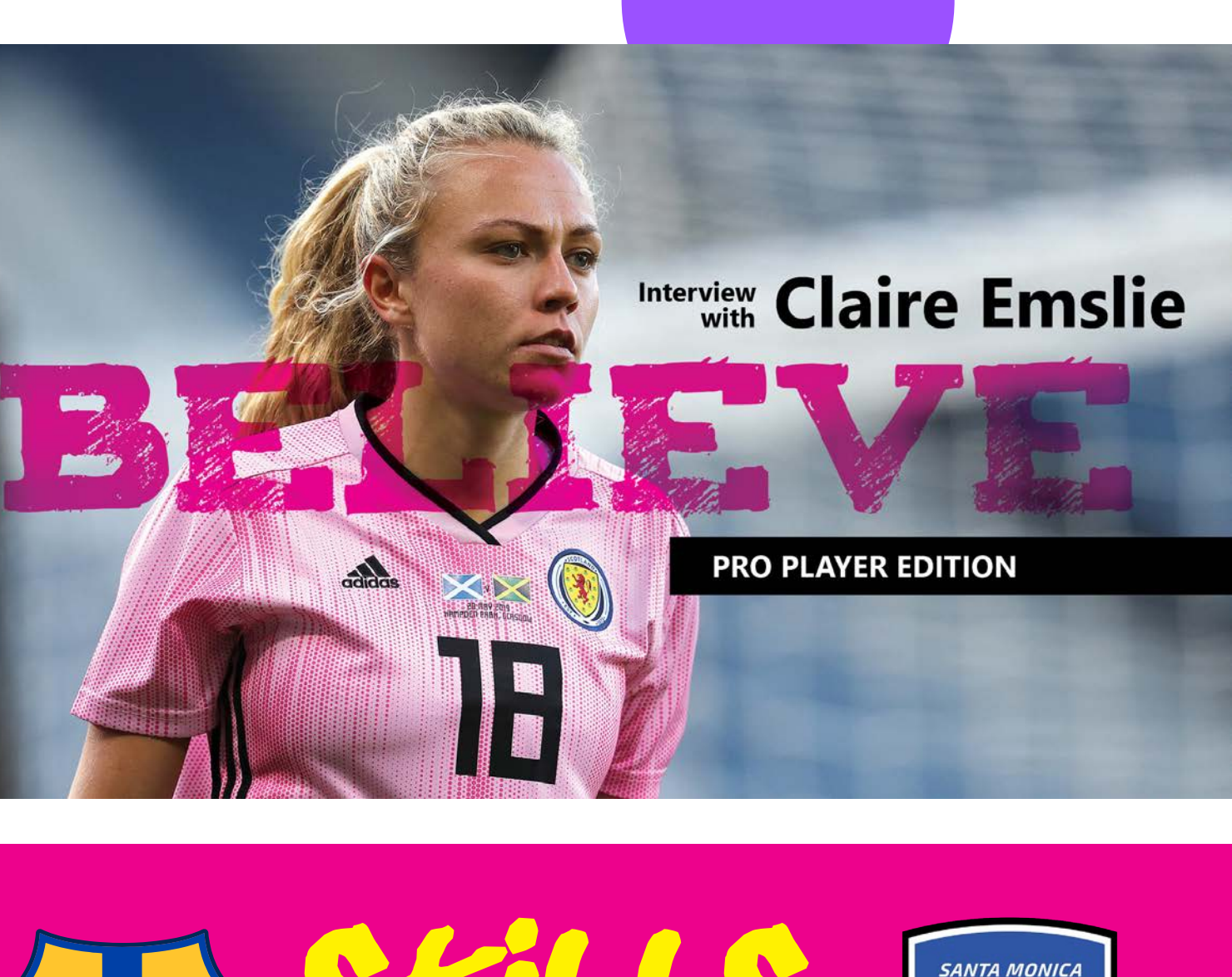


Receiving & Passing
(with Partner)

TOPTEKERS

Be Golden. LUFC

BEGIN TRAINING



Interview with Claire Emslie

PRO PLAYER EDITION



SKILLS SKOOL



ROUND 2 CHALLENGE!

WATCH IT!



We continue to post skills challenges, individual training, and the latest club news.

Stay Engaged. Share Your Story.

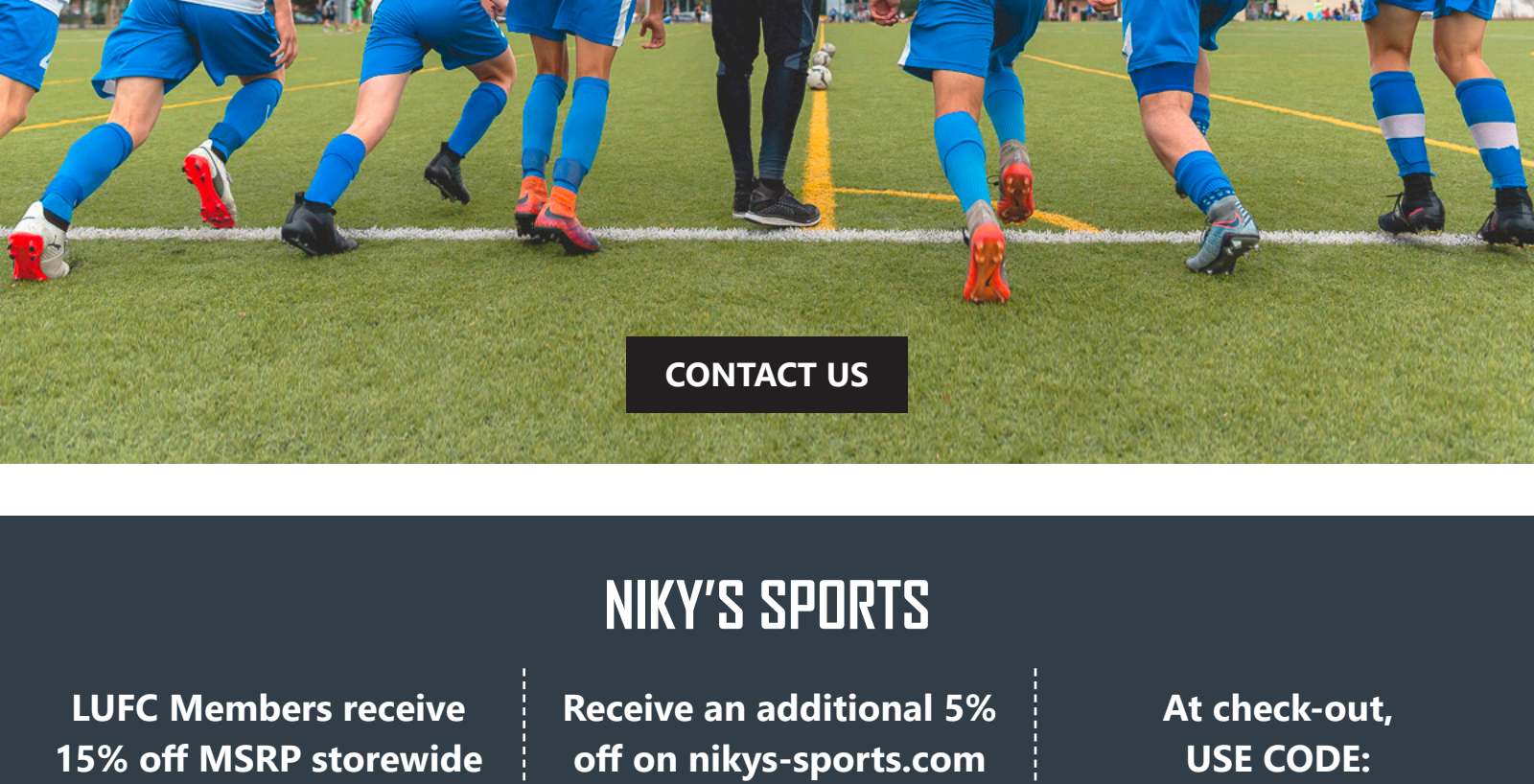
We want to post you! Handle: Laguna United FC

CAL SOUTH RTP RETURN TO PLAY GUIDELINES

As part of our return-to-play, Cal South has published the necessary protocols and guidelines for all sanctioned activities throughout Southern California. Please take time to read and follow these guidelines. We will continue to update you with local City and LUFC guidelines as they are finalized.

LEARN MORE

WHEN WE RETURN...
OPEN TEAM TRAINING & TRYOUTS
FOR ALL AGE GROUPS



CONTACT US

NIKY'S SPORTS

LUFC Members receive 15% off MSRP storewide on regular priced items.

Receive an additional 5% off on nikys-sports.com including all sale and closeout items.

At check-out, USE CODE: LUFC-2020

Price Match Guarantee

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LUFC

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FOR FAN & SPIRIT WEAR

STAY CONNECTED

Follow us on Facebook, Instagram and YouTube for LUFC news and club information.



FOLLOW LUFC



LAGUNA UNITED FOOTBALL CLUB

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