

## **U10 Girls Thunder, FC**

### **Goals and expectations:**

Teach the rules of the game focus on the club philosophy of possession soccer. 80% of practice should be with a soccer ball. 20% restricted game play.

### **Leagues:**

Play in the NWL league U10G Fall and spring.  
Play futsal through the winter.

### **Training:**

Practice twice per week for 90min.

### **Tournaments:**

September, Sandpoint tournament  
May, Hot Shots in CDA  
July, Western Boarder Cup

### **Uniforms:**

White & Purple Jersey  
Purple Shorts  
Purple Socks