

U12 Girls Select Thunder, FC

Goals and expectations:

Teach the rules of the game focus on the club philosophy of possession soccer. 50% of practice should be with a soccer ball. 10% cardio, 20% drill focus, 20% restricted game play.

Leagues:

Play in Dist. 6 Umbro U12. Fall 2010.

Play Futsal or Indoor through the winter.

Play in NWL U12 Boys Spring 2011.

Training:

Practice three times per week for 90min.

Tournaments:

Aug, River City Cup

September, Sandpoint tournament

April/may, Spokane Spring Classic

May, Hot Shots in CDA

July, Western Boarder Cup

Uniforms:

White & Purple Jersey

Purple Shorts

Purple Socks

Purple Bag