

U13 Girls Premiere 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 Far West Regional League. Fall 2010.

Play in U13G NWL league Fall 2010.

Play Futsal & Indoor through the winter.

Play in Dist. 6 Umbro U13G spring 2011.

Training:

Practice three times per week for 90min.

Practice once a week indoor through the winter.

Tournaments:

Aug,	River City Cup
Aug,	Northwest Cup
September,	Sandpoint tournament
Nov,	Seattle US Club Cup
Feb,	Blue MTN walla walla
April/may,	Spokane Spring Classic
May,	Hot Shots in CDA
June,	ID, State Cup
July,	Western Boarder Cup

Uniforms:

White & Purple Jersey

Purple Shorts

White Shorts

Purple Socks

White Socks

Warm up

Purple Bag