

U15 Girls 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 Futsal & Indoor through the winter.

Play in the NWL. Spring 2011

Training:

Practice three times per week for 90min. One practice being pool training

Practice once a week indoor through the winter.

Tournaments:

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