

## **U16/17 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