

# Timbers - Thorns North FC

## 09' (U10) CURRICULUM & SCHEDULE

Technical, Intelligence, Athleticism, Personality

**Tryouts:** 1st week in June

**Summer:** Practices start week of July 11th

- **June** - Parent meeting
- TTNFC Elite Training Academy - Optional
- TTNFC Free Plays- Optional
- **August 10th - 12th** - Northwest Cup

**Fall:**

**League Options** - Local League

**Events-**

- **September** - Pend Oreille Cup

**Winter:** Break from end of season - Week of January 16th

**Events -**

- TTNFC Elite Training Academy - Optional
- NIC Futsal
- Indoor Leagues - optional

**Spring:**

**League Options** - RCL local league

**Events** - outside practices to start second weekend in March (weather permitting)

- **April** - Washington Cup
- **May** - Hot Shot
- **June** - 3 Blind refs

\*Directors reserve the right to make changes at anytime

### TECHNICAL POINTS OF EMPHASIS

- Our focus is on the individual players ability to control the ball, physical coordination and cognitive awareness.



**DRIBBLING:** (1 player, 2 teammates, 2 opponents)

- 2v1s
- 3v2s

**JUGGLING:** Technique

• Goal is **40** for the year, feet only, alternating feet, using the feet to get the ball off the ground.

**PASSING:** Technique

- Striking with the laces
- Outside of the foot (for mastery)
- **RECEIVING:** Technique
- Outside of the foot (for mastery)
- Out of the air

**DEFENDING:** Technique

- Delay- slow attack deny counter attack.
- Depth/Cover

**PRINCIPLES OF PLAY:**(from the USSF Manuals)

**Attacking**

- 2nd attacker - support (with out the ball, 1 pass away)
- 3rd attacker - width and depth

**Defending**

- Delay - slow attack deny counter attack
- Depth/cover

**PHYSICAL:** (Athletic coordination)

- Balance
- Agility and strength

**PSYCHOLOGICAL**

Practice will be above all fun! At the same time, players will develop a set of skills that will help them in the next stage of their Timbers - Thorns North Soccer education.

\*Although we do our best to forecast league and tournament play, we are constantly evaluating each age groups schedule. As such, it is possible that the schedule could change.