

# Timbers - Thorns North FC

## 2010' (U9) CURRICULUM & SCHEDULE

Technical, Intelligence, Athleticism, Personality

**Tryouts:** 1st week in June

**Summer:** officially starts week of August 1.

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

**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
- Indoor Leagues - optional

**Spring:**

**League Options** -IYSA's Inner Mountain Premier League or IEYSA Spokane League

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

- **March** - 5 -A-Side
- **May** - Hot Shot
- **May** - SYSA Wendle cup
- **June** - 3 Blind Refs

\*Directors reserver 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, 1 teammate, 1 opponent)

- 1v1s

**JUGGLING:** Technique

- Goal is **20** for the year, feet only, alternating feet, using the feet to get the ball off the ground.

**PASSING:** Technique

- Inside of the foot (for mastery)
- Outside of the foot (for mastery)
- **RECEIVING:** Technique
- Inside of the foot (for mastery)
- Outside of the foot (for mastery)

**DEFENDING:** Technique

- Pressure – give immediate chase
- Delay- slow attack deny counter attack.

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

**Attacking**

- 1st attacker (with the ball)- Penetration, attacking space with the ball at pace taking on any 1v1 challenge
- 2nd attacker- support (with out the ball, 1 pass away); Applying knowledge of width, length, depth and angle.

**Defending**

- Pressure- Immediate Chase
- Delay- slow attack

**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.

