

Timbers - Thorns North FC

08' (U11's) 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** - Performance Cup
- **May** - Hot Shot
- **May** - Directors cup
- **June** - 3 blind refs

*Directors reserve the right to make changes at anytime

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
- 2v2s
- 3v2s

JUGGLING: Technique

• Goal is **60** 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
- Balance

PRINCIPLES OF PLAY:(from the USSF Manuals)

Attacking

- 3rd attacker- width and depth
- Improvisation (creativity)

Defending

- Depth/cover
 - Compactness
 - Control & restraint
- 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.

