

Timbers - Thorns North FC

2011' (U8) CURRICULUM & SCHEDULE

Technical, Intelligence, Athleticism, Personality

Tryouts: 1st week in June

Summer: optional training starts first Monday after the 4th of July; officially start week of August 7th.

- **June** - Parent meeting
- TTNFC Elite Training Academy - Optional
- TTNFC Free Plays - Optional
- **August** - TTNFC Jamboree

Fall:

League Options - IEYSA league in Spokane

Events-

- **September** - Pend Oreille Cup

Winter: Break from end of season - Week of January 22nd

Events -

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

Spring:

League Options - IEYSA league in Spokane

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

- **May** - Hot Shot
- **May** - SYSA Wendle cup or IEYSA Spring Tournament

*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: Technique

- 1 player 1 ball
- Learning to manipulate the ball on the ground
- Body coordination

JUGGLING: Technique

- Goal is **10** for the year, feet only, alternating feet, using the feet to get the ball off the ground.

PASSING: Technique

- Inside of the foot pass (short pass) mastery of technique.

RECEIVING: Technique

- Inside of the foot (for mastery)

DEFENDING: Technique

- Pressure - give immediate chase

PRINCIPLES OF PLAY: (from the USSF Manuals)

Attacking

- 1st attacker (with the ball)- Penetration, attacking space with the ball at pace
- Knowledge of width, length and depth

Defending

- Immediate Chase

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.