



# MY GREAT ADVENTURE



• THE FA GIRLS' FOOTBALL CENTRES •



**FOR ALL**

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# GETTING TO KNOW YOUR CHILD

**You know your child better than anyone else, to help us get off to a good start, our Wildcats Coaches know all about football but they also need and want to get to know your child.**

This will help them to provide your child with the best football and learning experience possible.

In the space below, please can you tell us about any sports or activities your child has taken part in for any length of time.



Please can you tell us how your child responds when they are introduced to a new environment with other children they may not know?

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How do they react if they try a task and do not find success on the first attempt?

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Learning to work with others to solve problems is a key life skill, how does your child react in conflict?

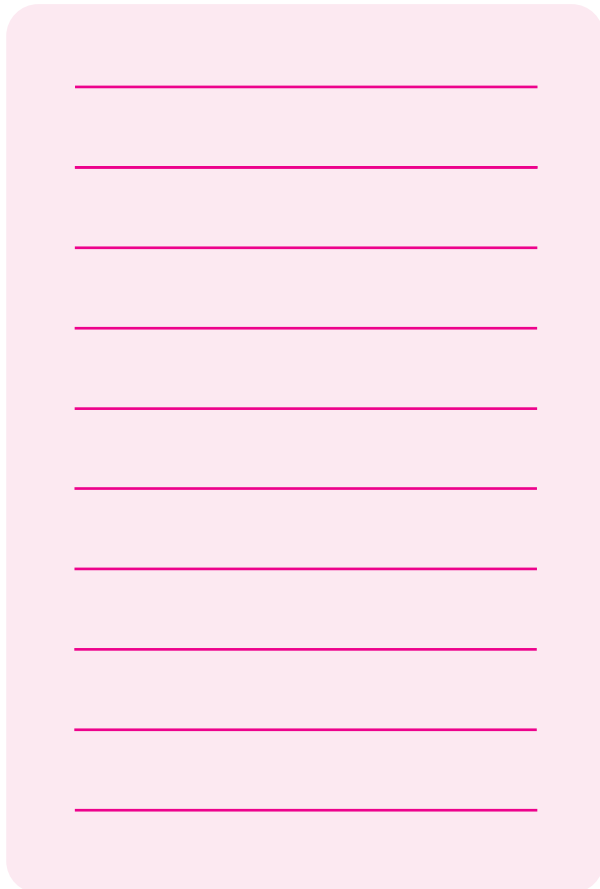
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# ALL ABOUT ME

What do you love about Wildcats?

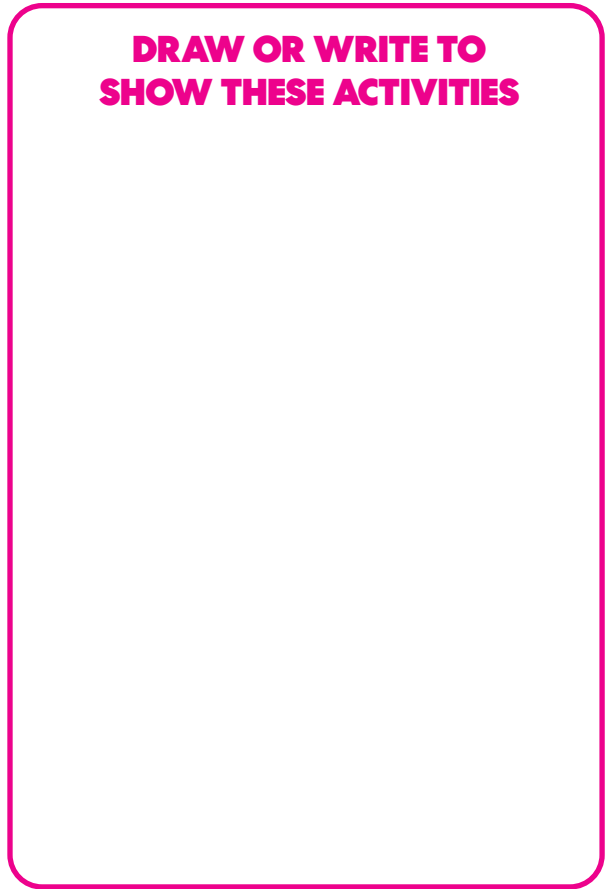


Draw or stick a picture of yourself into the box.



Apart from coming to Wildcats what else do you like doing?

**DRAW OR WRITE TO SHOW THESE ACTIVITIES**



# MY PERSONAL TROPHY CABINET

WE WANT YOU TO COMPLETE YOUR WILDCATS PERSONAL TROPHY CABINET. AFTER YOUR FIRST SESSION, WRITE THINGS YOU ARE GOOD AT IN THE TABLE BELOW AND COLOUR IN EACH NUMBER ON YOUR TROPHY.

1

2

3

4

5

6

7

8

9

10

11

12



**AT THE END OF EACH SESSION, ADD ANOTHER ACHIEVEMENT AND DO NOT FORGET TO KEEP COLOURING YOUR TROPHY AS YOU GO.**



# **NOW THINK OF THREE THINGS YOU WOULD LIKE TO GET BETTER AT AND WRITE THEM AT THE BASE OF EACH TROPHY.**

Every time you practise this away from Wildcats training, colour in a part of the trophy to show your progress.





# EARN YOUR PAW PRINTS

Can you earn your coloured paw prints?  
Each time you attend a session, colour in the session number.  
Once you have attended five sessions, you achieve that colour paw.



# **MAKE YOUR OWN CLUB**

Each week when you come to your Wildcats Centre, we would like you to build your own football club. Your first challenge is to decide what you want to call your club.

**MY CLUB IS CALLED:**



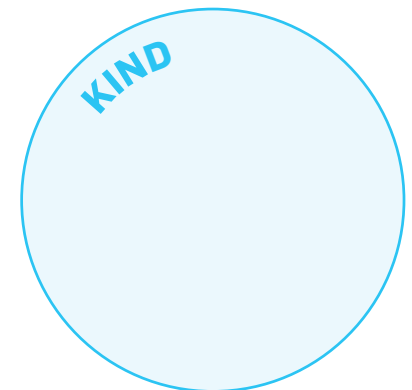
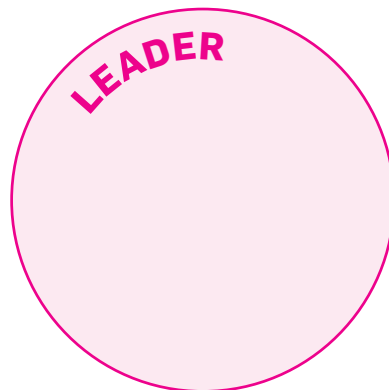
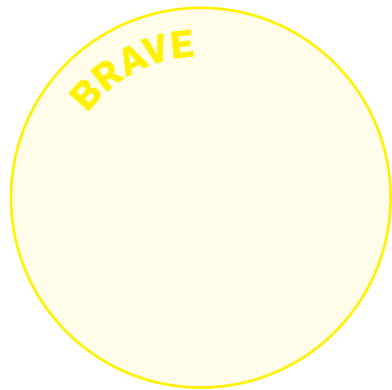
**THIS IS THE ENGLAND CREST.**



**DESIGN YOUR OWN CREST FOR YOUR  
FOOTBALL CLUB IN THE SPACE.**

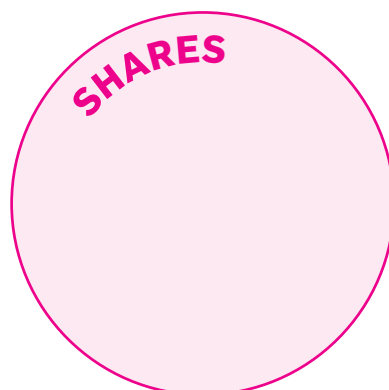
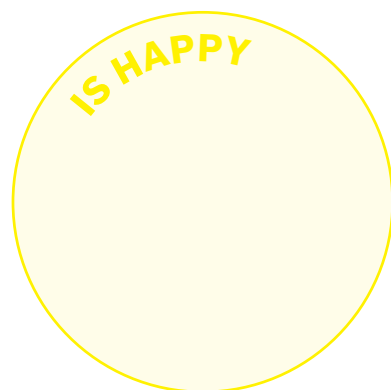


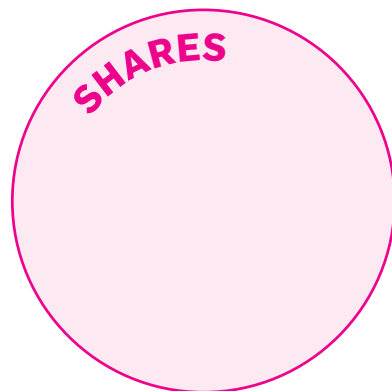
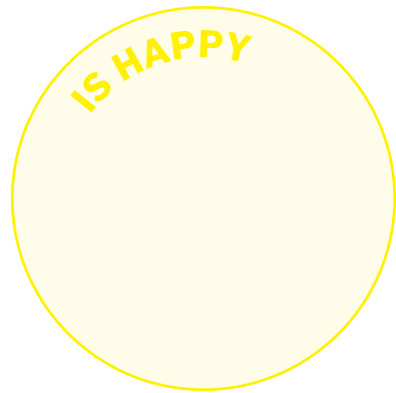
# WHO IS IN THE TEAM?

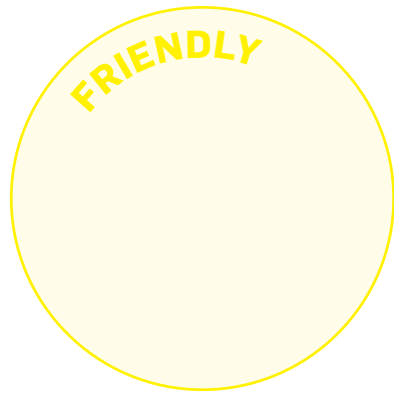




Each week when you start or finish training, choose someone you played with and think of the characteristics they have from the options below. Write the reasons why you chose them underneath.







# WHAT ARE THE RULES

At the Wildcats Centres, the rules are:



Your club will also need rules.

What rules will you have and how can you make sure everyone in your team can help make these rules?

## MY CLUB RULES

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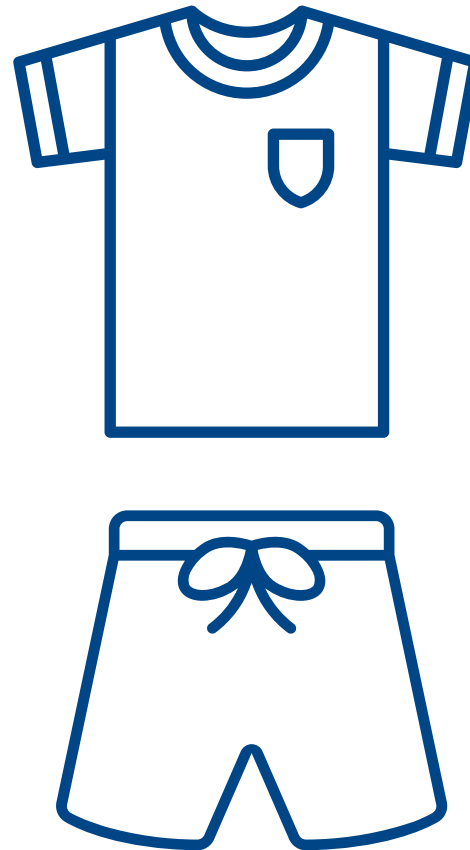


# THE KIT

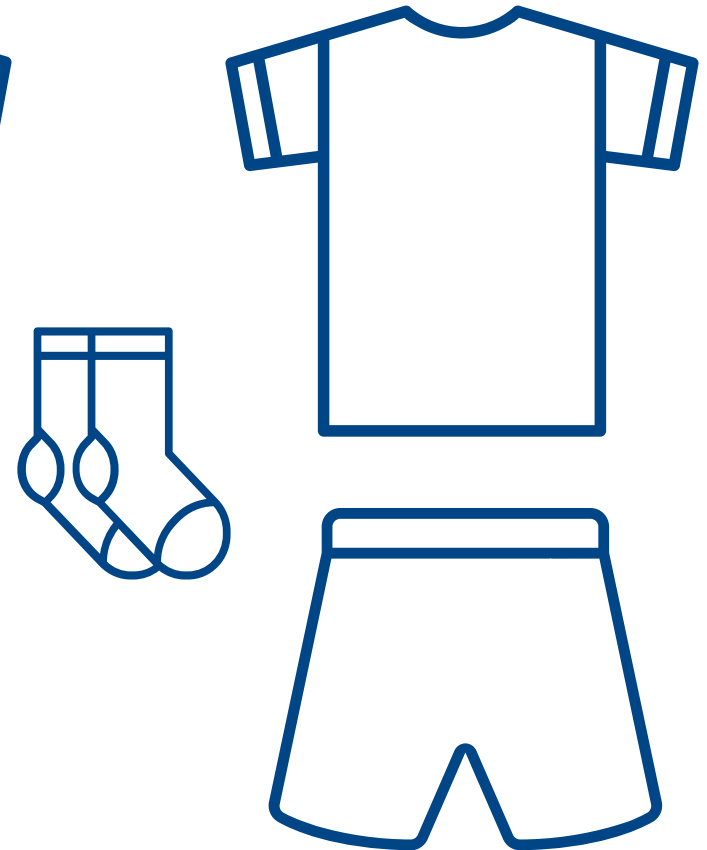
Design your own kit for your team.  
Add your surname and squad  
number to the back of the shirt.



FRONT



BACK



# ME AND MY BALL

To help your team get better it is important to practise at home, all you will need is a ball. Try some of the following games to your favourite songs, don't forget to write down what you found easy and what was tricky.

Do any of the games help you improve your personal trophy cabinet?

If so, why not add the skills you learnt to your trophy.



## CHALLENGES

Mark out a circle that is big enough for you to run at your fastest speed. As your favourite song starts, move freely around the area, but as soon as the chorus starts, see how many times you can:

1

Move forwards with the ball, stop the ball and move forwards again

2

Touch the ball with the bottom of your feet whilst moving in different directions?

3

Go as fast as you can stop and change direction

4

Touch the ball with the bottom of your feet whilst moving in different directions?

## MAKE IT HARDER

TRY THE CHALLENGE WITH A FRIEND OR A PARENT TRYING TO GET IN THE WAY...

CAN YOU THINK OF ANY WAYS TO MAKE IT EVEN HARDER?

## HOW DID IT GO?

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**YOU HAVE NOW TRIED SOME OF OUR PRACTISES, CAN YOU MAKE UP YOUR OWN?  
WRITE YOUR OWN PRACTISE CHALLENGES BELOW**

# WHERE WILL YOUR TEAM PLAY?

**WEMBLEY STADIUM IS THE ENGLAND TEAM'S NATIONAL STADIUM.  
CAN YOU MAKE AN A4 POSTER WITH LOTS OF FACTS AND PICTURES ABOUT WEMBLEY STADIUM?  
THEN GLUE YOUR POSTER OVER WEMBLEY STADIUM BELOW.**









# ME AND MY BALL: SAFE HANDS

One of the Lionesses goalkeepers is Ellie Roebuck.

What can you find out about the skills a goalkeeper needs?

## SKILLS A GOLDKEEPER NEEDS

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**NOW PRACTISE SOME OF THESE SKILLS TO HELP YOU IMPROVE AS A GOALKEEPER.**



## CHALLENGES

Mark out a circle that's big enough for you to take three large steps. As your favourite song starts, move freely around the area, but as soon as the chorus starts how many times you can:

1

Throw the ball in the air and catch it with both hands?

2

Throw the ball in the air and catch it with one hand?  
(Remember to change hands)

## MAKE IT HARDER

**TRY THE CHALLENGES ABOVE WHILST BALANCING ON ONE LEG, WITH YOUR SHOES AND SOCKS OFF OR WITH ONE EYE CLOSED.**

(Make sure the floor area around you is safe)

**TELL US HOW THE CHALLENGE WENT ON THE NEXT PAGE.**



## HOW DID IT GO?

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**YOU HAVE NOW TRIED SOME OF OUR PRACTISES, CAN YOU MAKE UP YOUR OWN?  
WRITE YOUR OWN PRACTISE CHALLENGES BELOW**





**LIONESSES DREAM OF CUP GLORY**



# ***IN THE NEWS***

Imagine your team are going on an adventure to a competition, can you create a newspaper article to capture the magic of the adventure, don't forget to stick it in your book on this page.

**STICK YOUR ARTICLE HERE!**

# ME AND MY BALL: BRING IT ON!

The lionesses face lots of battles when they have to beat a player with a ball. Can you describe how a lioness of your choice uses her skills to dribble a ball past another player.

## DESCRIBE YOUR LIONESSES' DRIBBLING SKILLS

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NOW TRY SOME OF THE 1 V 1 CHALLENGES ON THE NEXT PAGE.



## CHALLENGES

Mark out a circle with two goals either side, the area needs to be enough for you to run around in. As your favourite song starts:

1

Be patient and keep the ball away from your friend, when the chorus starts whoever is in possession of the ball can attack quickly and try and score a goal. If you lose the ball, can you chase the other player and try and slow them down?

## MAKE IT HARDER

**TRY THE CHALLENGES ABOVE WITH A DIFFERENT SHAPED PITCH, DIFFERENT SIZED BALLS AND MORE PEOPLE**

**TELL US HOW THE CHALLENGE WENT ON THE NEXT PAGE.**



## HOW DID IT GO?

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**YOU HAVE TRIED SOME OF OUR PRACTISES, CAN YOU MAKE UP YOUR OWN GAMES?  
ADD YOUR IDEAS BELOW**

# ROLE MODELS

**STEPH HOUGHTON IS THE CURRENT ENGLAND CAPTAIN.**

**WHAT MAKES  
A GOOD CAPTAIN IN  
A FOOTBALL TEAM?**

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**WHO WOULD BE  
CAPTAIN OF YOUR  
TEAM AND WHY?**

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**IN EACH OF THE FRAMES DRAW PICTURES TO SHOW  
WHEN YOU HAVE BEEN A GOOD ROLE MODEL TO OTHERS.**



**CAN YOU EXPLAIN WHY YOU CHOSE THESE EXAMPLES?**

WHY?

WHY?

WHY?



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