

You told us what you don't like...

When I get hurt or I hurt or injured...

Unfortunately, football is a 'contact' sport which means sometimes you can get hurt. You should always have a coach or teacher who knows what to do if you get hurt badly!

Playing in the rain or getting cold...

It can sometimes be rainy and cold on the pitch in the winter, but there's also days when it's sunny and warm! If you're really cold, you can wear thermals (long-sleeved tops and leggings) in the same colour as your kit to keep you warm.

Dangerous tackles...

If there is a dangerous tackle on the pitch when you are playing a match the referee will deal with this and speak to the player. If it is during training speak to your coach and he will speak to the player.

When people laugh at me if I miss a goal...

If something has happened to you during football that has made you unhappy or sad. You can speak to your Parent/Coach or your Club Welfare Officer in your club. Your parent/coach will be aware of who the Club Welfare Officer is in your club and they can help you with how you are feeling.



When mummy and daddy shout things at me

Sometimes Mummies and Daddies don't realise how their actions affect you and they are just trying to support you. If you feel comfortable you might want to sit down with Mummy and Daddy and share your feelings with them and how it makes you feel. Or, you can mention this to your Coach and he can have a quiet word with your Mummy and Daddy to explain how you feel.

When the parents are shouting and booing

Speak to your Coach or your Club Welfare Officer in your club if they are there and they can speak to the other team manager about the way his parents are behaving.

Getting hot and playing in the summer...

Make sure you always keep hydrated and your coach will ensure that you have regular breaks in line with match day FA requirements when the weather is extremely hot.

When boys are rough when girls play with them...

Football is a contact sport, sometimes in football when there are mixed teams one sex can be rougher than another. If you are unhappy with some behaviour, please speak to your Coach on the day and he can look at making some changes where you feel more comfortable. If there is very rough behaviour then the referee can address this inline with the rules of playing football.

