



MY GREAT ADVENTURE



☆ CONTENTS

☆ GETTING TO KNOW YOUR CHILD	3	☆ THE KIT	18
☆ ALL ABOUT ME	5	☆ ME AND MY BALL	19
☆ MY PERSONAL TROPHY CABINET	7	☆ WHERE WILL YOUR TEAM PLAY?	23
☆ EARN YOUR PAW PRINTS	9	☆ ME AND MY BALL: SAFE HANDS	24
☆ MAKE YOUR OWN CLUB	11	☆ IN THE NEWS	28
☆ WHO IS IN THE TEAM?	13	☆ ME AND MY BALL: BRING IT ON!	30
☆ WHAT ARE THE RULES	17	☆ ROLE MODELS	34



TheFA.com/ForGirls

☆ GETTING TO KNOW YOUR CHILD

You know your child better than anyone else, to help us get off to a good start, our SSE 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.

Four horizontal lines for writing, contained within a light pink rounded rectangular area.



TheFA.com/ForGirls

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



TheFA.com/ForGirls

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

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

☆ ALL ABOUT ME

Draw or stick a picture of yourself into the box.



What do you love about SSE Wildcats?

Two horizontal lines for writing, located within a light pink rounded rectangular box.



TheFA.com/ForGirls

Apart from coming to SSE Wildcats what else do you like doing?
Draw or write to show these activities



TheFA.com/ForGirls

★ MY PERSONAL TROPHY CABINET

We want you to complete your SSE 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.

At the end of each session, add another achievement and do not forget to keep colouring your trophy as you go.

1	7
2	8
3	9
4	10
5	11
6	12



FOR ALL THE FA GIRLS' FOOTBALL CENTRES
TheFA.com/ForGirls

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 SSE Wildcats training, colour in a part of the trophy to show your progress.



TheFA.com/ForGirls



★ EARN YOUR PAW PRINTS

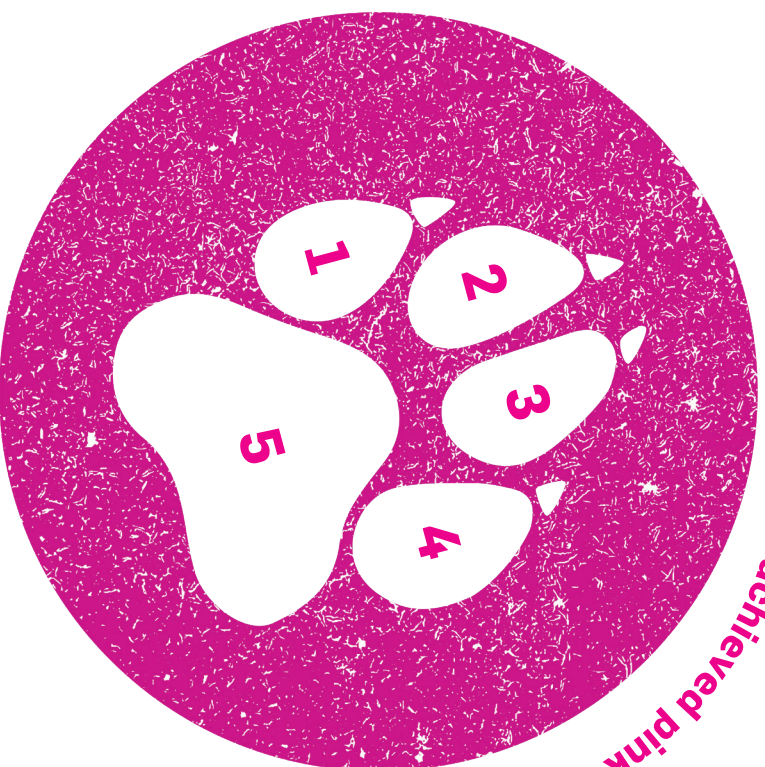


TheFA.com/ForGirls

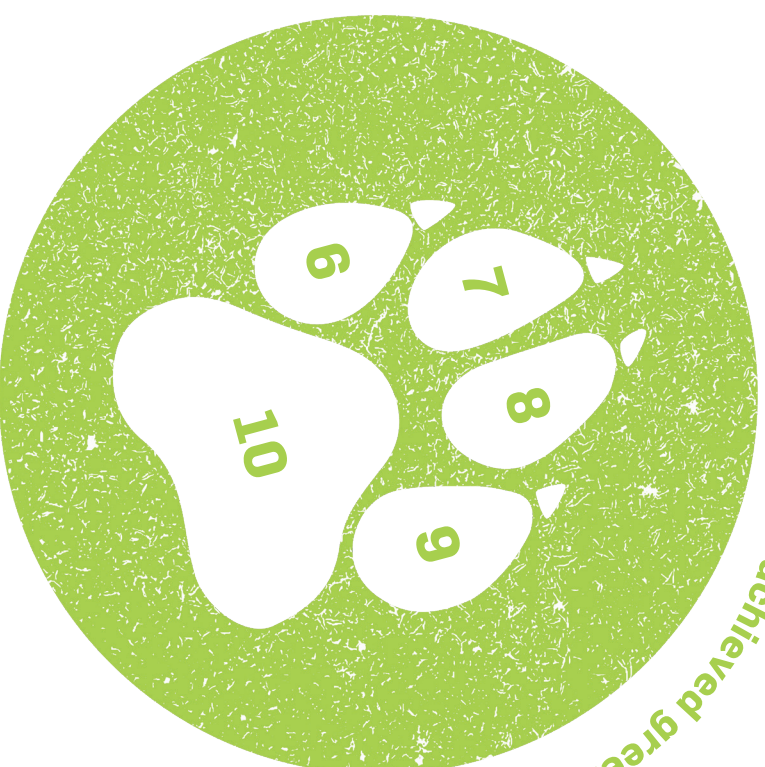
Can you earn your coloured paw prints?

Each time you attend a session, colour in the session number.

Once you have attended 5 sessions, you achieve that colour paw.

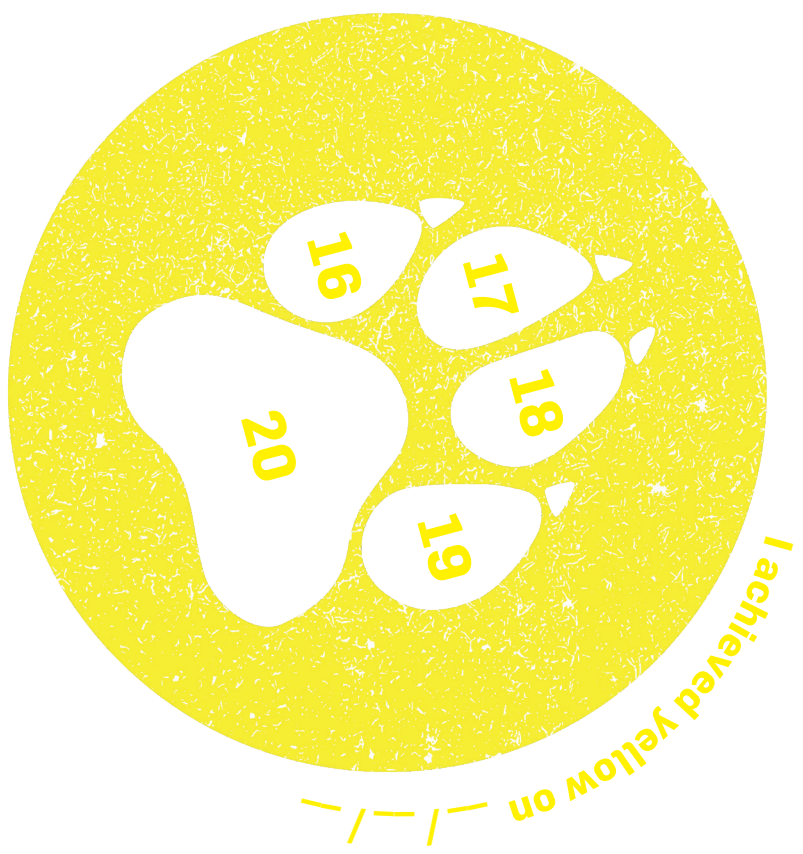
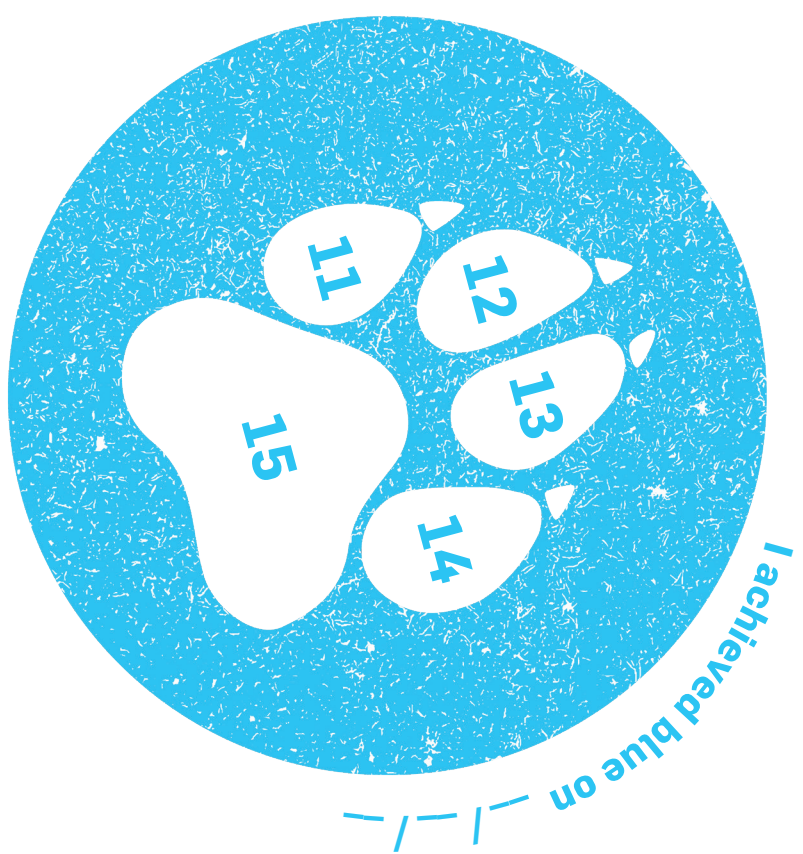


I achieved pink on



I achieved green on

★ EARN YOUR PAW PRINTS



TheFA.com/ForGirls

★ MAKE YOUR OWN CLUB

Each week when you come to your SSE 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:

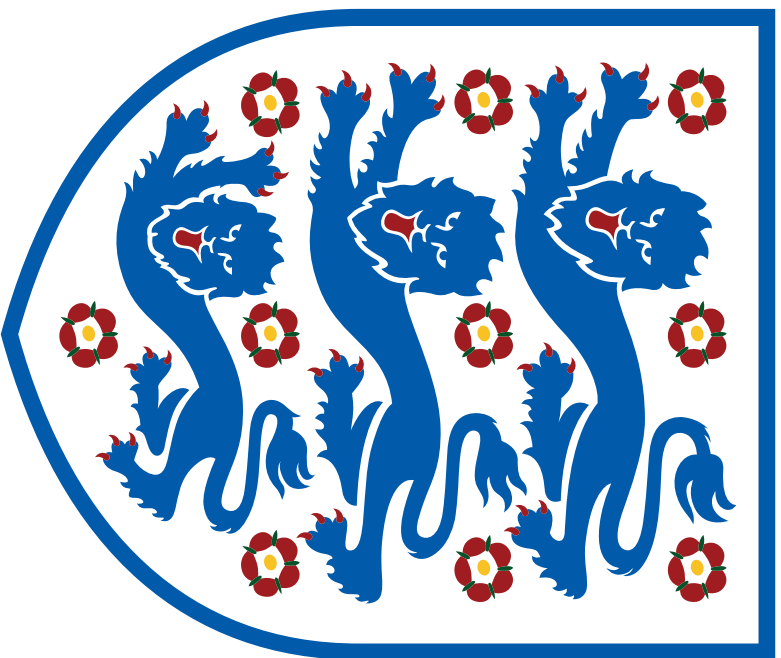
A large, light pink rounded rectangular box intended for writing the name of the club.



TheFA.com/ForGirls

★ MAKE YOUR OWN CLUB

This is the England crest.
Design your own crest for your football team
in the space.



TheFA.com/ForGirls

★ WHO IS IN THE TEAM?



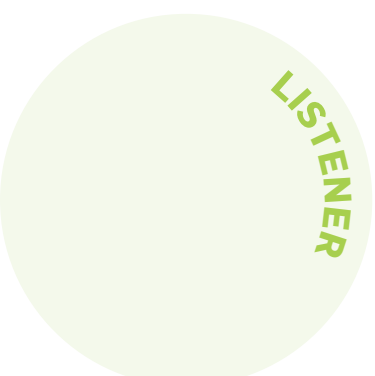
TheFA.com/ForGirls

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.

BRAVE



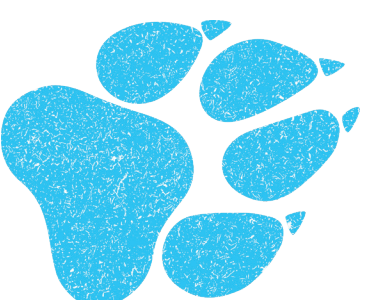
LEADER



LISTENER



KIND

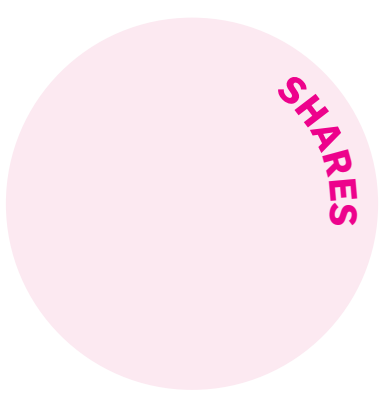


★ WHO IS IN THE TEAM?

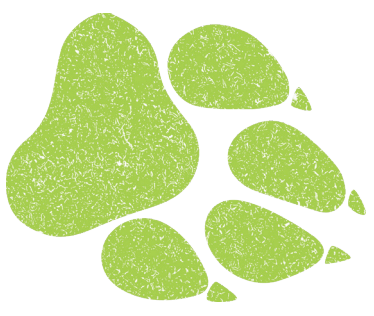
IS HAPPY



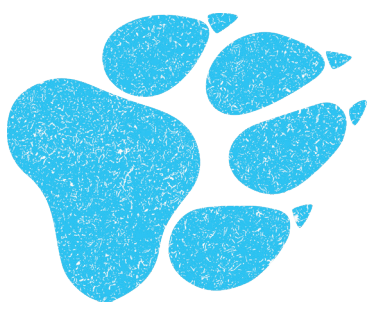
SHARES



SAYS THANKYOU



SAYS PLEASE



TheFA.com/ForGirls

★ WHO IS IN THE TEAM?

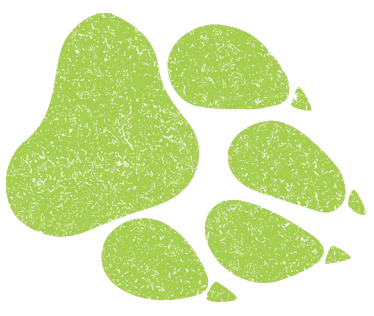
FRIENDLY



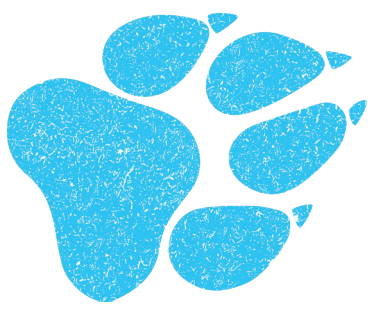
CONFIDENT



IS THOUGHTFUL



COMMITTED

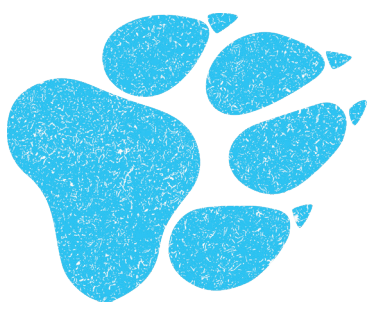
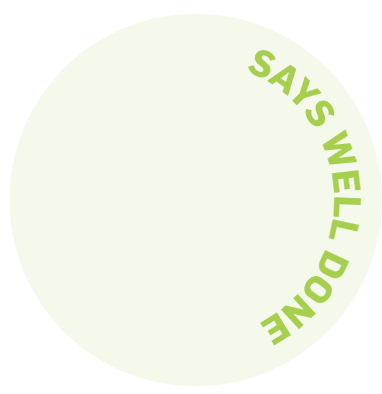


TheFA.com/ForGirls

★ WHO IS IN THE TEAM?



TheFA.com/ForGirls



★ WHAT ARE THE RULES



TheFA.com/ForGirls

At the SSE Wildcats Centres the rules are:

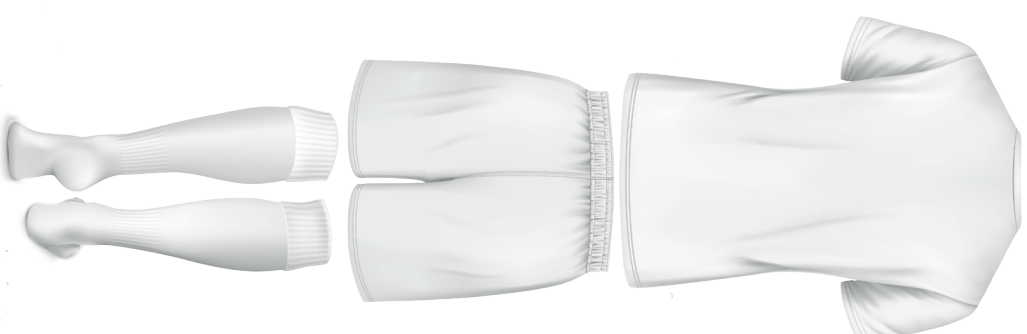
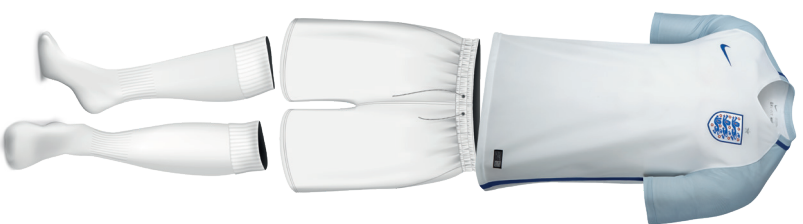
- Be Safe
- Listen
- Learn
- Have Fun

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?

★ THE KIT

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



TheFA.com/ForGirls

★ 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.



TheFA.com/ForGirls

★ ME AND MY BALL



TheFA.com/ForGirls

CHALLENGES

Mark out a circle that's 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:

- Move forwards with the ball, stop the ball and move forwards again
- Touch the ball with the bottom of your feet whilst moving in different directions?
- Go as fast as you can stop and change direction
- Have as many different touches on the ball?

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?

Tell us how the challenge went on the next page

★ ME AND MY BALL

HOW DID IT GO?

A large, light pink rounded rectangular area containing ten horizontal lines for writing.



TheFA.com/ForGirls

★ ME AND MY BALL

You have now tried some of our practises, can you make up your own? Write your own practise challenges below

A large, light pink rounded rectangular area containing ten horizontal lines for writing.



TheFA.com/ForGirls

★ WHERE WILL YOUR TEAM PLAY?



TheFA.com/ForGirls

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



TheFA.com/ForGirls

One of the Lionesses goalkeepers is Karen Bardsley.

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

Try practising some of these skills to help you improve as a goalkeeper.



☆ ME AND MY BALL: SAFE HANDS



TheFA.com/ForGirls

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 see how many times you can:

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

★ ME AND MY BALL: SAFE HANDS

HOW DID IT GO?

A large, light pink rounded rectangular area containing ten horizontal lines for writing.



TheFA.com/ForGirls

★ ME AND MY BALL: SAFE HANDS

You have tried some of goalkeeping after our practises, can you make up your own Safe Hands Games? Add your ideas below

A large, light pink rounded rectangular area containing ten horizontal lines for writing ideas.



TheFA.com/ForGirls

☆ IN THE NEWS

Lionesses dream of cup glory



TheFA.com/ForGirls

★ 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.



TheFA.com/ForGirls

★ ME AND MY BALL: BRING IT ON!



TheFA.com/ForGirls

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

Now try some of the 1 V 1 challenges on the next page



England Lioness - Fran Kirby

☆ ME AND MY BALL: BRING IT ON!



TheFA.com/ForGirls

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:

- 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, more people

Tell us how the challenge went on the next page

★ ME AND MY BALL: BRING IT ON!

HOW DID IT GO?

A large, rounded rectangular area with a light pink background, containing ten horizontal lines for writing.



TheFA.com/ForGirls

★ ME AND MY BALL: BRING IT ON!

You have tried some of our practises, can you make up your own games? Add your idea below

A large, light pink rounded rectangular area containing ten horizontal lines for writing ideas.



TheFA.com/ForGirls

★ ROLE MODELS



TheFA.com/ForGirls

Steph Houghton is the current England captain.

What makes a good captain for a football team?

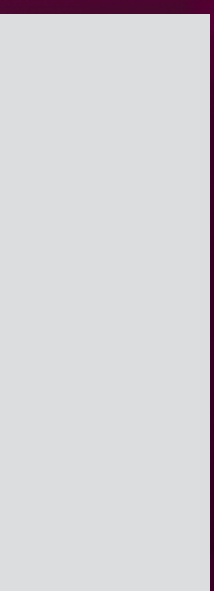
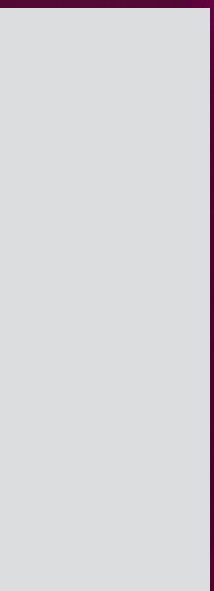
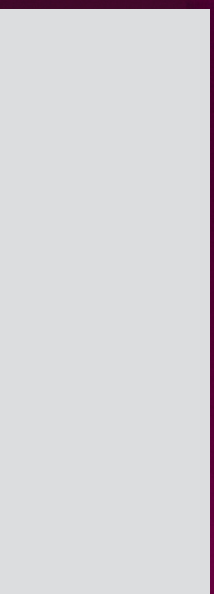
Who would be captain of your team and why?



England Captain - Steph Houghton

★ *ROLE MODELS*

In each of the picture frames draw pictures to show when you have been a good role model to others, can you explain why you chose these examples.



TheFA.com/ForGirls

