

# 25. Decoding The Words

Try unscrambling these soccer words. They fit into the categories below by syllables (number of sounded words parts) \* Note: You may not fill all the blanks in a given category, but all the words will fit somewhere.

ctacperi  
ssopinoses  
tlynape  
aolg  
lofu  
pesrwee

ekerep  
fndedree  
thos  
tatcaekr  
saps  
lifde

ygsaetr  
ilnsdeiie  
ckki  
stthoho

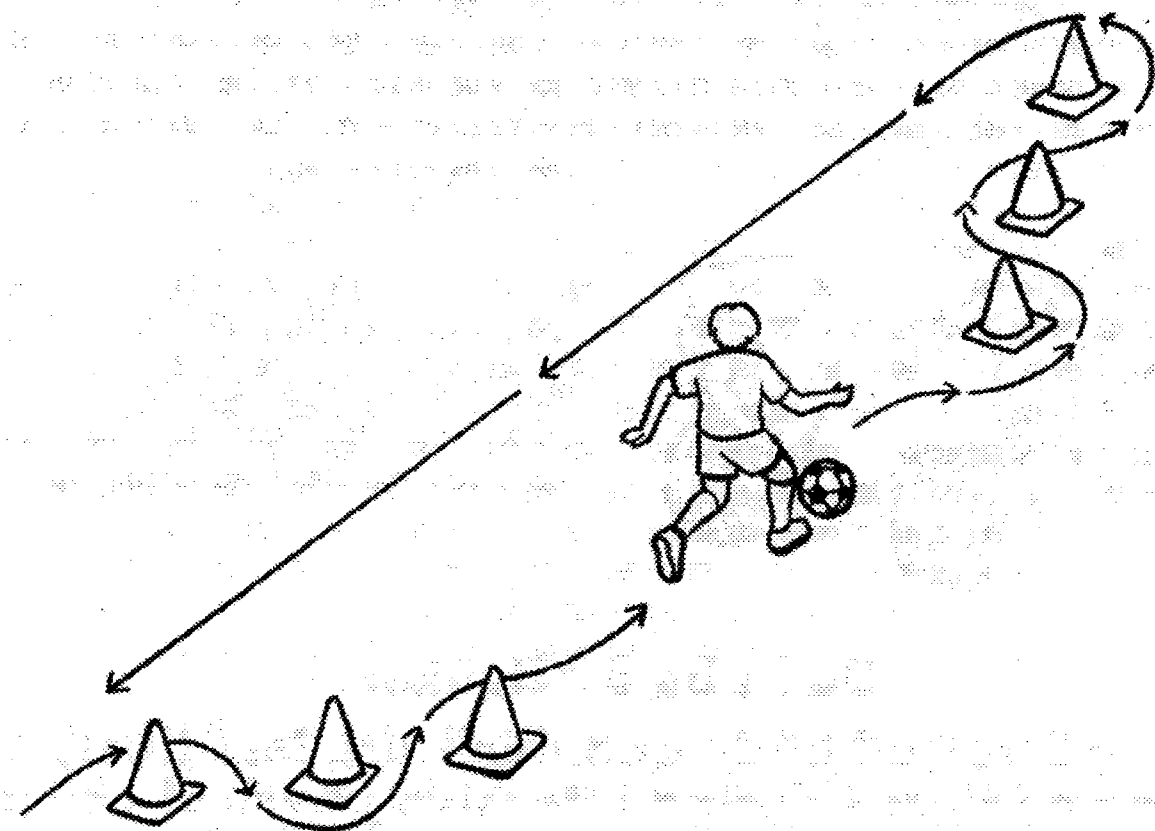
## Number of Syllables

1

2

3

# 26. Explode into Action



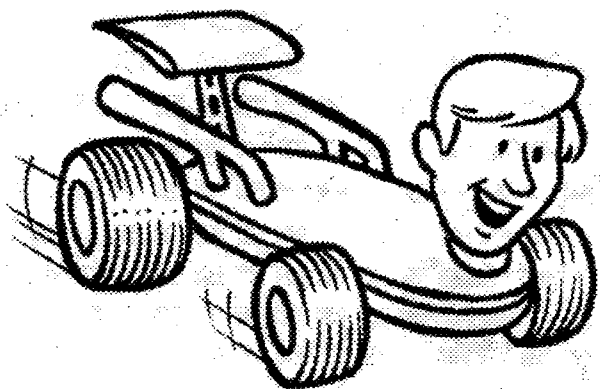
**When dribbling the ball, there are 3 main ways of fooling the opposition:**

- 1.** Using tricky feet to mesmerize the opponent.
- 2.** Faking with the body to give the impression you are going one way, but then go another.
- 3.** Changing pace from slow to fast (exploding into action) and leaving the opponent trailing.

With the fun dribbling circuit shown, don't forget to "explode into action" as soon as you are clear of dribbling through the obstacles.

# 27. Prevent Injuries

Your body is a special machine which needs to be kept in good shape if it is to run smoothly and efficiently. The proper “fuel mix” is important (i.e., foods and fluids) and then all the moving parts need to be ready to go. Muscles need to be warmed up so that you are flexible and agile and certain parts of the body need to be protected from kicks and constant pressure.



A warm-up activity that includes jogging and some stretching helps prepare your muscles for increased activity. It is very important to stretch after, too, because it keeps your muscles from seizing up.

**Don't be a “clunker”!**

**A well rested body and mind are less likely to become injured during intensive physical activity.**

- a.** Which part of your body do you use most when playing soccer? \_\_\_\_\_
- b.** Which part of your body needs padded protection? \_\_\_\_\_
- c.** Which part of your body is constantly “hitting” the ground or the ball? \_\_\_\_\_

# 28. Prevent Injuries

Using the words below, complete the preparation statements for a “hotshot” player.

**Common sense**

**Water**

**Rest**

**Stretching**

**Carbohydrates**

**Shinpads**

**Jogging**

**Shoes**

1. Make sure you get plenty of \_\_\_\_\_ before the game. Tired players get hurt more easily.
2. Several hours before game time eat a meal with lots of \_\_\_\_\_.
3. Drink plenty of \_\_\_\_\_ before, after and during the game.
4. Protect the front of your legs with \_\_\_\_\_
5. Warm-up with \_\_\_\_\_ and \_\_\_\_\_.
6. Make sure your \_\_\_\_\_ fit well so that you don't get cramps or blisters.
7. Use your \_\_\_\_\_ and avoid dangerous situation.

**ENJOY YOUR GAME!**

# 29. You are the Chef!

Well, not exactly!

Your team is playing in a tournament starting Friday and the coach can't get away from the office. A parent is going to look after the team selection and the substitution. The coach has asked YOU to provide the food and drink for breakfast, lunch and dinner, and to arrange the meal times. Every game is 60 minutes long and divided into two 30-minute halves. You're staying at the local college and there is a full selection of food and drink.

Note: If you haven't been through all the earlier activity pages for the 6-year olds to 9-year olds you may need to search the internet to improve your answers. Check your answers with your Mom, your Dad or your coach.

**Wake-up call**\_\_\_\_\_ **am**

**Breakfast**\_\_\_\_\_ **am**

**Menu (include drinks)**

**Game #1 at 10:00**\_\_\_\_\_ **am**

**Lunch**\_\_\_\_\_ **pm**

**Menu (include drinks)**

**Game #2 at 4:30**\_\_\_\_\_ **pm**

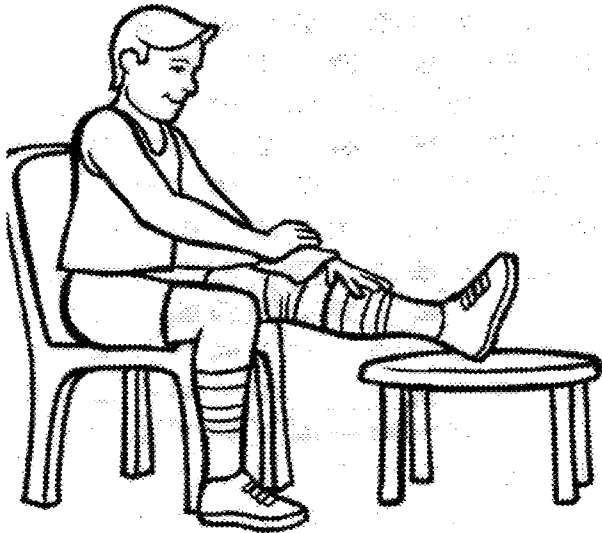
**Dinner at**\_\_\_\_\_ **pm**

**Menu (include drinks)**

# 30. Ice is Nice...Try Rice

No matter how well prepared you are, at some time you are likely to be injured. You and your coach must be prepared for this situation.

An essential part of any first-aid kit is one or more flexible ice packs, preferably in different sizes. Cuts, bruises, twists and sprains can all lead to painful swelling if not treated promptly. Rice can be an important source of carbohydrates to fuel your body for the games. It's also good way to remember the general rules of icing and injury. Don't apply ice directly to the skin. Use an ice bag or cloth.



**R**est the injured area.

**I**ce the injured area immediately and keep it iced for 15 or 20 mins.

**C**ompress the injured area with the ice pack.

**E**levate the injury to help reduce swelling.

Icing should be repeated every 1-2 hours for the first two days after an injury. If there are any doubts about the injury, be sure to seek further medical advice from an expert.

In the space, describe a game situation where an injury requiring icing might occur.

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# 31. What's in a Name

The Brits call them boots, some call them cleats, but most know them as soccer shoes.

The older you get, and the more serious you become in soccer, the greater is the need to have different types of shoes for different times.

There are three main types of shoes. Try unscrambling the words below and then explain when each type of shoe would be used.

**tfal-oelss**

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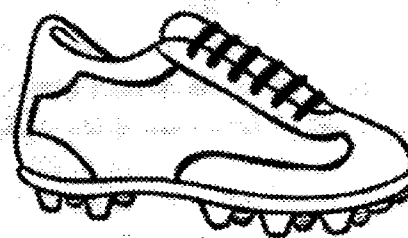


**uimtl-dusts**

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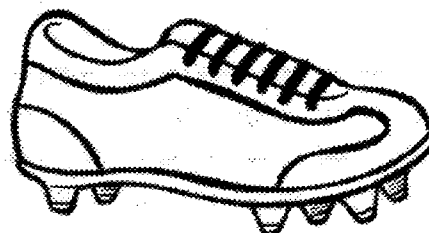


**isx-usdst**

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# 33. Soccer Jamboree

An exciting soccer jamboree is going to take place. Below is a list of the nicknames of all the teams.

|            |          |          |           |
|------------|----------|----------|-----------|
| Wolverines | Manatees | Vultures | Orcas     |
| Anacondas  | Bullets  | Falcons  | Jaguars   |
| Tigers     | Sharks   | Cougars  | Rattlers  |
| Grizzlies  | Panthers | Warriors | Eagles    |
| Piranhas   | Ospreys  | Dolphins | Vipers    |
| Lions      | Cobras   | Hawks    | Porpoises |
| Boas       | Narwhals | Flyers   | Racers    |
| Speedos    | Condors  | Pythons  | Marlins   |

1. Carefully read and think about all the team names. Name the five categories into which they can be grouped.

A)

B)

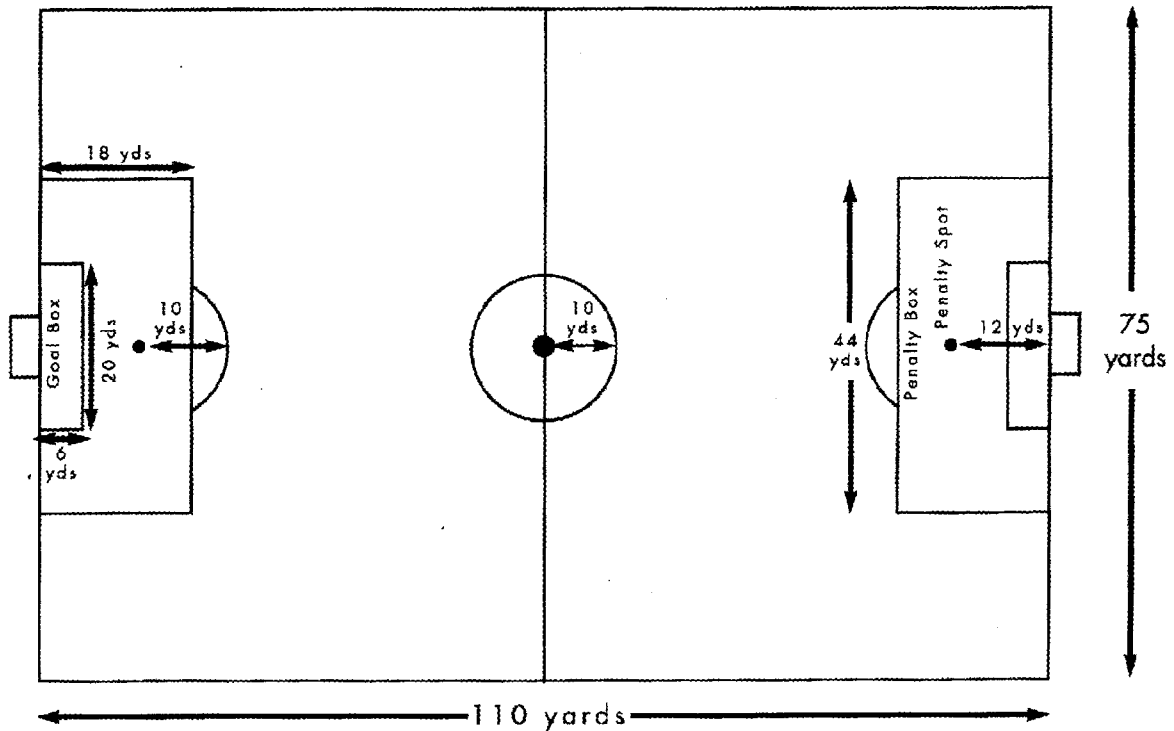
C)

D)

E)



# 37. Bird's Eye Soccer



Above is a bird's eye view of an adult soccer field. Many of the dimensions are given. They are given in yards, the measurement used by some Europeans. A yard is just a little shorter than a meter.

Tone up your math skills by answering the following questions about the soccer field:

1. How many rectangles do you see?

.....

2. Find the area of the following:

\* remember area of a rectangle = length x width

a) field .....

b) goal box .....

c) penalty box .....

# 38. Bird's-Eye Soccer

3. Now find the perimeter.

Remember perimeter = the distance around the edges

a) field \_\_\_\_\_ b) goal box \_\_\_\_\_ c) penalty box \_\_\_\_\_

4. As the radius (center of the edge) of the center circle is 10 yards, what is its diameter? (Hint:  $d = 2r$ )

\_\_\_\_\_

5. If as part of your fitness training you had to run four times around the field, how far would you have run?

\_\_\_\_\_

6. If you kick the ball in a straight line from the penalty spot to the center of the field (center spot), how far would the ball have traveled?

\_\_\_\_\_

# 40. Soccer Quiz

1. In which year was the men's World Cup of soccer first played?

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2. How often does the World Cup take place?

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3. Who is the youngest goalkeeper ever to play in a World Cup game and for which country did he play?

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4. In which country was the first women's World Cup of Soccer played?

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5. Which two continents are the most famous for soccer?

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6. Who made the bicycle kick world-famous?

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7. What is one of the most difficult rules in soccer?

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8. What is the common soccer term for the playing area of the field out towards the sidelines?

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9. Which type of nutrients are the most important for a pre-game meal?

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10. What is the essential part of any soccer first-aid kit?

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# Answer Page 2

**Page 16** — 1 Sequence is ADCB;

2. Answers can vary, but the keeper dove on his side and the side of the body is in contact with the ground; 3. Answers can vary. Keeper has pushed up with his left arm and then swung his upper leg and knee across his body; 4. Answers can vary. The keeper has a good balanced position on the balls of his feet, arms slightly out to the side with hands turned out, and ready to react.

## Page 17

|               |             |
|---------------|-------------|
| HUNGARY       | JAPAN       |
| MEXICO        | AUSTRALIA   |
| UNITED STATES | FRANCE      |
| SPAIN         | ITALY       |
| GHANA         | SOUTH KOREA |
| PORTUGAL      | NIGERIA     |
| ARGENTINA     | TUNISIA     |

## Page 18

A great deal will depend on the ability of each player and whether they are standing in position or moving into another position at the moment of the illustration. First we do need to cover the player with the ball. The keeper/sweeper would most likely be in space #3. If that is the case, we do not need a player in space #7. Spaces #1 & #11 in the defending corners are not going to be of much help. All other spaces present exciting possibilities, but in combination some would not work well. For example: if two players were in spaces #9 & #10, both would be doing a similar job so only one space should be occupied. Same with #5 & #8. We like 3, 12 & 9 but 3, 10 & 5 would be interesting — particularly if our player

with the ball played a pass to # 10. There are many combinations. Yours could be as good as ours. That's the great thing about soccer. We do know there are some drawbacks with spaces 1, 4 & 11. As well, space #4 encourages a square pass across the defensive part of the field and this could be risky.

## Page 20

**DOWN:** 1. Forward 2. Late 4. Do 6. See 7. Penalty 9. Defenders 11. Pass 12. Runner 13. Cross 15. Foul 18. Chip shot 19. Strategy 22. Defend 24. Track 25. Coach 26. Trip **ACROSS:** 1. Foul 3. Head 5. As 6. Stop 8. Root 10. Keeper 14. Referee 16. Net 17. Sweeper 20. Shot 21. Soccer 23. Practice 27. Active 28. Try

## Page 21

ANSWERS — 10

ABC, ABD, ABE, ABF, ADE, ADF, ACD, ACE, ACF, AEF

## Page 23

1. foot off ground; 2. is correct but only if he continues to throw the ball in according to the rules; 3. thrown from behind head; 4. unequal force—mainly right-handed.

**Page 24** — Europe: Hungary, Italy,

Portugal, France, Spain.

Asia: Japan,

South Korea.

Australasia.

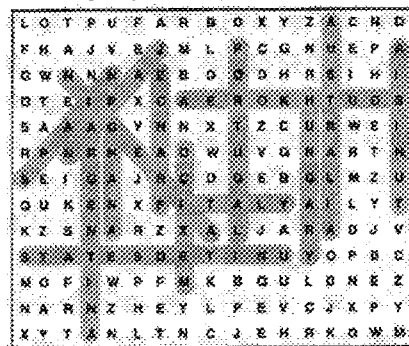
Australia

Africa: Nigeria,

Tunisia, Ghana.

South America: Argentina.

North America: United States, Mexico.



# Answer Page 4

2. In a real game, the penalty area is likely to be full of defenders. The bent run brings an attacker from behind the defender (the blindside) and the defender will likely be watching the ball. It makes it much more difficult for the defenders as they can't see the ball and the attacker at the same time. See the runs we have suggested where the attackers have some time to get in position.

## Extra! Extra

The run to near post – even with some time to spare – will have to be FAST over the last few yards in order to escape the markers.

## Page 37-38

1. Nine rectangles
  1. full field
  2. goal areas
  2. halves of the field
  2. goals
  2. penalty boxes
2. a) 8,250 square yards b) 120 square yards c) 792 square yards
3. a) 370 yards b) 52 yards c) 124 yards
4. 20 yards
5. 1480 yards
6. 43 yards

## Page 40

1. 1930; 2. Every four years; 3. Paul Dolan, Canada; 4. United States; 5. Europe and South America; 6. Pele; 7. Offside; 8. Wings or Flanks; 9. Carbohydrates; 10. Ice Pack

# GLOSSARY

**ATTACKER:** A player looking to help score a goal when his or her side is in possession of the ball.

**BALANCE;** A soccer term for a group of well-positioned players usually on the defense.

**CAPACITY:** The amount that can be contained in an area; the number of seats for spectators within a stadium.

**CAPTAIN:** The leader of the team on the field who makes the decision such as, at the coin toss, which way to play or which goal to defend. Usually chosen by the coach, but sometimes by the teammates.

**CARBOHYDRATES:** Nutrients which contain sugars and starches and are found mainly in bread, cereal and pasta. These foods are easily digested and provide energy.

**CHIP PASS:** A short, lofted pass over opponents. It is executed with a short, stabbing action under the ball to make the ball go high and spin backwards so that on returning to the ground it does not run away from a teammate.

**CLEATS:** Pieces of leather, rubber or plastic attached to the sole of the shoe and sticking out from the shoe to prevent slipping.

**CONTINENT:** A large part of the world often containing several countries and usually surrounded by seas and oceans.

**CO-OPERATION:** People helping each other, especially in team sports.

**CORNER KICK:** Awarded to the attacking side when a defender plays the ball over the defending end line. The kick is taken from the corner nearest where the ball went out of play.

**CROSS:** A pass made from the wing areas of the field into the penalty area.