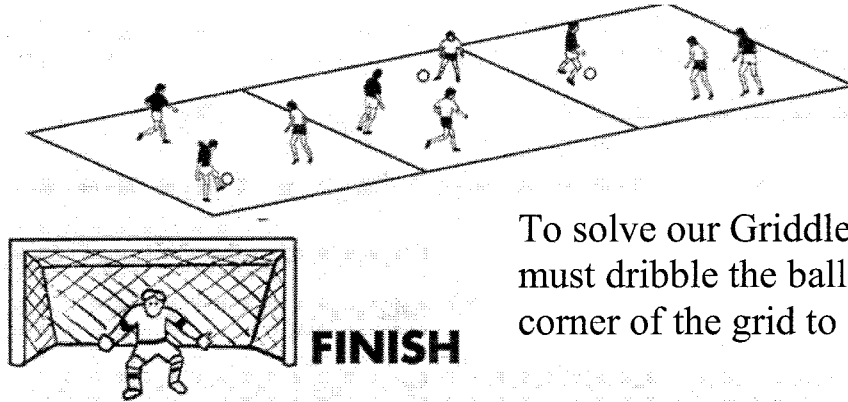
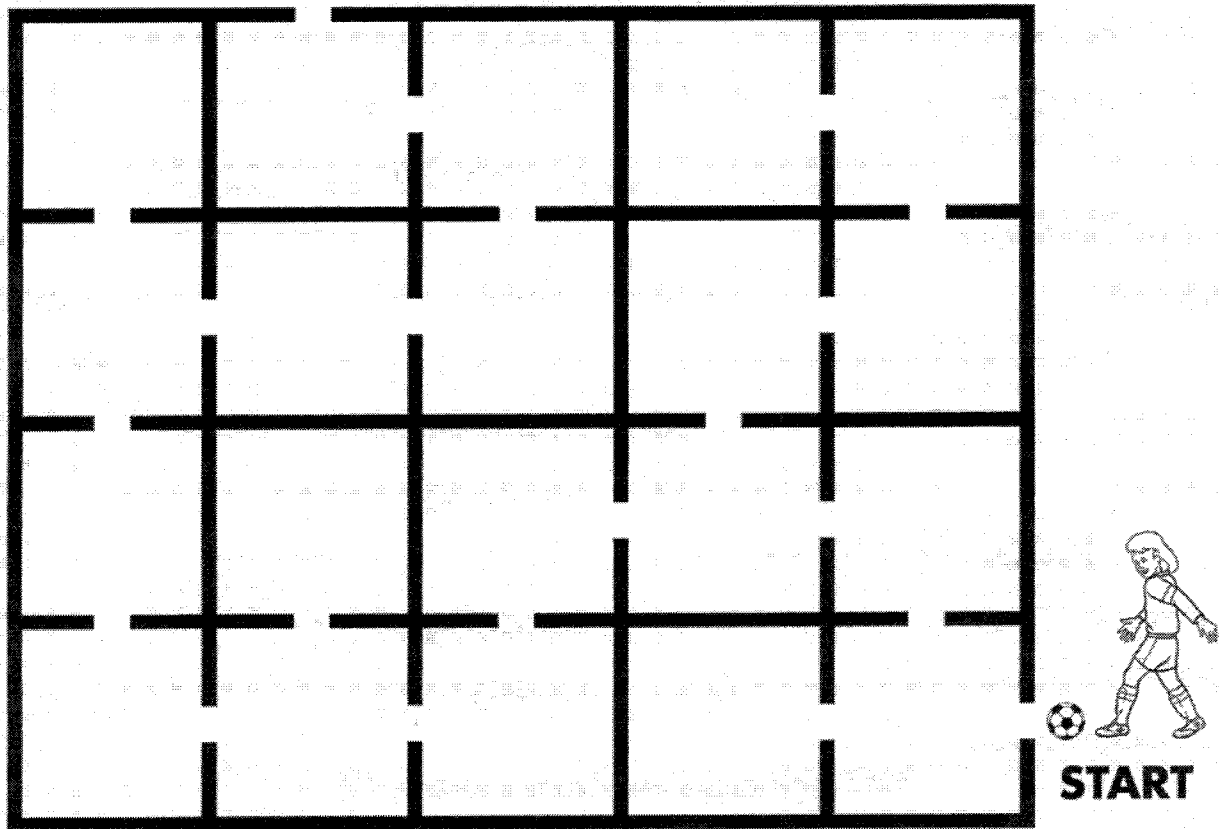


# 1. The Griddle Riddle

In soccer, coaching grids are often used to help mark out small fields for 1 vs. 1, 2 vs. 2, 2 vs. 2, 3 vs. 3, etc. Usually, they are marked in 10-yard squares.



To solve our Griddle Riddle, you must dribble the ball from the bottom corner of the grid to score at the top.



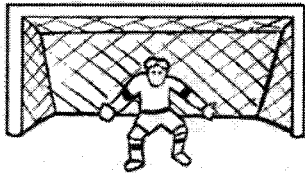
There are 12 grids to pass through before you escape the opposition and finish the game. Score a goal for each grid you get a pass through. Concede a goal for every mistake you make. It could be a high-scoring game! Good Luck!

## 2. Griddle a Mazeburger

Now it's your turn to griddle the riddle.

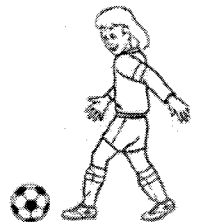
Using the starting spot and the finishing goal, draw in your own maze – any way you like!

We suggest you sketch your maze out on a spare piece of paper before you do the final copy. It's "a-maze-ing" what you can do when you try...!



**FINISH**

**START**

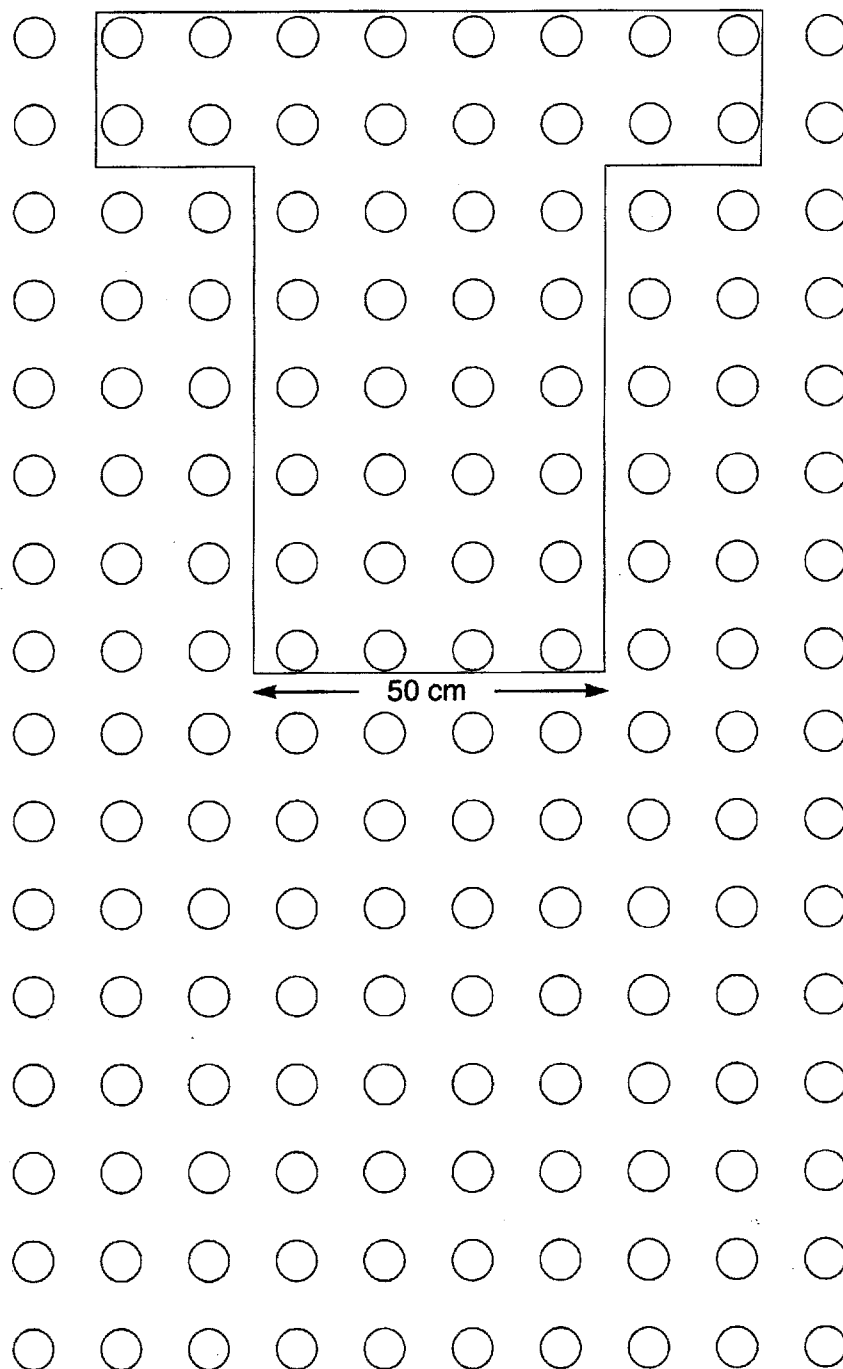


### 3. Seeing Spots

This year, a soccer team has decided to have polka dots as part of its uniform. Although the team plays 6-a-side games, 10 jerseys are needed for the full squad.

Here is an outline of the jersey as it would be cut from a bolt of cloth.

Remember: Each jersey needs a front and a back.



# 4. Spot Check

For fun, color the polka dots any way you wish, but if this were really a team jersey, the polka dots would probably be all one color.

1. How many polka dots are on the half jersey shown? \_\_\_\_\_
2. How many polka dots would be on a full jersey? \_\_\_\_\_
3. How many polka dots would there be on the jerseys for the whole squad? \_\_\_\_\_
4. How many meters of cloth would be needed for:
  - a. Each full jersey? \_\_\_\_\_
  - b. Jerseys for all 10 players? \_\_\_\_\_
5. Use your drawing skills to sketch in a second jersey piece on the bolt of cloth.
6. Remember to count and draw your polka dots carefully.

**Extra!** How many polka dots are in the wasted material between 2 jersey pieces?  
\_\_\_\_\_ polka dots

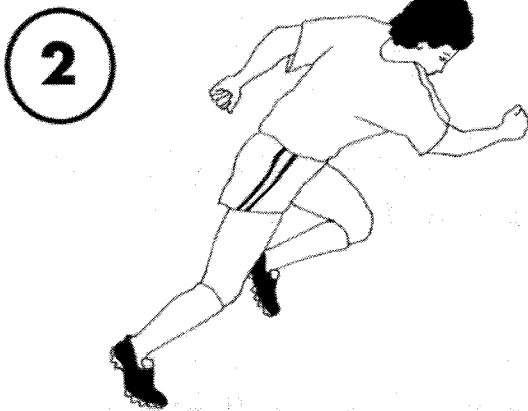
**Extra! Extra!** What is the length and width of cloth wasted between 2 jersey pieces?  
(Look carefully at the measurements given on the drawing.)  
Length \_\_\_\_\_ Width \_\_\_\_\_

# 5. Running Laps

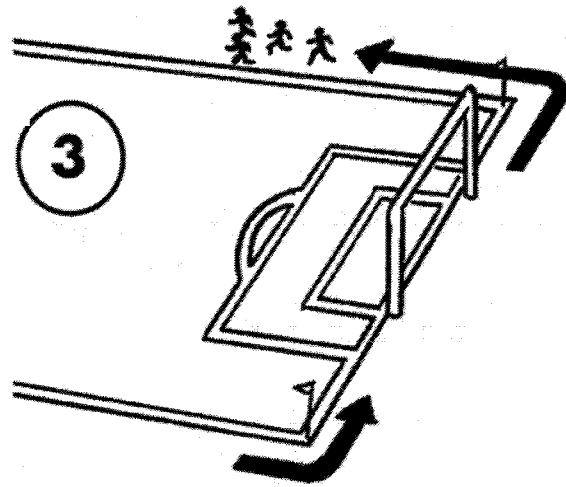
There are 3 main types of running in soccer.

1. Very fast – or explosive – runs over a few paces to get to the ball first, or runs to escape a marking opponent and shoot on goal; or runs to quickly win a loose ball.
2. Sprint runs, over longer distances – say 15 to 30 yards. Sometimes sprint runs are with the ball, but usually they are made without the ball in order to get into position, so as to stop an opponent or reach a pass for a shot.
3. Continuous jogging over longer distances and for a long time.

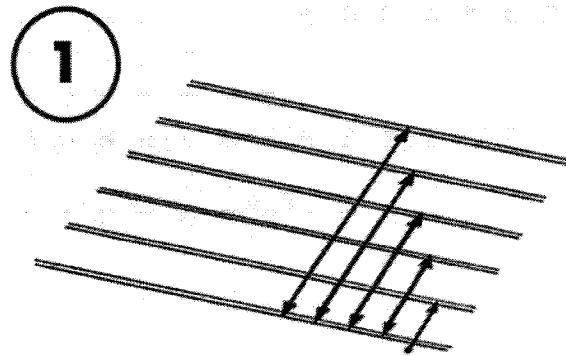
Most of the running in soccer is of the 3<sup>rd</sup> variety – continuous jogging. This is sometimes called endurance running, as you need to keep on going. Professional players sometimes run as far as eight miles over the course of a 90-minute game.



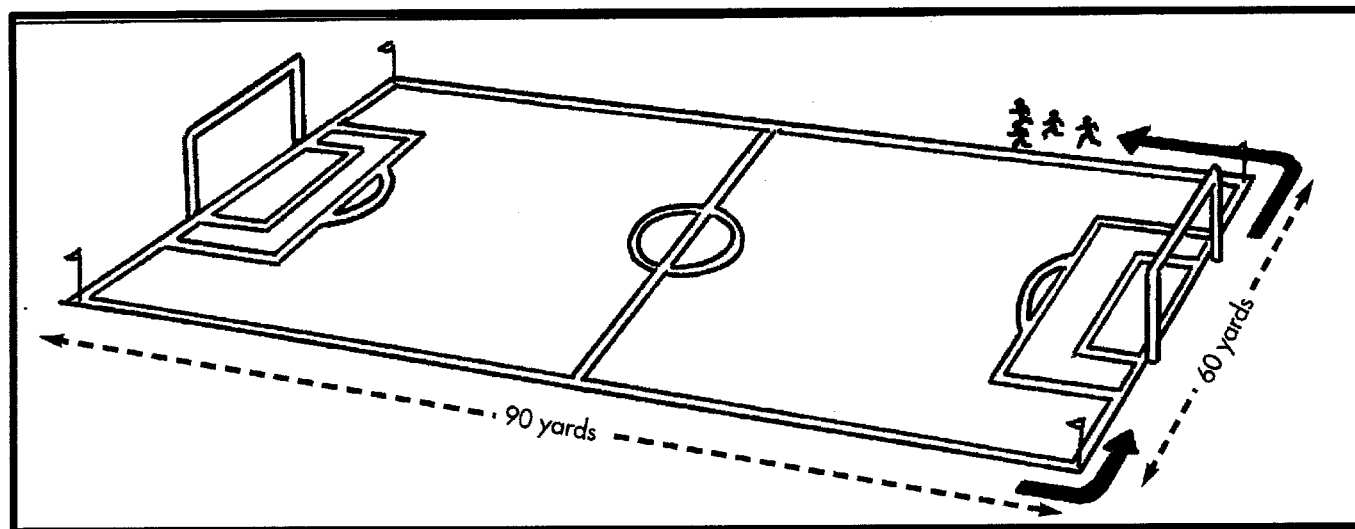
Teenage players need to “train” to get this type of soccer fitness. For younger players, like you, it is not yet important.



#3 is the “grunt-and-groan” type of running, but #1 and #2 are the most exciting. All three are very important.



# 6. Keep On Running



Our teenage team is going to do some fitness work.

The players are going to:

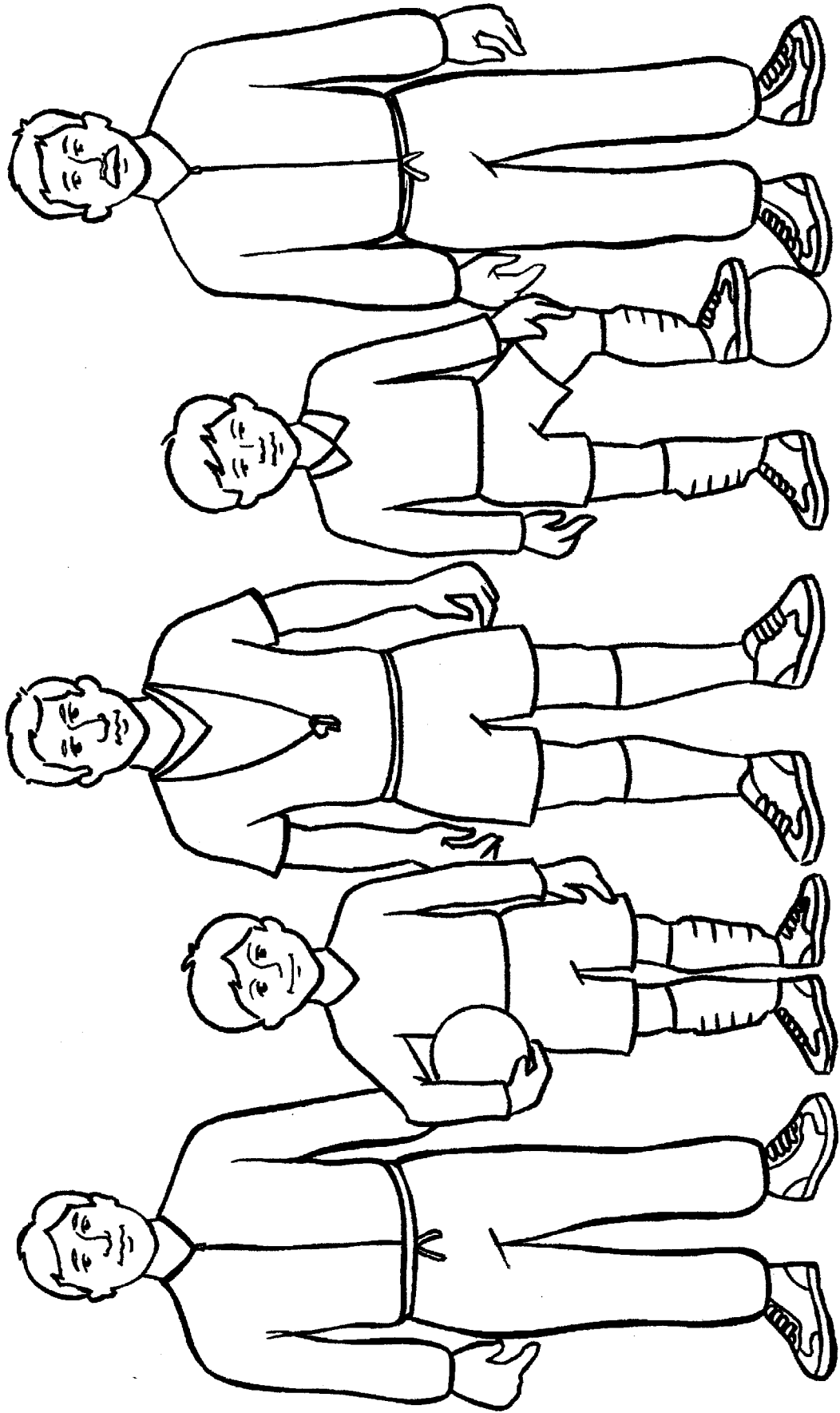
- a. Jog 4 full laps of the field.
- b. Do 8 sprints of 15 yards.
- c. Run 12 shorter sprints of 8 yards.

1. How many “jogging” yards have they run? \_\_\_\_\_

2. How many sprint yards have the run? \_\_\_\_\_

3. How far will they have run by the time they have finished? \_\_\_\_\_

# 7. Official Uniform Designing



# 8. Uniformity

Design the uniforms for these five people.

The man in the middle, the referee, must be distinguished from the two opposing players. He must look like a referee and not like a clown, but referees wear jerseys of different colors these days. Previously all referees wore black jersey, shorts and socks with white trim.

The uniforms of the two opposing players must be different from the referee's uniform and completely different colors from one another (i.e., different jersey, different shorts, different socks.)

The two coaches are not covered by the uniform rule, but they should look smart and should reflect the uniform of their team. So design the coaches' track suits after completing the players' uniforms. You can add collar and cuffs and different trims if you wish.



# 10. Word Search I

Search for the 15 words given in alphabetical order beside the box.  
The words can be found going **forwards** in all directions:

Down ↓ Across → Diagonally ↗ ↘

Read over the word list first, as this will help you see them quickly. Circle each word that you find and then tick it off on the word list.

Perhaps you and a friend could do this at the same time and see who finishes first. Remember to do this only for fun. If you finish first, help your partner to complete the puzzle.

A	E	M	C	S	G	F	O	E	C	J	P
G	J	A	K	C	U	H	H	N	I	L	F
L	I	C	I	O	N	A	C	F	E	A	H
B	R	G	M	R	I	L	I	I	G	L	C
C	O	O	B	E	F	F	R	E	C	C	O
O	J	X	O	N	O	M	C	L	K	E	R
A	I	O	P	A	R	B	L	D	B	N	N
C	B	I	M	N	M	A	E	N	A	T	E
H	H	R	L	G	H	D	F	I	L	E	R
C	E	A	P	L	G	A	M	E	L	R	B
D	O	E	A	E	J	S	H	B	P	E	K
G	R	D	P	P	A	S	S	N	A	I	F

1. Angle
2. Ball
3. Box
4. Center
5. Chip
6. Circle
7. Coach
8. Corner
9. Field
10. Game
11. Goal
12. Half
13. Pass
14. Score
15. Uniform

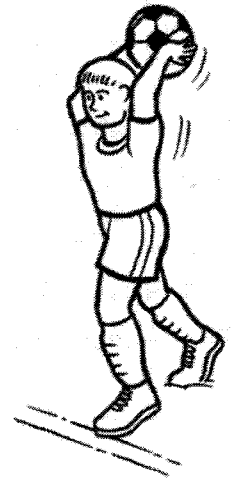
# 12. Hands Off the Keeper

Any player can handle the ball, but only at certain times and in certain places.

For field players, the **ONLY** time a player can “officially” handle the ball to make a pass is at a throw in. That’s how the game is re-started after the ball has gone out of play over the sidelines.

The ball is only “out of play” when it has completely crossed the line marking the field of play.

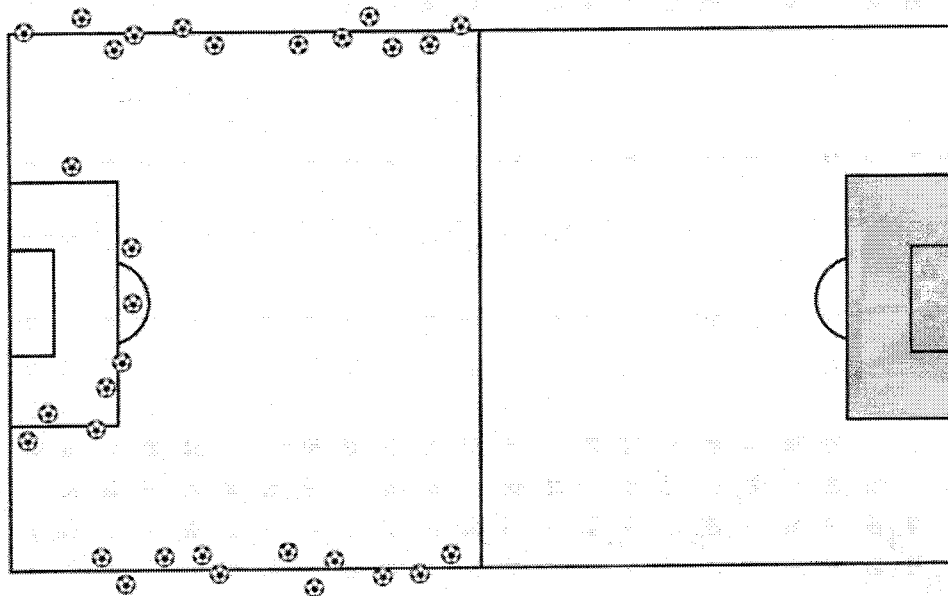
Goalkeepers can handle the ball inside their own (defending) penalty area or goal box in 3 vs. 3 and 4 vs. 4 games. See the shaded area showing the penalty box at the right end in the illustration below.



At the other end of the field, how many of the soccer balls can the defending goalkeeper legally handle? \_\_\_\_\_

How many balls have gone out of play and need a throw in to re-start play? \_\_\_\_\_

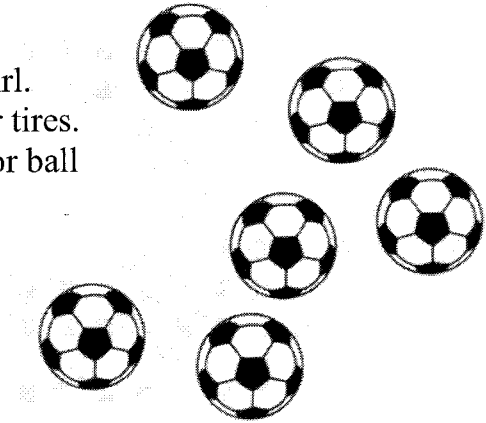
Remember that the whole ball must be over the sideline before it is called out of play. The same kind of rule applies to the goalkeeper. Until the whole ball is outside the penalty area, the keeper is allowed to use hands. As long as any part of the ball is on or above the penalty area of the outside lines, the goalkeeper can handle the ball.



# 14. Ball Characters

Ball boys or ball girls in soccer keep the game flowing by getting the ball back quickly to the players when it goes out of play.

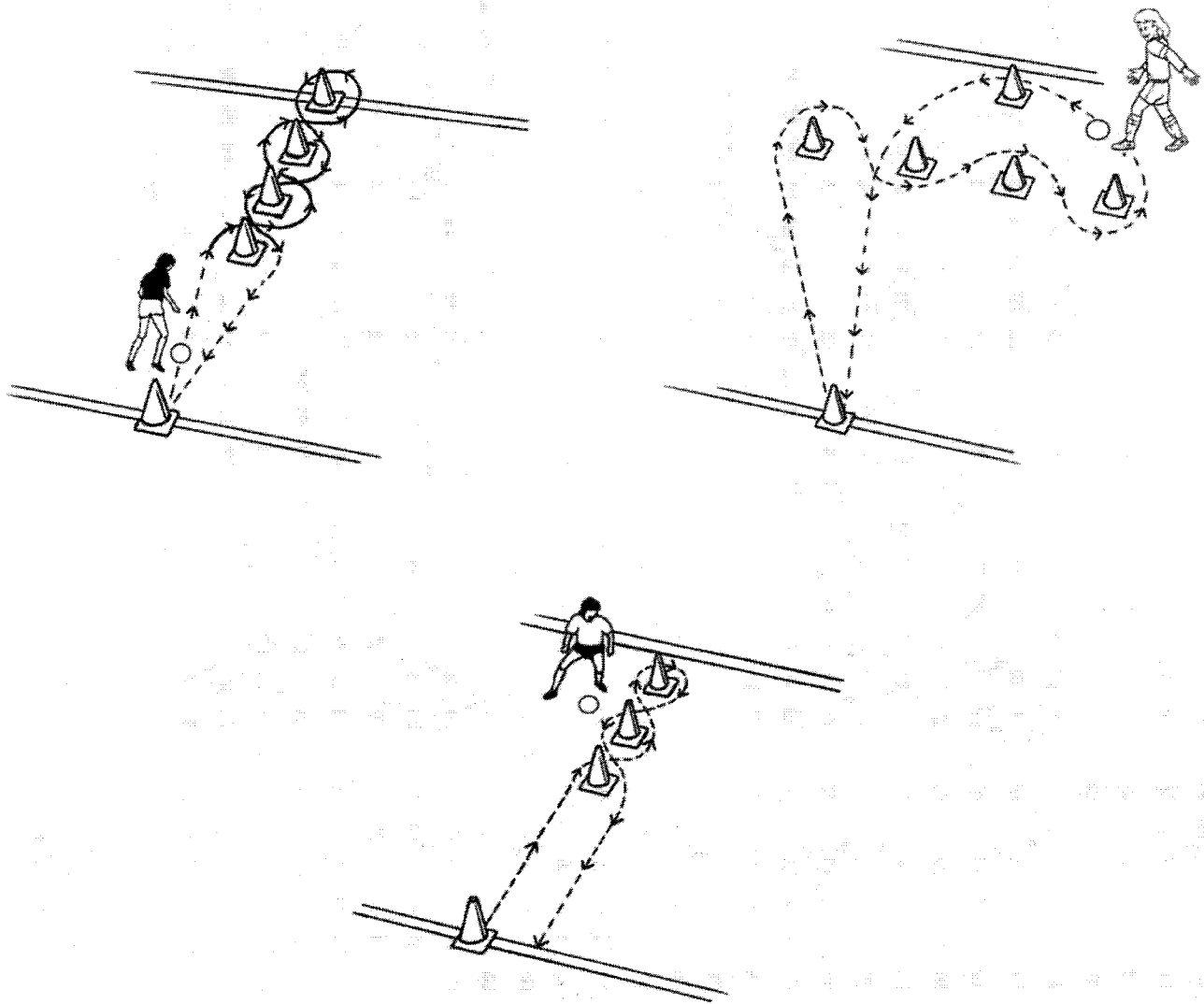
Let's have some fun building a fantastic ball boy or ball girl. You all know the "Michelin Man" who is created from car tires. Using this idea and applying it to soccer, draw a ball boy or ball girl made only from soccer balls. Have a ball!



# 16. Tricky Relays

Every player – including the goalkeeper – needs to be good at running with the ball at their feet. This skill is usually called “dribbling.”

Look at the three tricky relays here. They’re designed for you to do them with a friend. If you have a stopwatch, one can keep time and the other can make the tricky run. If any cones are knocked over, add two seconds. You must finish with a foot on the top of the ball at the start/finish line.



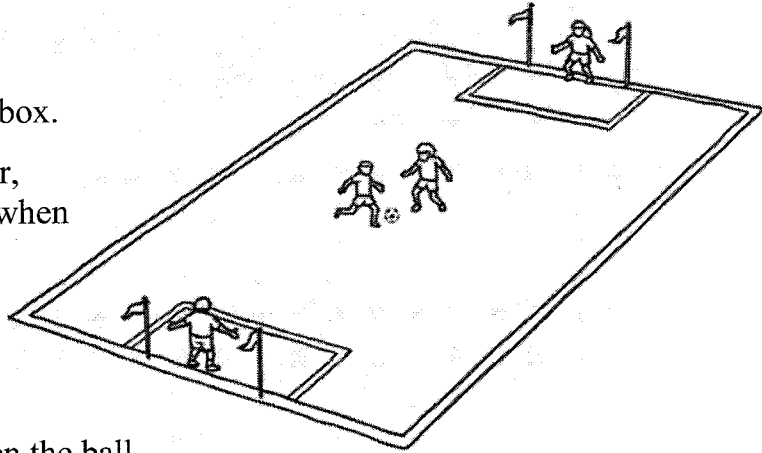
# 18. Fun Games For Soccer

## 1 vs. 1 PLUS KEEPERS

Take turns in goal and on the field.

### RULES

1. Goalkeepers must stay in 3 yard box.
2. Dribblers can pass back to keeper, but keeper cannot use the hands when the ball is passed back.
3. Keeper can use the hands for shots from the opponent
4. At the end of each attack, or when the ball goes out of play, change from keeper to field player.
5. Take turns in starting the attack – first one team, then the next. All players start in their defending goal box and game begins when one dribbles out.

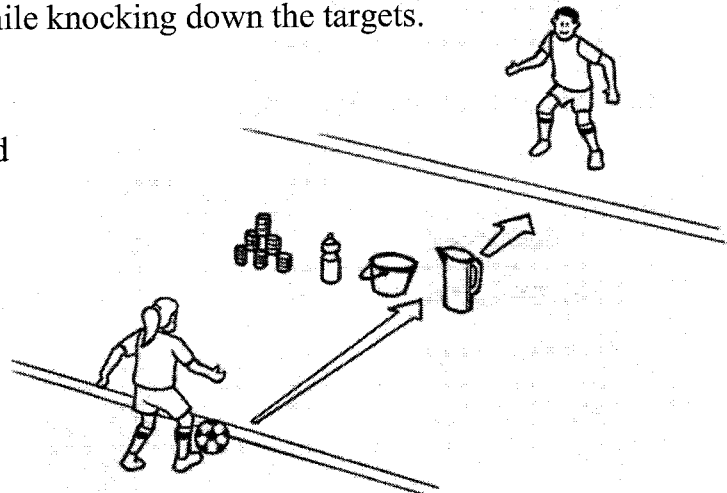


## KNOCK 'EM DOWN

With a friend, draw two lines and put obstacles like cones, water bottles and buckets in between you. Use only one ball and pass to each other while knocking down the targets.

### RULES

1. Ball must knock down the target and travel across the area and go across the far line.
2. If the ball doesn't cross the far line, but knocks down the obstacle, then the obstacle is put back up again.
3. Use the stopwatch to see how long it takes to knock them all down. Try to beat your best time.
4. Have "the other foot" competition where the weaker foot, usually the left, is used.



# 20. Substitution

Poor # 6. This player had better be in good shape because # 6 will have to play full time in the next game to ensure equal time for all players. However, for one of the quarters #6 will be in goal, a position that's not quite so physically demanding.

Look for the pattern of rotation in Games #1 and #2 and work with a friend, adult or both to work out the rotation for the Game #3 below.

Clue: First put in the goalkeepers for each quarter and follow the pattern of Games #1 and #2.

## #3 Game

	Goal	Attackers	Defender	Off
<b>1<sup>st</sup> Quarter</b>	3			
<b>2<sup>nd</sup> Quarter</b>	4			
<b>3<sup>rd</sup> Quarter</b>	5			
<b>4<sup>th</sup> Quarter</b>	6			

Overall in the tournament, how many times did each player play as a goalkeeper, attacker, defender or substitute? Fill in the chart below:

	Player 1	Player 2	Player 3	Player 4	Player 5	Player6
Goalkeeper						
Attacker						
Defender						
Off/Substitute						

**Extra!** During the tournament (all three games), how many minutes did each players have On-the-field? \_\_\_\_\_ Off-the-field? \_\_\_\_\_

# 22. SAND SOCCER Q & A

Africa is the environmentally changing continent. It changes from the jungles of Central Africa to the deserts of North Africa; from the snows of Mount Kilimanjaro to the beaches of Kenya; from the grassland steppes of South Africa to the grassland savannah of Sudan.

Children are playing in the Sahara desert. This is real-live "sand soccer" ... which is becoming a popular form of soccer around the world!

1. Color the players so that they are clearly on two different teams.

2. Give 3 reasons why soccer would be hard to play in the sand.

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

3. How many animal spectators are in the picture? \_\_\_\_\_

4. If the number of soccer balls in the picture were doubled, how many would there be? \_\_\_\_\_

5. Name all the things in the picture that are to the right of the field?  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_