

# 23. Unscrambling

Below are six sentences. Each contains a scrambled word. In order for the sentence to make sense, you will have to unscramble the word.

Start by underlining or circling the scrambled word. Next, use the rest of the word sentence as a clue to figure out the word. Finally, re-print the word correctly on the line at the end of the sentence.



I love inglpay the game of soccer.

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The referee blew his swtelhi to stop the game.

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My soccer rmuinof is mainly red and blue.

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Today I practiced ndigrbibl the ball.

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Our coach likes us to learn to play in different ptossnioi.

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A crtealgen is the shape of a soccer field.

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# 24. Three Favorite Things

What are three things you like best about soccer? There could be many, many things such as: scoring, putting on your uniform, going to McDonald's after the game, meeting your friends, etc.

Think about it and write them down below in order – first choice, second choice and third choice.

1.

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2.

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3.

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# 25. Four Great Kicks

There are four main types of kicks, shots or passes in soccer.  
They are the:

1. Chip pass
2. Push (or side foot) pass
3. Low drive
4. Lofted (high) pass

The 12 illustrations below need to be arranged in four sequences of three to show each phase of the action of the pass. We have helped you by putting in the number for the start of each kick.

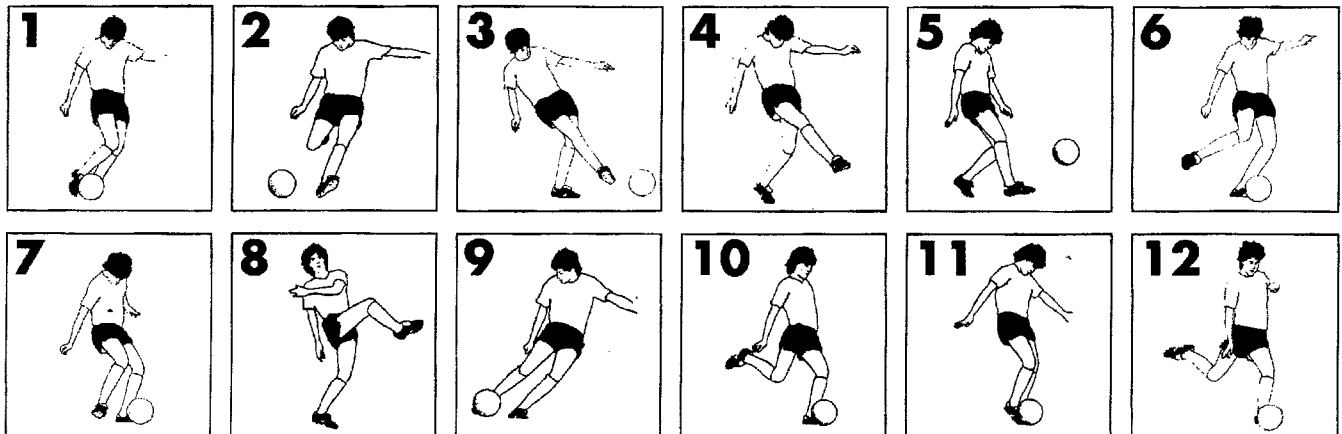
Push Pass	<u>6</u>	+ ____	+ ____
Chip Pass	<u>10</u>	+ ____	+ ____
Lofted Pass	<u>2</u>	+ ____	+ ____
Low Drive	<u>12</u>	+ ____	+ ____

To help you:

- Do the push pass first
- Then do the lofted pass

Now it's a bit more difficult. The starting positions for the Chip Pass and the Low Drive are similar, so do the Chip Pass next.

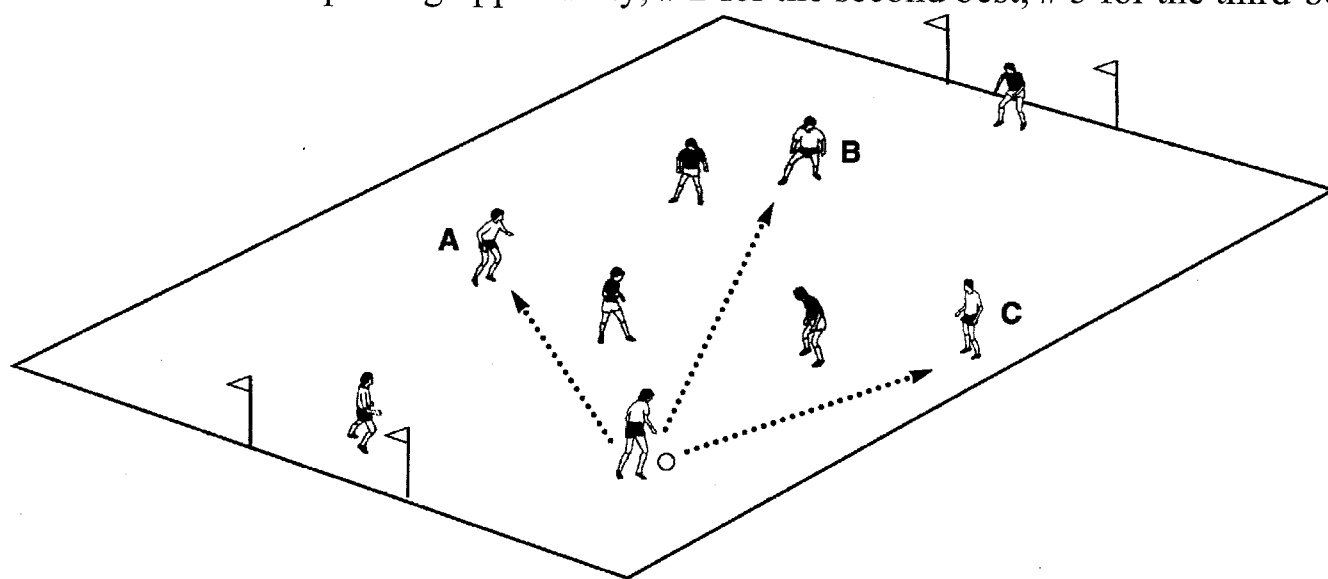
If you like you could cut and paste the pictures.



# 26. Pick Your Pass

Jamie has the ball, but he is too far away from the goal to shoot. He can either run and dribble the ball forward or he can pass the ball to one of his teammates. He can make three forward passes and one backward pass (to the goalkeeper). For the three forward passes, rate the passing opportunities that Jamie has. Remember, in 5 vs. 5 game, there is no offside rule.

Mark # 1 for the best passing opportunity, # 2 for the second best, # 3 for the third-best.



Why is your #1 best?

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Why is your #3 not as good as #1 and #2?

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# 27. Different Needs, Different Feeds

Proper nutrition is important for everyone, but it is particularly important for athletes if they are to perform well and recover quickly after intense activity.

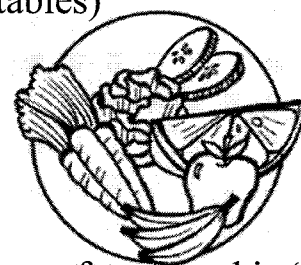
A healthy, balanced diet should be:

60-70% complex carbohydrates (grains, pasta, fruits, vegetables)

20-30% fats (mayonnaise, oils, butter, cheese)

10-20% proteins (meats, dairy products, beans)

....and lots of fluids, especially water.



Try to avoid excessive amounts of fat, sugar and salt. All these are often found in “junk food” and processed food.

**Pre-game needs—** foods that provide ready fuel (complex carbohydrates) and lots of fluid... water is best!

**Post-game needs—** foods that help replace lost calories and fluid; foods that help body tissue recover and rebuild. These foods are carbohydrates (replace calorie loss); proteins and fats (rebuild tissues); drinks (replace essential body fluids)

Using the above information plan yourself a pre-game and post-game meal. Have an adult check you choices to ensure that they will feed your needs.

Pre-Game Meal	Post-Game Meal

- Drink small amounts of water during the game.

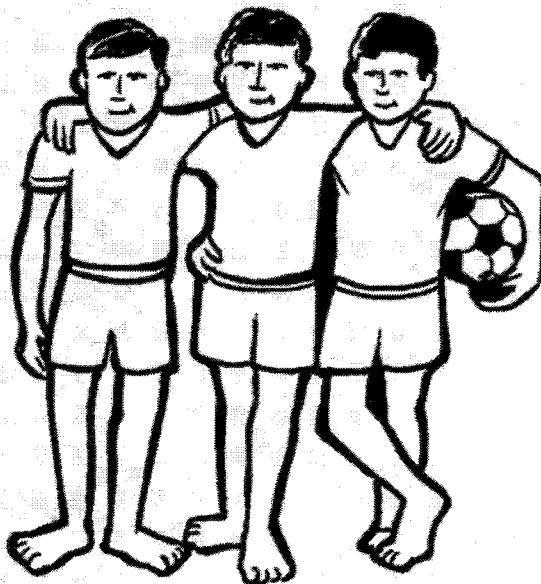
# 28. Which Shoe? Right or Left?

*By Tony Waiters*

A few years ago, I ran a coaching course on the beautiful south pacific island of Western Samoa.

One part of the program required a demonstration of coaching 11vs11 team play. We recruited two teams from a local high school. Of the 22 players, 17 had no soccer shoes. They played in bare feet.

Of the five players wearing shoes, there were actually only four pairs between them.



A set of twins shared a pair, one was a right-footed; the other a leftie – exactly identical twins!



Years ago, at the great Manchester United club in England, the young professionals were given the hand-me-downs that belonged to the senior pros, to wear at practice and on game day. The practice gear was pretty shabby.

The policy at Old Trafford, headquarters of Manchester United was these “wannabees” (some who later became great players) were not to get too much too soon! They had to earn their shorts, jerseys and socks. They had not yet arrived as top-class players!

Today, we might not agree with that philosophy but the conclusion is clear. You do not need all the BEST equipment to enjoy the great game of soccer. As long as you have a ball, you can “have a ball.”

# 29. Spot the Cones



The Coach has lost his cones which are used for marking out the practice areas. He has only one in his hands and, as a joke; the players have hidden the other seven. Help the coach find them. When you find them, color the cones red or orange. You can also design and color the uniforms of the players and the

# 31. 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. How many teams are there in total? \_\_\_\_\_
2. When they are put into groups of four, how many groups will there be? \_\_\_\_\_
3. Each team plays every other team in their group, plus one more game with a team in another group. How many games will each team play in total? \_\_\_\_\_



# 32. Soccer Jamboree

4. Categorize the teams under the heading below:

Birds	Snakes	Four- legged Animals	Ocean Animals	Other
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

5 Which category has the most teams? \_\_\_\_\_

6 Which category has the fewest teams? \_\_\_\_\_

7 Which two categories have the same number of teams? \_\_\_\_\_

**Extra!** If each team plays \_\_\_\_\_ games (answer to #3) and there are \_\_\_\_\_ teams (answer to #1), how many games will be played altogether at the jamboree?

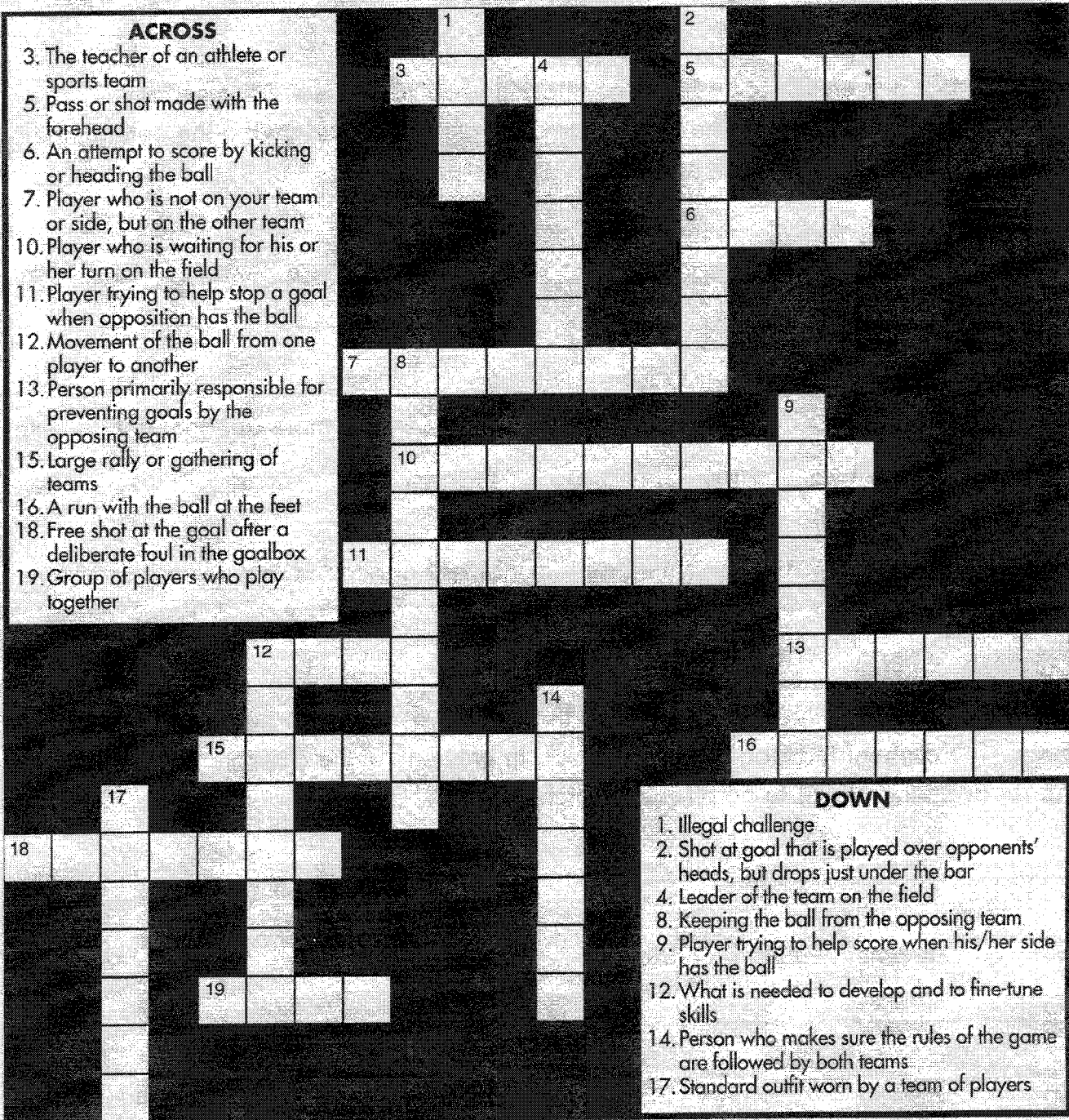
**Extra! Extra!** Draw and color a picture of a player on a team in each of the five categories. Try to include the team name in design of the uniform. Put the team name above each picture. You will have five pictures in all.

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# 34. Crossing Words

## ACROSS

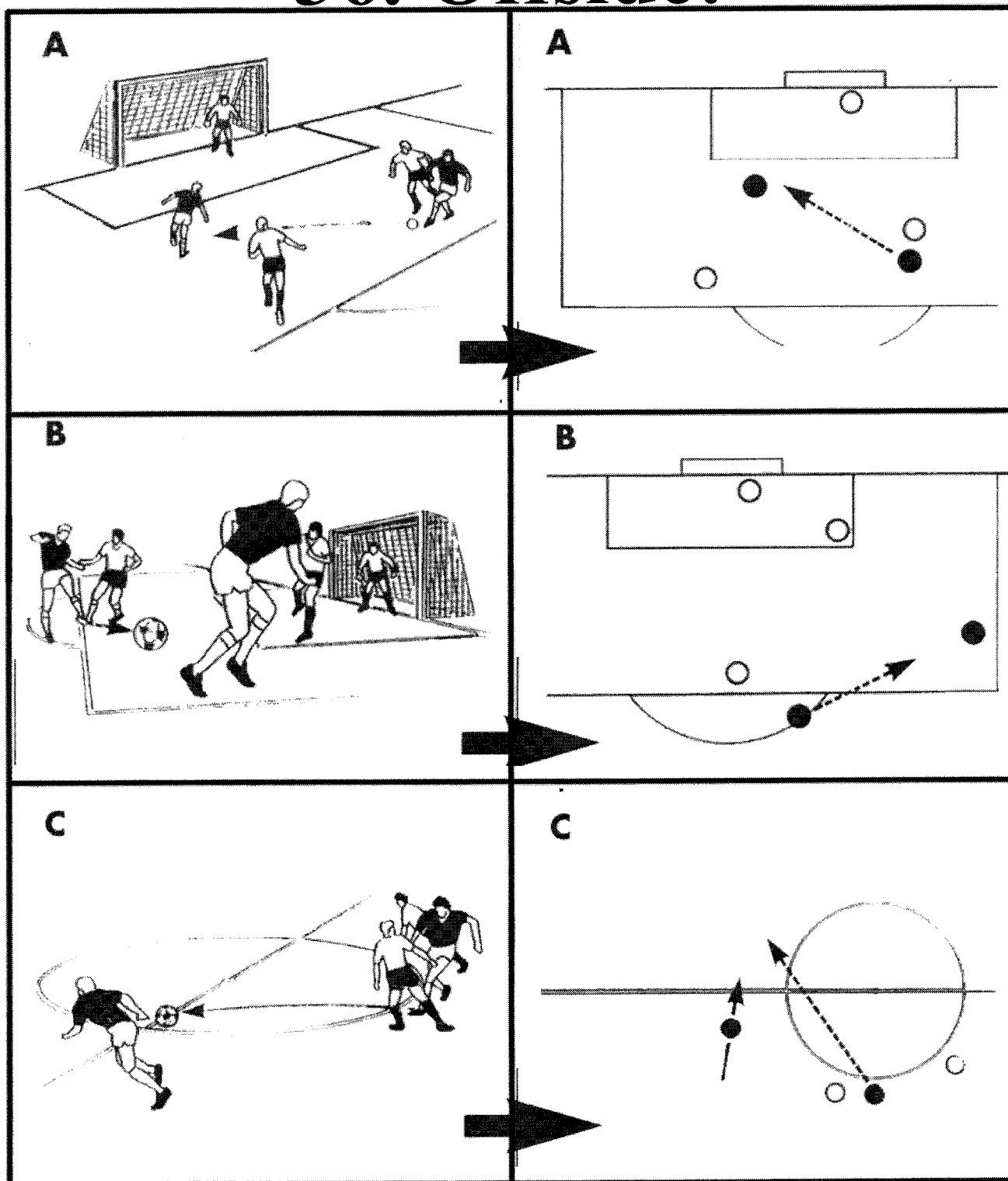
3. The teacher of an athlete or sports team
5. Pass or shot made with the forehead
6. An attempt to score by kicking or heading the ball
7. Player who is not on your team or side, but on the other team
10. Player who is waiting for his or her turn on the field
11. Player trying to help stop a goal when opposition has the ball
12. Movement of the ball from one player to another
13. Person primarily responsible for preventing goals by the opposing team
15. Large rally or gathering of teams
16. A run with the ball at the feet
18. Free shot at the goal after a deliberate foul in the goalbox
19. Group of players who play together



## DOWN

1. Illegal challenge
2. Shot at goal that is played over opponents' heads, but drops just under the bar
4. Leader of the team on the field
8. Keeping the ball from the opposing team
9. Player trying to help score when his/her side has the ball
12. What is needed to develop and to fine-tune skills
14. Person who makes sure the rules of the game are followed by both teams
17. Standard outfit worn by a team of players

# 36. Offside!



# 37. Keep Searching

There are 18 words to be found in this word search and they are longer, more difficult words than those in Word Search I and Word Search II earlier.

In this particular puzzle, the words can be found going forwards or backwards and horizontally or vertically.



- 1 Attacker
- 2 Captain
- 3 Challenge
- 4 Defender
- 5 Dribble
- 6 Foul

- 7 Handling
- 8 Jamboree
- 9 Keeper
- 10 Nutrition
- 11 Penalty
- 12 Player

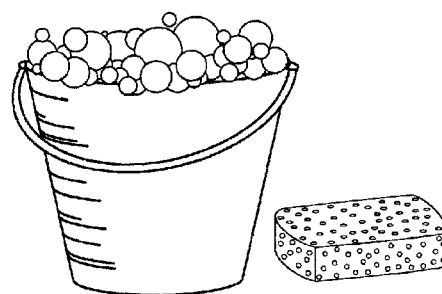
- 13 Possession
- 14 Practice
- 15 Referee
- 16 Striker
- 17 Substitute
- 18 Zone

# 39. Fund Raising

A soccer squad of 14 (that's 12 field players and two goalkeepers) needed new uniforms. The players decided to hold a car wash to raise the funds. All the children and parents said that they would help.

They phoned a soccer supply store and were given these prices;

Jersey – goalkeeper.....	\$40
– field player .....	\$20
Shorts.....	\$14
Socks.....	\$6



Use your arithmetic skills (perhaps including multiplication) to answer these questions:

1. How much will it cost for:

a. A field player's uniform? \_\_\_\_\_

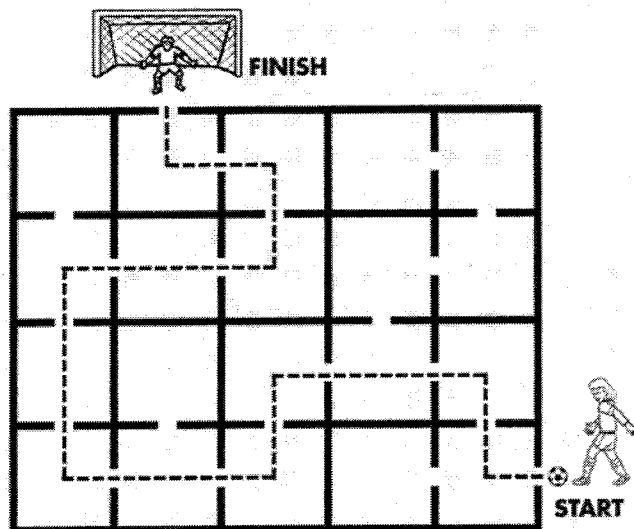
b. A goalkeeper's uniform? \_\_\_\_\_

c. Uniforms for the entire squad? \_\_\_\_\_

# Answer Page 1

Page 1

## The Griddle Riddle



Page 3/4

## Seeing Spots

1. 40 2. 80 3. 800 4. a) 2m b) 20m

Extra! 24

Extra! Extra! Length 75 cm; width 50 cm

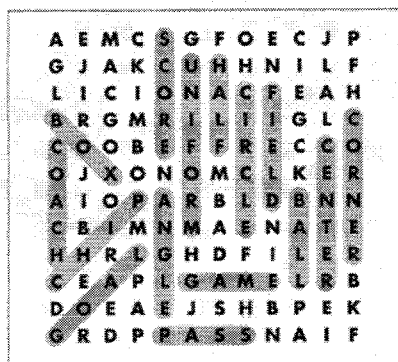
Page 5/6

## Running Laps

1. 600 2. 216 3. 816

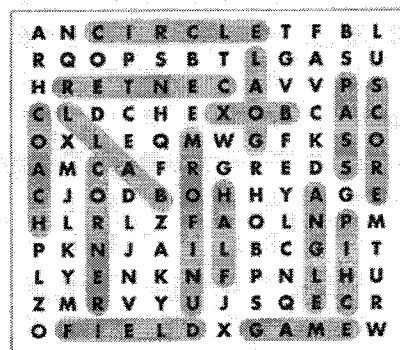
Page 10

## Word Search I



Page 11

## Word Search II



Page 12

## Hand Off the Keeper

4 the keeper can handle; 4 throw-ins

Page 13

## Wonder Save

Answers may vary, but here are three:

1. Hands and arms are leading and protecting the face and head from contact with the ball or worse the opponent's foot.
2. Head and upper body are covering near side of goal, while lower body and legs help cover the far side of the goal.
3. Goalkeeper on his side to make body appear as big as possible.

Page 15

## Name that country

1. Egypt
2. South Africa
3. Nigeria
4. Morocco

# Answer Page 3

## Page 31/32

### Soccer Jamboree

1. 32 teams
2. 8 groups
3. 4 games
4. **Birds:** 1. Condors 2. Eagles 3. Falcons  
4. Ospreys 5. Vultures 6. Hawks

**Snakes:** 1. Anacondas 2. Boas 3. Cobras  
4. Pythons 5. Rattlers 6. Vipers

**Four-legged Animals:** 1. Cougars  
2. Grizzlies 3. Jaguars 4. Lions 5. Panthers  
6. Tigers 7. Wolverines

**Ocean Animals:** 1. Dolphins 2. Manatees  
3. Marlins 4. Narwhals 5. Orcas  
6. Piranhas 7. Porpoises 8. Sharks

**Other** 1. Bullets 2 Flyers 3. Racers  
4. Speedos 5. Warriors

5. Ocean animals
  6. Other
  7. Birds & Snakes
- Extra! 128**

## Page 33

### Triangular Test

4 Triangles; ABC, ABE, ACD, ADE  
(ABD/ACE could form triangles if B & D  
and C & E moved from the straight line  
they are now in (in relation to A).

## Page 34

### Crossing Words

Down	Across	
1. foul	3. coach	15. jamboree
2. chipshot	5. header	16. dribble
4. captain	6. shot	18. penalty
8. possession	7. opponent	19. team
9. attacker	10. substitute	
12. practice	11. defender	
14. referee	12. pass	
17. uniform	13. keeper	

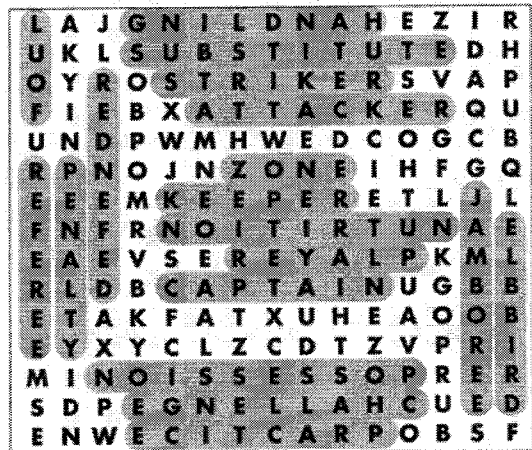
## Page 35/36

### Offside

A is the only player that can be offside; B has two opponents between him and goal line when ball is passed; C is in own half of field when ball is passed.

## Page 37

### Keep Searching



**GOALKEEPER:** The only player who can handle the ball in the goal box (or penalty area in 11-a-side play).

**HEADER:** A pass or shot made with the forehead.

**JERSEY:** Name of the shirt that's part of the team uniform.

**JOGGING:** Running at a comfortable pace as compared to sprinting which is going very fast.

**LOFTED PASS:** A long pass that is played in the air to prevent interception.

**LOW DRIVE:** A powerful low shot or pass made by striking the ball with the front of the foot (laces).

**OFFSIDE:** A special rule for 11-a-side soccer which places some restrictions on when and where the attacking players can go in the attacking half of the field.

**OPPONENTS:** Players on the opposing team.

**PASS:** The movement of the ball from one player to another — usually by kicking.

**PENALTY:** A free shot at the goal after a deliberate foul in the goal box

**PENALTY AREA:** Area in front of the goal which varies in size according to the age of players and the size of the field. If a foul is committed by a defending player in the penalty area, it can result in a free shot at goal (see penalty shot). In adult soccer, the penalty area is often referred to as the 18-yard box because the penalty area extends 18 yards along the goal line from each of the goal posts and 18 yards out from goal

(the 18-yard line). In adult soccer, the penalty shot is taken from inside the penalty area — 12 yards in front of the middle of the goal.

**POSSESSION:** Keeping the ball from the opposing team is called "possession" of the ball

**POSITION:** Players remaining in certain parts of the field are playing a position: defender, goalkeeper, midfielder.

**PROTEIN:** Necessary part of the diet in helping develop the cells of humans and other animals. Contained in meats, milk, cheese, eggs and beans.

**PUSH PASS:** Pass played with the inside of the foot. It's like using your leg and foot as a hockey stick.

**QUARTER:** When the game is divided into 4 equal periods of play, each period is called a quarter.

**RECTANGLE:** A four-sided figure with two sides that are longer than the other two; the shape of a soccer field.

**REFEREE:** The person who makes sure the rules of the game are followed, and decides if the goals count.

**ROTATION:** A system of substituting players so that everyone has equal time.

**ROUND ROBIN:** A formula used in tournament or jamboree play where each team in a group plays each other once. Usually there are four teams per group.

**SHINPAD:** A piece of protective equipment worn over the shin and under the socks. The shin

guard helps to prevent injury from a misplaced tackle.

**SOCCER JAMBOREE:** Fun soccer festival where many teams take part, but no record is kept of the standings.

**STRIKER:** An advanced forward player usually operating in and around the central area where shots on goal are taken.

**SUBSTITUTE:** A player who is waiting for his/her turn on the field.

**TEAM:** A group of players who combine together with a common purpose.

**TEAMMATES:** Players on the same side.

**THROW-IN:** A special way of re-starting the game after the ball has gone out of play over the sideline

**TRIANGLE:** A figure with three straight sides; a shape that is used in soccer to form a team play between three players.

**UNIFORM:** The standard jersey, shorts and socks worn by every player except the goalkeeper, who wears a distinguishing

**WALL PASS:** A pass between two teammates where the player making the first pass moves forward and receives the ball back from the cooperating teammate who one-times the ball and therefore acts like a "wall."

**ZONE:** An area of the field which is not described by actual field markings. Usually coaches refer to and describe "zones" to give a player a better idea of where they should position themselves at different times of the game.