



# YOUTH FOOTBALL ACTIVITY BOOK

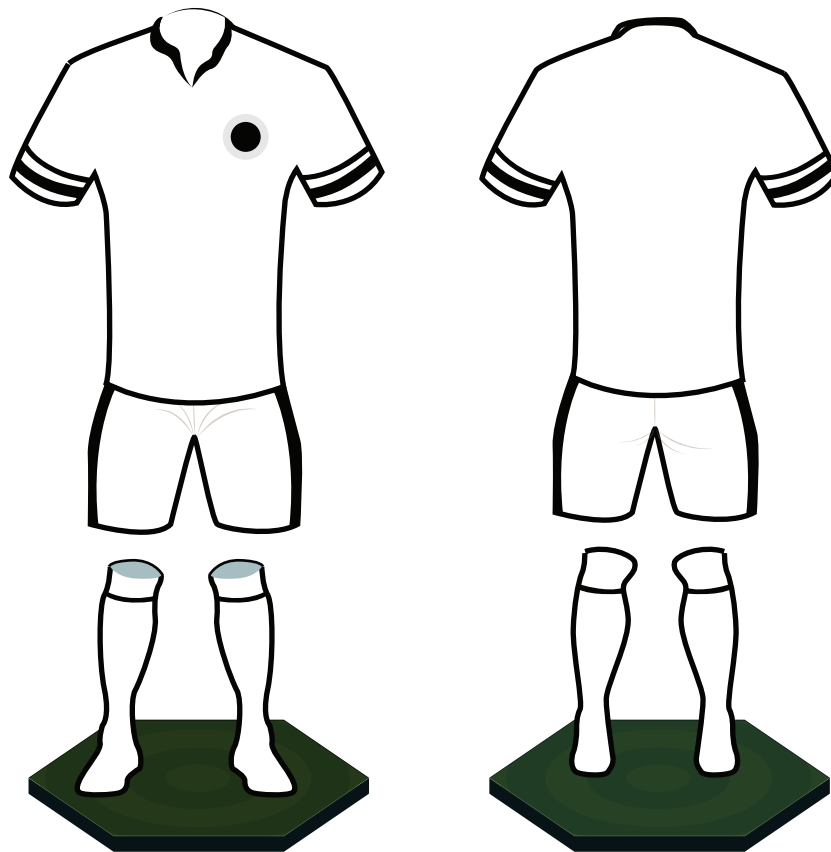




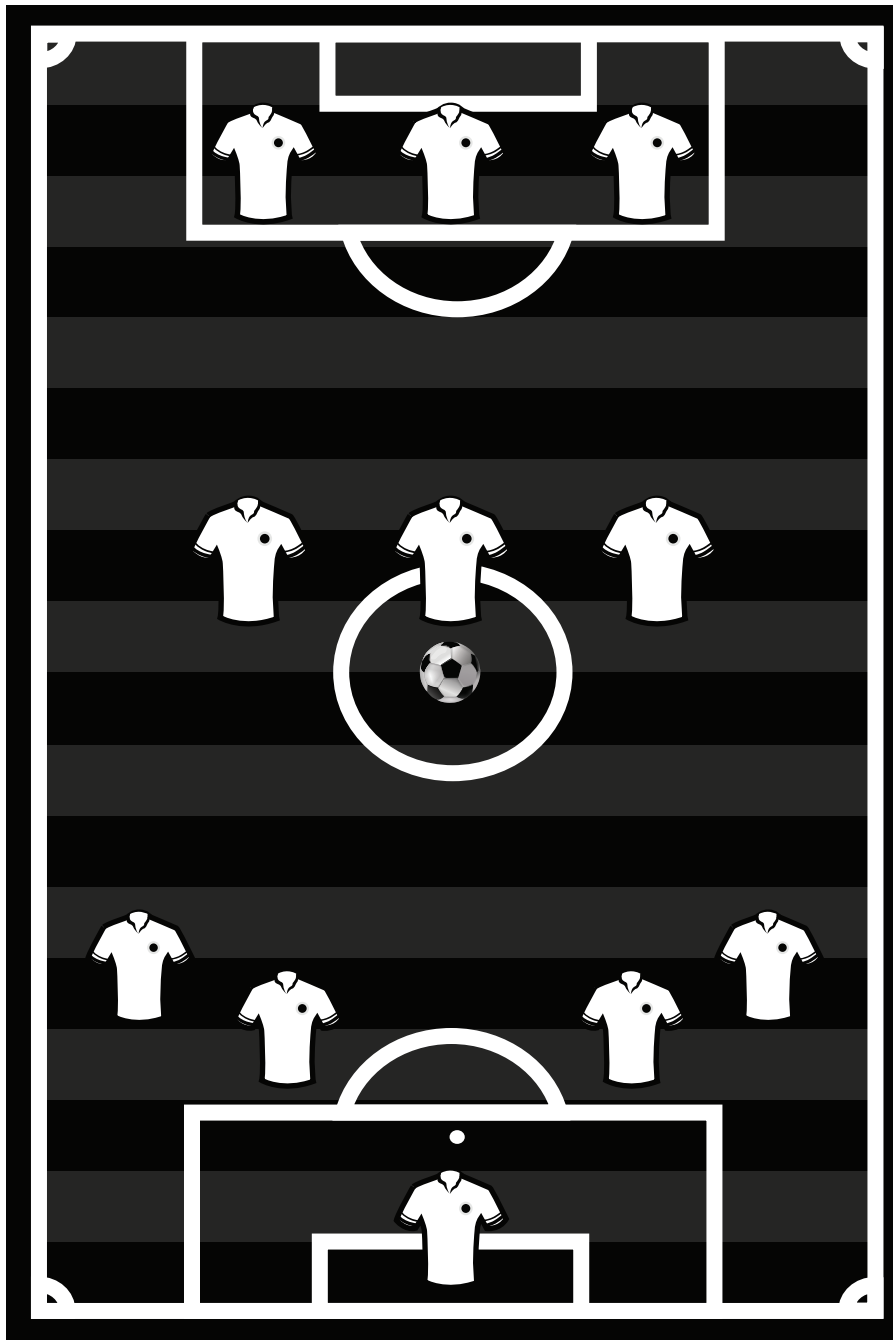
**Your Name:** \_\_\_\_\_

**Your Team Name:** \_\_\_\_\_

**Choose colors for your team and color your team kit below.**



Write your players name in the **jerseys**.  
Feel free to fill your team with family, friends or professional players.  
If you have access to a football magazine, it will be fun  
to cut out players and paste them on your field.



 **WORD SCRAMBLE**

**UNSCRAMBLE THE FOOTBALL THEMED WORDS**

**Blal** \_\_\_\_\_

**Laog** \_\_\_\_\_

**Lfet Toof** \_\_\_\_\_

**kathrict** \_\_\_\_\_

**Ahocc** \_\_\_\_\_

**Obost** \_\_\_\_\_

**Tame** \_\_\_\_\_

**Reerefe** \_\_\_\_\_

**Gimtaem** \_\_\_\_\_

**Nianrtig** \_\_\_\_\_

**Rphtyo** \_\_\_\_\_

**Alstfu** \_\_\_\_\_





## FOOTBALL QUIZ



What are the colors of the Bermuda National Football Team Jersey? \_\_\_\_\_

Which team does Nahki Wells currently play for? \_\_\_\_\_

Which Bermudian player played for Manchester City? \_\_\_\_\_

Who is the Bermuda Football Association's building and field named after? \_\_\_\_\_

An international football match is played for how many minutes? \_\_\_\_\_

Who is the better football player: Messi or Ronaldo? \_\_\_\_\_

What is the maximum number of players from a football team that is allowed on the pitch? \_\_\_\_\_

What is the maximum number of players from a futsal team that is allowed on the court? \_\_\_\_\_

Which player on the field is allowed to use their hands? \_\_\_\_\_

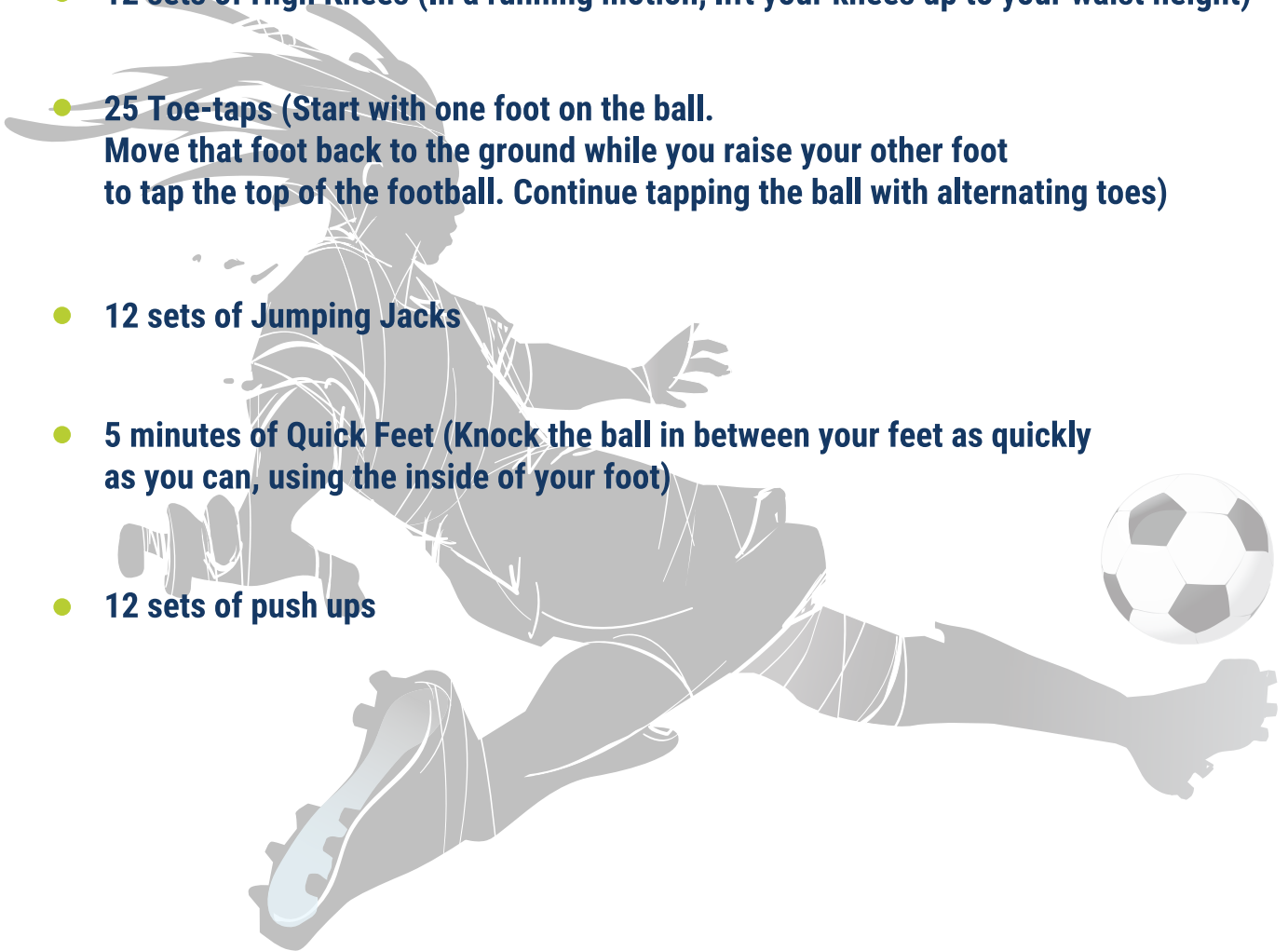
What is another name for 'football' that is used in the United States? \_\_\_\_\_

A green icon of a document with a downward arrow.

**GET MOVING**

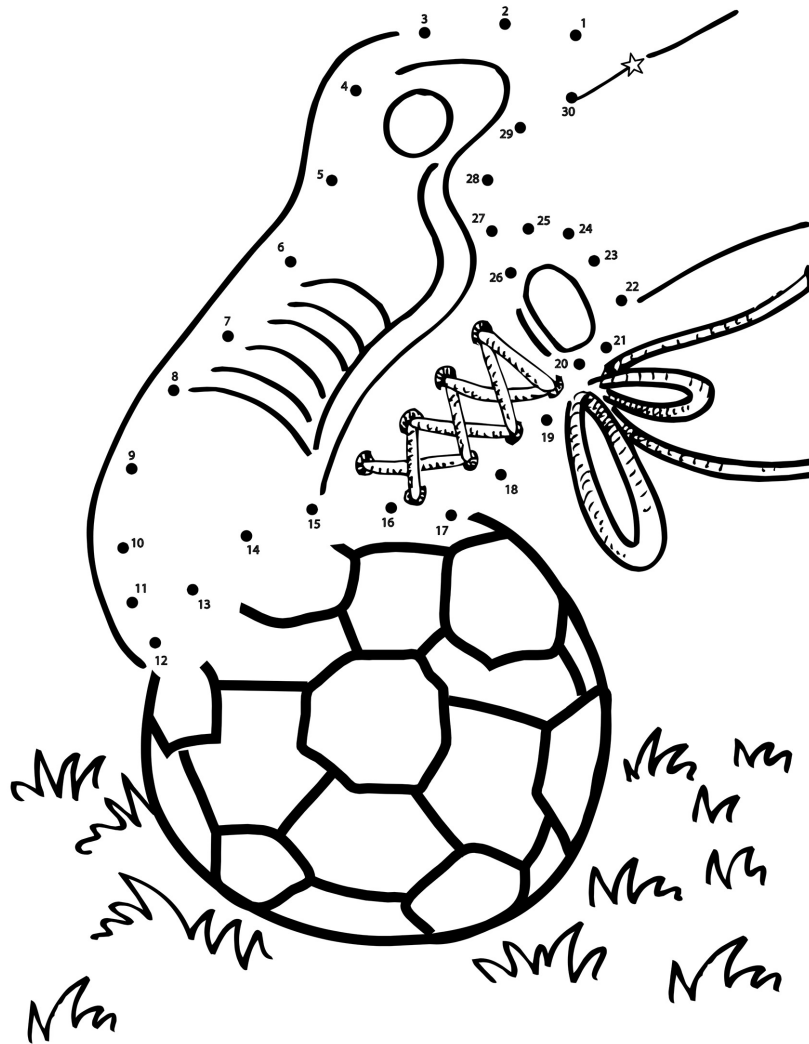
**COMPLETE THE FOOTBALL ACTIVITY CHALLENGE BELOW:**

- **10 mins of Juggling the Ball -**  
How many times did you keep the ball up without dropping it? \_\_\_\_\_
- **12 sets of High Knees (In a running motion, lift your knees up to your waist height)**
- **25 Toe-taps (Start with one foot on the ball. Move that foot back to the ground while you raise your other foot to tap the top of the football. Continue tapping the ball with alternating toes)**
- **12 sets of Jumping Jacks**
- **5 minutes of Quick Feet (Knock the ball in between your feet as quickly as you can, using the inside of your foot)**
- **12 sets of push ups**



 DOT TO DOT COLORING

- Follow the numbers to connect the dots.



Credit: [cornellgsu.org](http://cornellgsu.org)



## SCAVENGER HUNT LIST

Find as many of these items in your house as you can.



- 1. Whistle
- 2. Cones
- 3. Ball
- 4. Bermuda Jersey or Tshirt
- 5. Shinpads
- 6. Football Socks
- 7. Footy Camp or Footy Force Tshirt
- 8. Football Boots
- 9. Football Book
- 10. Medal Won from playing football
- 11. Football Goal
- 12. Goalkeeper gloves
- 13. Picture of you playing football
- 14. Something relating to football that does not belong to you
- 15. Hat with a football on it

Score: \_\_\_\_ / 15



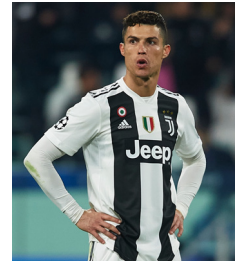
 **PICTURE MAPPING**

**Match the names of the players to their picture**

**Sadio Mane**



**Paul Pogba**



**Kylian Mbappe**



**Cristiano Ronaldo**



**Virgil Van Dijk**



**Lionel Messi**



## FOOTBALL COMMENTATOR

**Use your players that you had selected from your team on page 2.  
Pretend that you are describing your team playing in a football match to  
someone who can't see the game, like a football commentator on tv.  
Describe what your players are doing to win the game?  
Use exciting words and descriptions.**

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## ANSWERS :

### Scramble Words:

Ball

Goal

Left foot

Hattrick

Coach

Boots

Team

Referee

Gametime

Training

Trophy

Futsal

Quiz:

Pink, Blue & White

Bristol City

Shaun Goater

Clyde Best

90 mins

Messi or Ronaldo

11 players

5 players

Goalkeeper

Soccer

**'I start early and I stay late, day after day,  
year after year, it took me 17 years  
and 114 days to become an  
overnight success.' - Messi**

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