

Erin Mills Soccer Club



Activity Book- Extension Pack 1

Soccer & Mental Activities for All Ages.

Table of Contents

<u>NAME THAT PLAYER</u>	<u>3</u>
PLAYER #1. _____	3
PLAYER #2. _____	4
PLAYER #3. _____	5
PLAYER #4. _____	6
PLAYER #5. _____	7
<u>YOUR STARTING 11</u>	<u>8</u>
<u>EMSC BINGO.....</u>	<u>9</u>
<u>EMSC WORD SEARCH</u>	<u>10</u>
ONTARIO SOCCER WORD SEARCH	10
<u>SOCCER ACTIVITIES.....</u>	<u>11</u>
ARTICLE: MASTER THE PASS – ANDREW MURRAY (C/O FOURFOURTWO.COM)	11
<u>PASSING ACTIVITIES</u>	<u>13</u>
<u>NAME THAT PLAYER- ANSWERS.....</u>	<u>14</u>

Name that Player

Player #1. _____



Who Am I?!

- I was born June 24, 1987
- I have won the Ballon d'Or five (5) times
- I am Argentinian
- I was born with a hormone growth deficiency
- At age 13 I moved to Spain to play

Player #2. _____



Who Am I?!

- At just 27 years old, I am considered one of the best players in the world
- Regarded as one of the most disciplined players in the Premier League
- One of my nicknames is "Pharaoh"
- I made my National Team debut at 19 years of age

Player #3. _____



Who Am I?!

- First player ever to win Serie A, La Liga and Premier League titles
- Winner of the Ballon d'Or five (5) times
- A very charitable player
- I made my National Team debut at 18 years of age
- I have a clothing line

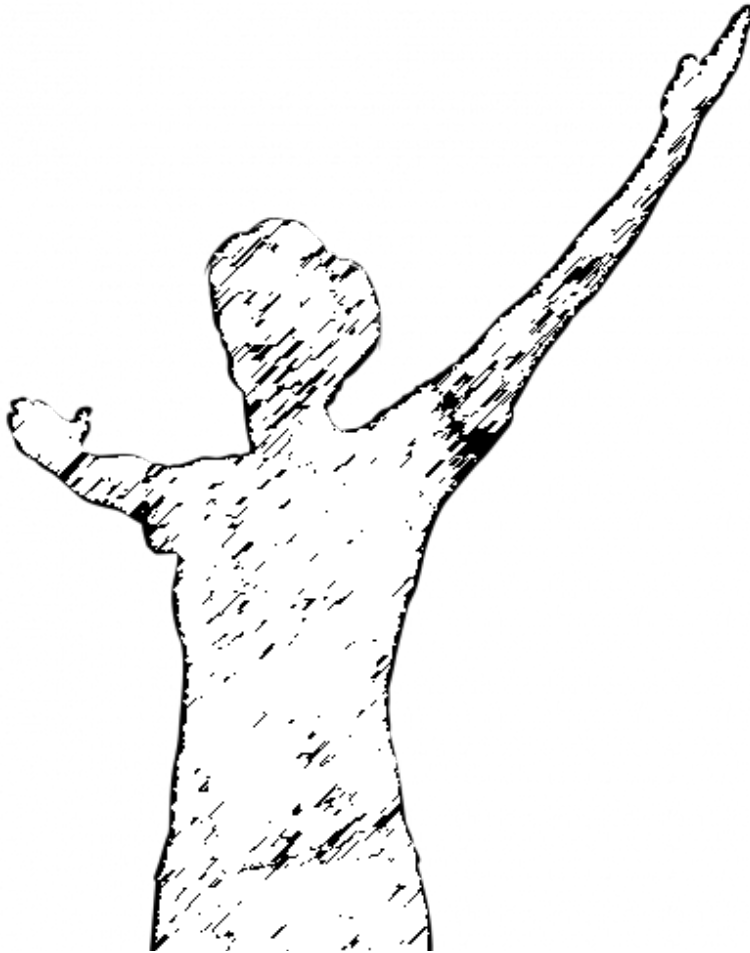
Player #4. _____



Who Am I?!

- I made my national team debut at 16 years of age
- I am the all-time leading goal scorer in international play
- I was the first soccer player to win the Lou Marsh Award
- I presently play in the NWSL

Player #5. _____



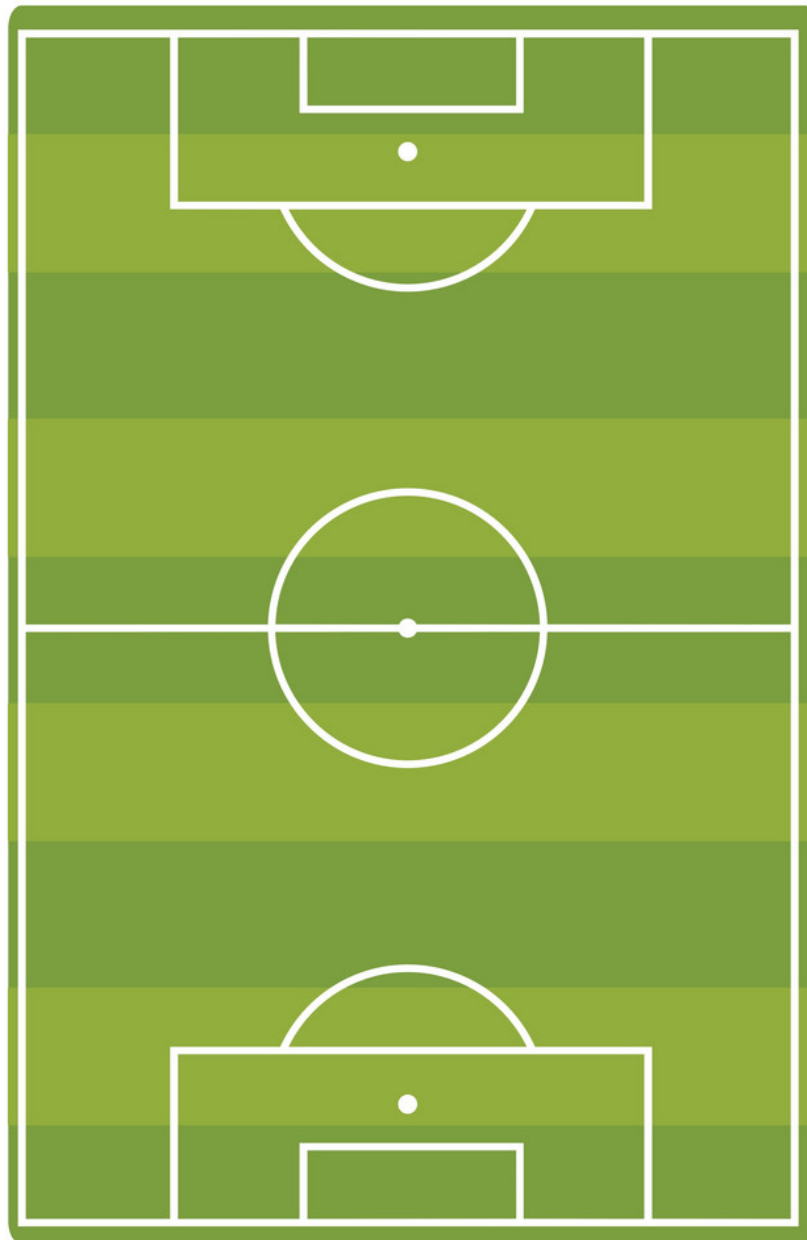
Who Am I?!

- I have taken home both the Golden Boot and the Golden Ball from a World Cup
- My cross in the 122 minute of a World Cup Semi-final was the Espy's Play of the Year
- I have a twin
- I presently play in the NWSL

Your Starting 11

Eagles give us your favourite starting 11 and label them on this pitch!

- Will you choose Defenders who aren't afraid to push up and join the attack or those that are more reserved?
- Does your Midfield group have the speed, stamina and smarts?
- Does your Attacker(s) play more of a holding style or are they more creative on the ball?



EMSC BINGO



BINGO

Played a game at Paramount	Worn your EMSC gear outside of soccer	Have a pre-game routine	Assisted on a friend's goal	Celebrated a goal by high-fiving a teammate
Used the wall on the turf field at the EMSC Clubhouse	Lost your ball at a field	Played futsal at the EMSC Clubhouse	Taken an awkward team photo	Won a trophy with your team
Shown up late for a practice	Beat a local rival <small>(Dixie SC, Clarkson, NMSC International SC)</small>		Forgot your shinpads or cleats	Played HL (either indoor or outdoor)
Kicked a ball at Marco Muzzo	Took a soccer ball off the stomach	Said "I can't, I have soccer"	Attended an EMSC Soccer Camp	Gone to Centralized Training
Played in the competitive program	Been coached by a parent	Forced to play goalie	Made a friend through EMSC	Volunteered with EMSC

EMSC Word Search

Ontario Soccer Word Search

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

Champion
 Clubs
 Festival
 Finalist
 Futsal

Game
 Indoor
 Leagues
 Medals
 Nationals

Ontario Cup
 Ontario Soccer
 Outdoor
 Round Robin
 Rules

Score
 Team
 Tournament
 Trophy
 Turf

Soccer Activities

Article: Master the Pass – Andrew Murray (c/o fourfourtwo.com)

Get your head up

“The first lesson I learned at Barcelona was to play with your head up. If you look around you only after you receive the ball, then how do you know what’s going on? But if you raise your head before you control your team-mate’s pass, you immediately notice all the space you have. You know where the nearest defender is and where your best options are to make a successful pass. I’ve had wonderful advice in my career, but that first piece is still the most important.”

Know your next move

“When I receive the pass, having already looked around me, I’m thinking about whether I’ve got time to turn or if I have a defender behind me. That’s the first thing. If I’m under pressure, I’m looking to play with one or two touches, or control the ball in such a way that my marker can’t intercept it. Basically, I’m looking to earn myself a few meters of space so that I’ll be in a position to not lose the ball and allow our team’s move to develop.”

Plan the pass

“The most important thing about playing a pass is that it reaches your team-mate in such a way that he won’t have problems in his next action. First and foremost, I’m looking for someone unmarked. You’re making life difficult for your team-mate if you pass to them when they have a defender touch-tight. I think about whether they’re left or right-footed, and pass accordingly, so the move can develop quickly. Ultimately, you want a pass to allow your team-mate to move forward.”

Weight of pass is key

“The speed of the ball is crucial to a successful pass. If you’re setting up a shot, you need to hit the ball harder, so your team-mate can re-use the pace on the ball. That’s especially true for a cross. A five meter-pass is different – the power can vary. It depends who’s around, so you must anticipate whether your team-mate will play with one touch or if they have time to control the ball. If they’re more likely to play first-time, I hit the pass more firmly, but still with my instep for accuracy.”

Pass and move

“It sounds easy, but to dominate these skills is difficult. It’s how I survive in a game. I’m not physical, strong or tall, so I’ve always got to look for free space from where I can create and have time to think, control the ball and look for the next pass. This means I have to run for miles in each game looking for that space, allowing my team-mates the chance to ‘roll out’ when I give them the ball. You must think about the game situation, and also about the team-mate to whom you’re passing.”

Learn to love an assist

“There’s no feeling in the world like giving an assist. When you give that final pass that ends in a goal, you think: ‘Bloody hell, this is fantastic.’ A pass that opens up the play to the wing with the following cross ending in a goal is also good, but above all, a pass in the middle of the field that breaks a defensive line and leaves your centre-forward one-on-one with the keeper is as good as it gets. My pass to Pedro in the 2011 Champions League Final was an incredible moment for me.”

Passing Activities

Challenge	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
1																				
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Directions

Above you will find a Checkbox Table to monitor your activity for each of the passing patterns you find in the Passing Pattern Video listed below the table. Once you have completed each of the passing patterns (each pattern has 10 reps), you will check the box for the specific day. When checking the box, you will use the colour from the legend below that best reflects how hard you found the pattern on that day.

Legend

- Red = Finding the pattern difficult, often having to restart the pattern
- Yellow = Able to complete the pattern consistently, having to restart the pattern sometimes
- Green = Completing the pattern each time without having to restart once

Video Link - <https://www.youtube.com/watch?v=0TVP9ultHb4&feature=youtu.be>

Name That Player- Answers

1. Lionel Messi
2. Mohamed Salah
3. Cristiano Ronaldo
4. Christine Sinclair
5. Megan Rapinoe