

FOOTBALL CHALLENGE

PACK:

THE ANSWERS

FAW TRUST IN PARTNERSHIP WITH





RAINBOWS

1. What player on the pitch would use their hands to stop a goal?

Answer: Goalkeeper

2. Match up the playing position with the definition:

Goalkeeper = can use their hands to stop the ball.

Defender = stops the ball getting to the goalkeeper

Midfielder = attacks and defends the ball in the middle of the pitch

Striker = scores lots of goals

3. Helping each other out task suggested words for Shayla and Saira:

- Nervous
- Shy
- Excited
- Unsure
- Wants to stick with friends
- Suggested words for Shayla and Saira:
- Smile and be friendly
- Offer to show them what to do
- Invite them into their team
- Ask if they're feeling okay

4. Did you know?

What colour is the Wales National home kit? **RED**

How many players are on the pitch per team? **11**

What is 'Wales' in Welsh? **CYMRU**

Can you play football in a girls' only team in Wales? **YES**

What are the sessions called to introduce girls to football?

HUDDLE





BROWNIES

1. What colour kit do Wales play in during a home game?

Answer: Red

2. Can you name the Wales Women's Head Coach?

Answer: Jayne Ludlow

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GUIDES & RANGERS



1. Name the player and their position:

Natasha Harding = forward
Helen Ward = striker
Nadia Lawrence = forward
Sophie Ingle (captain!) = defender / midfielder
Jess Fishlock = midfielder

2. Word search
Additional words = **guides; rangers**

3. Where are the players from?

Gemma Evans - Gelli
Elise Hughes - Hawarden
Nadia Lawrence - Pembroke
Angharad James - Narberth
Carries Jones - Newtown
Ella Powell – Cardiff

4. Did you know?

How many women and girls play club football in Wales?
8,600

Can you list three benefits of playing football for each of the following aspects on your life:

Physical health

- Get fitter
- Lower HR
- Stronger muscles

Mental health

- Feel more relaxed
- Release endorphins
- Feel a sense of belonging and purpose

Social skills

- Share my worries with others
- Make new friends
- Learn to work as a team

Personal skills

- Improve my confidence
- Find a place on the team that suits me
- Feel happy learning new skills

