

# FOOTBALL

# CHALLENGE

# PACK

FAW TRUST IN PARTNERSHIP WITH





Welcome to the **#GirlsCAN Football Challenge Pack** in partnership with FAW Trust.

Thank you for downloading the Football challenge pack! We are really excited to release the first ever challenge pack in partnership with FAW Trust.

In this pack there are challenges suitable for each section. You can do these at home or when you return to your unit meetings. Not only will you learn about women's football and complete the activities in the pack, but you can also earn yourself an exclusive FAW Trust/Girlguiding Cymru badge.

We are pleased to announce that we have formed a partnership between Girlguiding Cymru and FAW Trust. Our aim is to work together to provide our girls with the opportunities and experiences to play football in a safe, friendly and fun environment. We want to break gender stereotypes and promote the positive effects that playing football has and to give girls more opportunities to participate.

We'd love to see pictures of you completing the challenges! Please upload your pictures on social media and use these hashtags:

**@FAWTrust @GuidingCymru**



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# CROESO

Welcome to the Football Association of Wales Trust's Challenge Pack!

We are excited that you have picked up this pack to find out more about football and work through some of the challenges we have set for you.

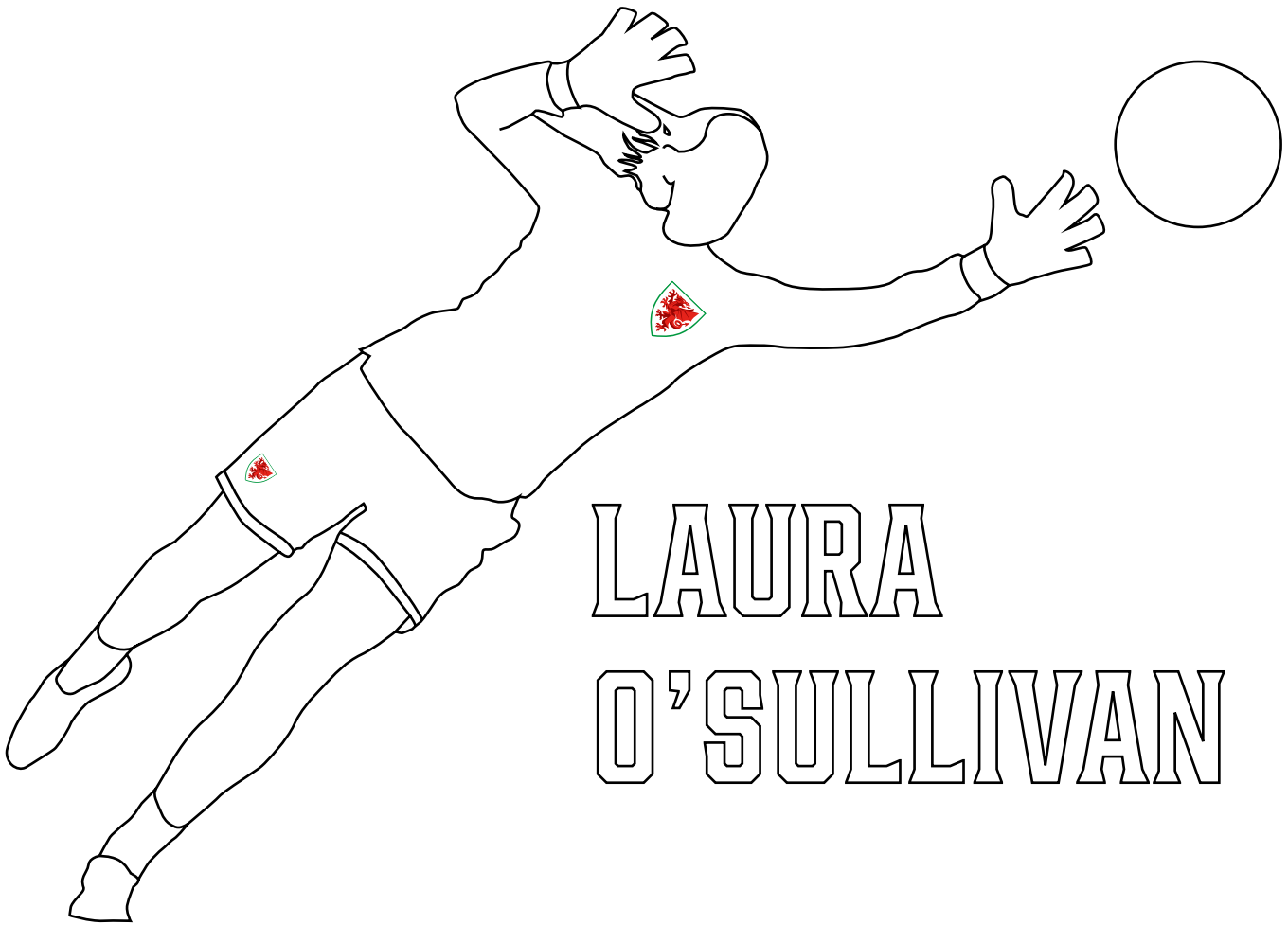
Our Women's National Squad are excited to share their stories and for you to find out more about them throughout your journey in this pack.

Enjoy yourselves and we cannot wait to see you with your football challenge pack badge!





# RAINBOWS COLOUR ME IN!



LAURA  
O'SULLIVAN

**Rainbows:**

What player on the pitch would use their hands to stop the ball?

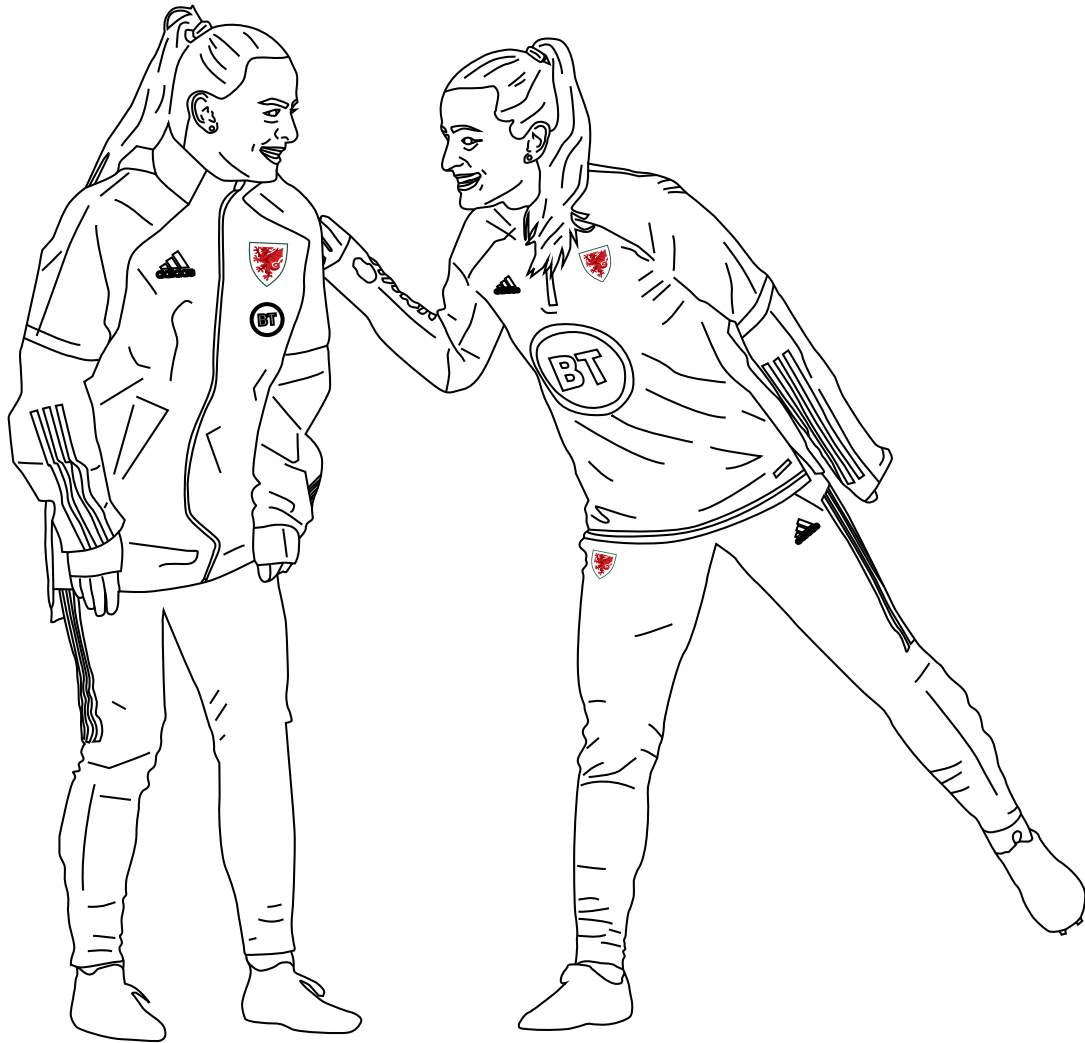
Answer: \_\_\_\_\_





# BROWNIES

## COLOUR ME IN!



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

Answer:

Can you name the Wales Women's Head Coach?

Answer:





# GUIDES & RANGERS NAME THE PLAYERS



Name the Player

- \_\_\_\_\_ Harding
- \_\_\_\_\_ Ward
- \_\_\_\_\_ Lawrence
- \_\_\_\_\_ Ingle
- \_\_\_\_\_ Fishlock

What Position do they play?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





# ALL DESIGN YOUR KIT!



Brownies, Guides & Rangers:

Why did you pick these colours?

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Why did you choose that design?

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# RAINBOWS & BROWNIES MATCH UP SKILL AND POSITION



GOALKEEPERS



DEFENDERS



MIDFIELDERS



STRIKERS

Can use their hands  
to stop the ball

Scores lots of goals!

Attacks & defends  
the ball in the  
middle of the pitch

Stops the ball  
from getting to the  
goalkeeper





# GUIDES & RANGERS

## FIND THE FOOTBALL WORDS



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

COMMITMENT	SCORE	BADGE
TOGETHER	CYMRU	FISHLOCK
TEAM	LUDLOW	WALES
FRIENDS	GOAL	STADIUM

**CAN YOU FIND ANY OTHER WORDS?**





# **BROWNIES, GUIDES & RANGERS** **WRITE A SHORT STORY**

Can you write a poem or short story with some of the words from the word search?





# RAINBOWS & BROWNIES GIVE IT A GO



Here are some of our Fun Football Challenges to try at home or in your Girlguiding unit with friends. Click on the link to watch the 1 minute video to show you what to do. Once you've given it a go, write down or tell an adult what you enjoyed about the challenge.

If you find these too easy, why not try the 'Welsh Way Moves' included in the Guides and Rangers section?

MCDONALDS FUN FOOTBALL CHALLENGE	WHAT I LIKED MOST ABOUT THIS CHALLENGE
<a href="#"><u>THROW AND CATCH</u></a>	
<a href="#"><u>BALL &amp; WALL</u></a>	
<a href="#"><u>BALANCE THE BALL</u></a>	
<a href="#"><u>KEEPY UPPY CHALLENGE</u></a>	
<a href="#"><u>TRICKS &amp; TURNS</u></a>	
<a href="#"><u>THROUGH THE GATE</u></a>	
<a href="#"><u>1 V 1 SCORING ZONE</u></a>	
<a href="#"><u>RACE TO THE TARGET</u></a>	







# GUIDES & RANGERS GIVE IT A GO



Here are some of our Welsh Way Moves to try at home or in your Girlguiding unit with friends. Click on the link to watch the 1 minute video to show you what to do. Once you've given it a go, write down the name of the name of the skill and where this might come in helpful in a football game.

TASK: How many Welsh Way Moves are listed on the FAW Trust page? [Click to access the WELSH WAY MOVES page here!](#)

MOVE NUMBER	NAME OF MOVE	USEFUL IN WHAT PHASE OF THE GAME?

If you find these too hard, why not try the 'Fun Football Challenges' included in the previous section instead?

Did you know there are over 8,600 women and girls playing club football in Wales in 2020? That's double the amount that were playing in 2016! Find out more about girls' football teams in your area by visiting the [FAW Trust Girls Football Page](#)

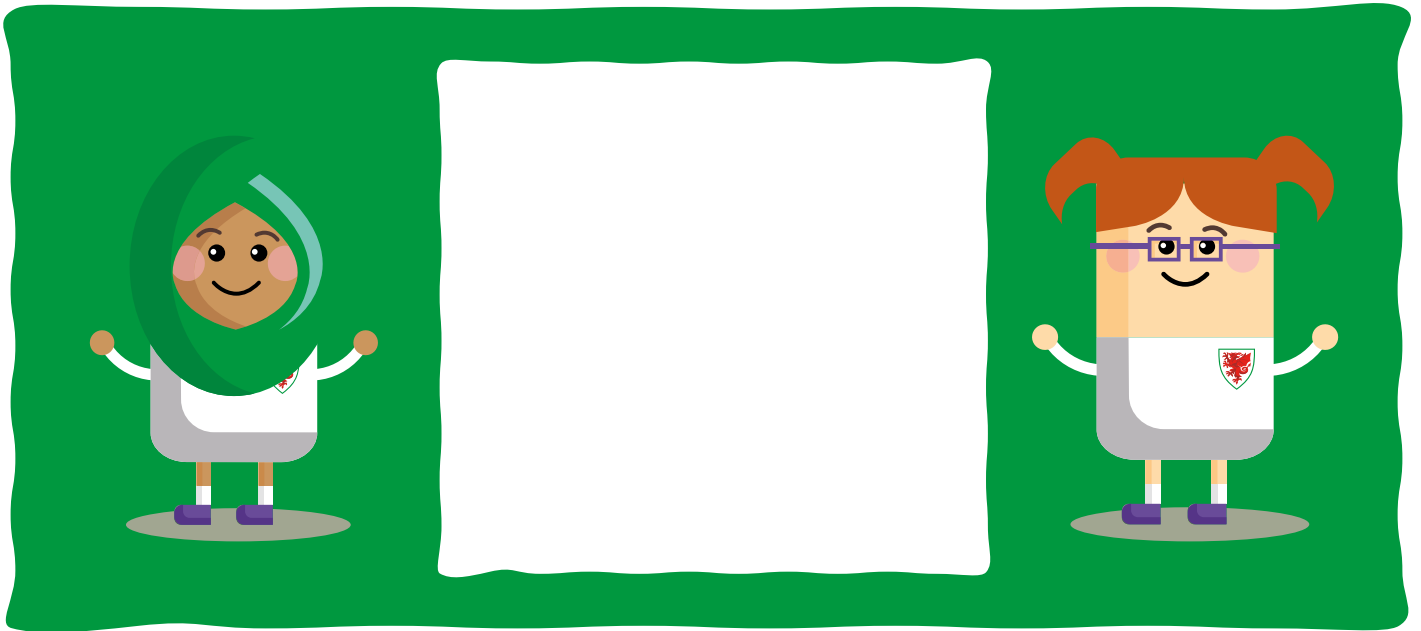




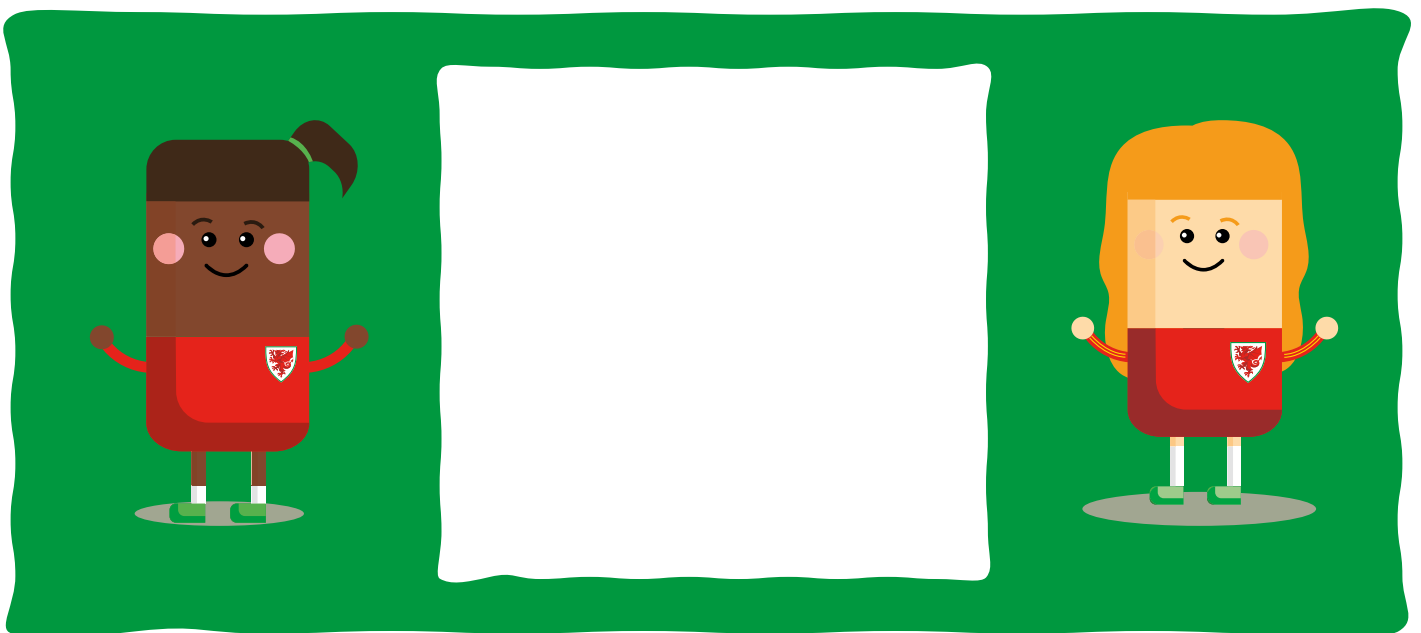
# RAINBOWS & BROWNIES



Sport can be really fun to participate in, especially if you have lots of friends that play! Imagine Saira and Shayla (on the white team) are joining the school football club for the very first time; write down how they might be feeling.



Eden and Immie (red team) have been playing football for a long time, they really enjoy it! Write down the things you think they could do to help Saira and Shayla feel welcome.





# GUIDES & RANGERS



## WHERE ARE THE WELSH PLAYERS FROM?

Read the clue to find out where some of our National Squad Players are from! Write the players' name at the right location on the map. You might need to search online to find the right location!



**GEMMA EVANS**

"my hometown is a small ex- coal mining valley in South Wales"



**ELISE HUGHES**

"my hometown is a village in the Deeside area, it's got a great castle!"



**NADIA LAWRENCE**

"my hometown in west Wales has a famous castle where Henry VII was born"



**ANGHARAD JAMES**

"my hometown is a small village in west Wales. You might drink water that comes from near here"



**CARRIE JONES**

"my hometown is the largest town in mid Wales"



**ELLA POWELL**

"I'm from the capital city of Wales; over 330,000 people live here!"





# GUIDES & RANGERS

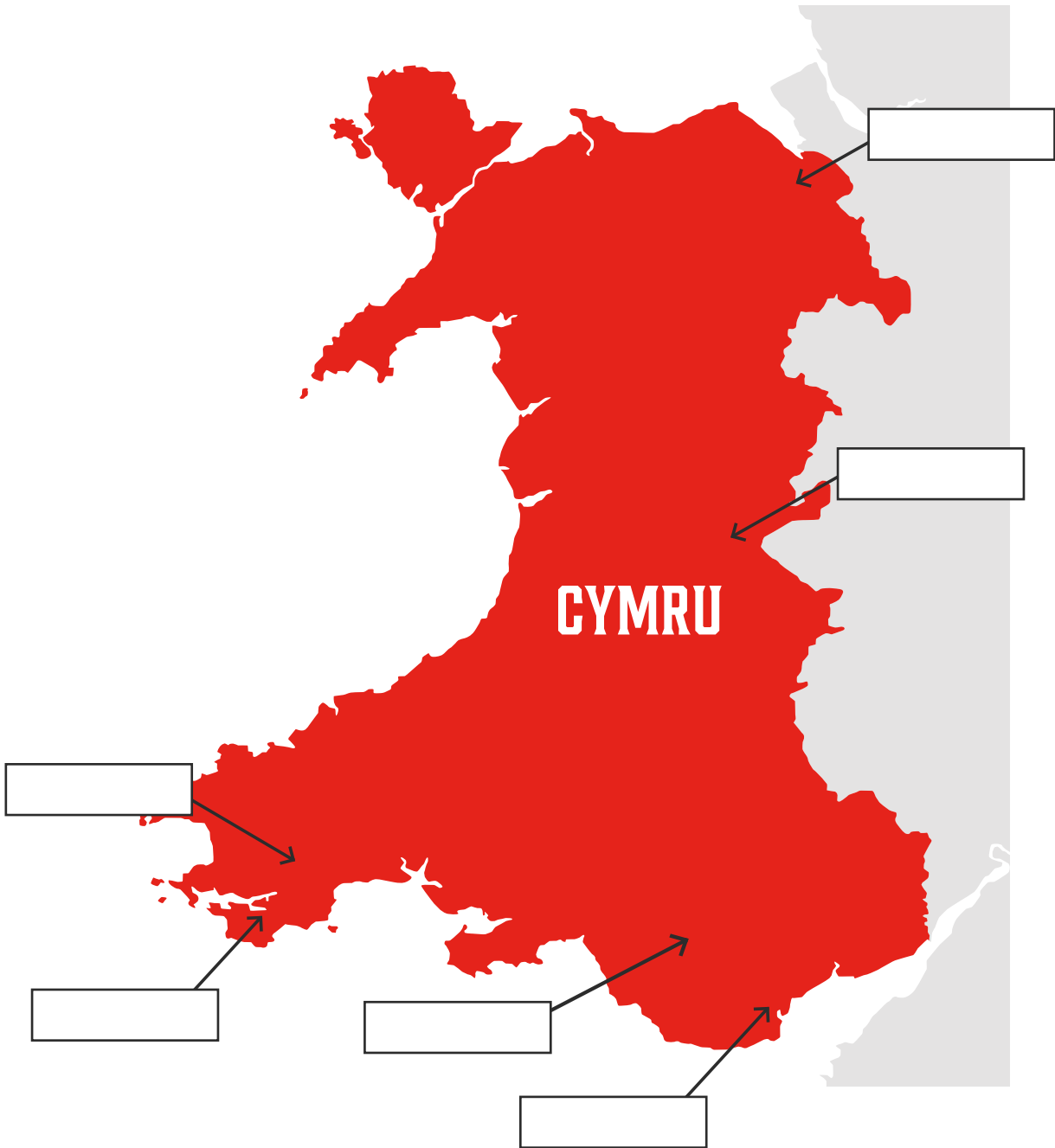


## WHERE ARE THE WELSH PLAYERS FROM?

**NARBERTH  
GELLI**

**CARDIFF  
HAWARDEN**

**NEWTOWN  
PEMBROKE**







## WELCOME TO HUDDLE!

If you have never played football in a club before, Huddle is the place for you! Huddle is designed for girls aged 5-12 who want a friendly and fun introduction to football. It is a girls' only programme which allows you to learn new skills whilst having fun with your friends and even the chance to make new friends!

There are 43 Huddle sites across Wales, lots of them run session all year round, but some take a break at times such as the summer holidays. You can find out where your nearest Huddle sessions take place by searching online.

Ask a trusted adult to find your nearest Huddle session by visiting:

[www.Huddle.Cymru](http://www.Huddle.Cymru)

TASK: Can you name your nearest Huddle Location?

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# RAINBOWS & BROWNIES DID YOU KNOW?



1. What colour is the Wales National home kit?
2. How many players are on the pitch per team?
3. What is 'Wales' in Welsh?
4. Can you play football in a girls' only team in Wales?
5. What are the sessions called to introduce girls to football?
6. What position in a football team sounds most fun to you?
7. Did you know that you can make new friends by joining a football team?
8. If you enjoyed this and want to find out more about football, ask an adult to contact us on one of the contacts on the final page.





# GUIDES & RANGERS DID YOU KNOW?



1. How many women and girls play club football in Wales?

2. Who is your favourite Welsh player?

3. Can you list 3 benefits of playing football for each of the following aspects on your life:

✓ **Physical Health**

✓ **Mental Health**

✓ **Social Skills**

✓ **Personal Skills**





**CONGRATULATIONS!**

**YOU HAVE SUCCESSFULLY COMPLETED THE  
FOOTBALL CHALLENGE PACK!**

**YOU ARE NOW A PART OF OUR FOOTBALL  
FAMILY!**

**Get your badge at the Girlguiding  
Cymru shop**





# FAW TRUST IN PARTNERSHIP WITH



## CONTACT INFORMATION

### ORGANISATION / PROGRAMME

### CONTACT

Football Association of Wales, Trust

[www.fawtrust.cymru](http://www.fawtrust.cymru)

Footie Families - 2-5 year olds

<http://www.fawtrust.cymru/grassroots/footiefamilies/>

Huddle - Girls ages 5-12 football

[www.huddle.cymru](http://www.huddle.cymru)

Be Football - Teenage and Senior squads

[www.befootball.cymru](http://www.befootball.cymru)

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**General Enquiries, FAW Trust**

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**Registered Charity No. 521209**

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