



**HYUNDAI
A-LEAGUE**



**FOOTBALL
FEDERATION
AUSTRALIA**



**Westfield
W-LEAGUE**

SCHOOLS FOOTBALL WORKBOOK

**An online and interactive Football resource
for Primary Schools, Teachers and Students to learn at home,
provided by Football Federation Australia, Member Federations
and the Hyundai A-League and Westfield W-League.**



FOOTBALL SCHOOLS STRATEGY

**FOOTBALL FEDERATION AUSTRALIA IS
INTRODUCING A NEW WHOLE OF FOOTBALL
SCHOOLS STRATEGIC FRAMEWORK**

VISION

**Provide all School children with the opportunity
to participate and become fans of football**

STRATEGIC FRAMEWORK

ACTIVE

**Get more
School
children active
to improve
physical
literacy via
football**

EXPERIENCE

**Provide a
consistent
and high quality
experience
through
the MiniRoos
Program**

TRANSITION

**Ensure that
School children
transition into
local Clubs**

FANS

**Convert more
School children
into fans of
the Hyundai
A-League,
Westfield
W-League and
National Teams**

CONTENTS

1

ACTIVE

This area focuses on the Physical Literacy domains and their relevance in football. Activities in this section are linked to the Physical, Psychological, Social and Cognitive Domains. Students will also learn about healthy eating practices and good nutrition.

2

EXPERIENCE

This area focuses on FFA's junior introductory program, MiniRoos, and a range of movement skills to apply to football specific situations. Students will complete football specific skills and challenges from video-based learning.

3

TRANSITION

This area focuses on learning about transitioning to your local Club and the partnership with Member Federations.

4

FANS

This area focuses on learning about the Hyundai A-League and Westfield W-League, as well as our National Teams, the Westfield Matildas and Socceroos. Students will complete interactive activities, plus download fun posters and wallpaper for your tablet or laptop!



ACTIVE

This area focuses on the Physical Literacy domains and their relevance in football. Activities in this section are linked to the Physical, Psychological, Social and Cognitive Domains. Students will also learn about healthy eating practices and good nutrition.

WHAT IS PHYSICAL LITERACY?

SPORT AUSTRALIA IS PROMOTING THE AUSTRALIAN PHYSICAL LITERACY FRAMEWORK WHICH SUPPORTS ALL AUSTRALIANS TO DEVELOP THEIR PHYSICAL LITERACY, AT EVERY STAGE OF LIFE.

Physical literacy gives you:

- Physical skills and fitness
- The attitudes and emotions that motivate you to be active
- The knowledge and understanding of how, why and when you move
- The social skills to be active with others

The Physical Literacy Domains include:

- Physical Domain – Activities related to Physical Activity and Fitness
- Psychological Domain – Activities related to Attitudes and Emotions
- Social Domain – Activities related to Interaction and Team-Work
- Cognitive Domain – Activities related to Understanding



BROSQUEY'S BOOTCAMP

PHYSICAL
DOMAIN

ACTIVITY

Get Fit and Find your 30, with football legend Alex Brosque.



**CLICK HERE TO START THE FITNESS
AND PHYSICAL ACTIVITY SESSIONS**

MORE FUN AND STRENGTH -BASED ACTIVITIES

PHYSICAL
DOMAIN

ACTIVITY

The exercises below will help to develop safe and efficient movers.

EXERCISE 1 JOG & LOOK AT THE COACH (TO STOP)

- 3x 5 stop commands
- 3x 5 stop commands
- 3x 5 stop commands
- 3x 5 stop commands
- 3x 5 stop commands



Listen to the command



Watch for the command



Keep the ball in the hands and listen to the command



Keep the ball in the hands and watch for the command



Juggle the ball and listen to the command

EXERCISE 2 SKATING HOP

- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)



Practice how to land on one leg



Keep the ball in the hands



Balance the ball on one hand



Touch the ground with the ball



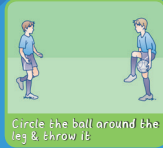
Balance and stretch forward with the ball

EXERCISE 3 ONE LEG STANCE

- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left for ca. 20 seconds



Throw the ball



Circle the ball around the leg & throw it



Pass the ball



Throw the ball & play it back



Challenge your balance

EXERCISE 4 PUSH UP

- 2x, until each kid rolls 1x the ball (max. 8 kids)
- 3x & 15 seconds
- 3x & 15 seconds
- 3x & 15 seconds
- 3x & 10 seconds



Make a tunnel & roll the ball underneath



In a plank position & roll the ball underneath



Keep position & roll the ball between hands



Keep position & roll the ball between hands and feet



Hands on the ball & challenge your position

EXERCISE 5 ONE LEG HOPS

- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg



Hop forwards



Hop forwards & backwards



Hop sideways



Follow the command & hop



Follow the command & hop while holding the ball in the hands

EXERCISE 6 SPIDERMAN

- 3x & 15 seconds
- 3x & 15 seconds
- 3x over 5-10 meters
- 3x over 5-10 meters
- 3x over 5-7 meters



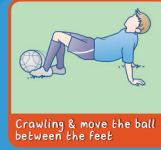
Touch the ball with alternating feet



Stretch out the position



Crawling



Crawling & move the ball between the feet



Crawling with the hands & move the ball with the feet

EXERCISE 7 ROLL OVER

- 5-7x per side
- 5-7x per side
- 5-7x per side
- 5-7x per side
- 5-7x per side



Crouch and roll over



From standing, slowly roll over



From standing, quickly roll over



Slow walk & roll over



Jog & roll over

FIFA U+ KIDS



EMOTIONAL EMOJIS

PSYCHOLOGICAL
DOMAIN

ACTIVITY: UNDERSTANDING YOUR EMOTIONS IS IMPORTANT TO YOUR WELLBEING. TICK WHAT EMOTION RELATES TO YOU TODAY?



ANGRY

☐

SAD

☐

HAPPY

☐

CONFUSED

☐

OK

☐

EXCITED

☐

LEARNING VALUES

SOCIAL
DOMAIN

ACTIVITY: RESPECT IN FOOTBALL

Learning to respect yourself, teammates, coaches, volunteers, opponents and spectators is an important value in Football. Tick the boxes below of how you show respect to your teammates, and add your own ideas in the spaces provided below.

How do you show respect to a teammate?	Tick options selected
Greet and wish them good luck before the game.	<input type="checkbox"/>
Always encourage them during the game.	<input type="checkbox"/>
Support and help them during the game.	<input type="checkbox"/>
Always try your best.	<input type="checkbox"/>
Follow the team plan and listen to the coach's instructions.	<input type="checkbox"/>
Always play by the rules so the team doesn't get penalised.	<input type="checkbox"/>
Wear your team uniform with pride.	<input type="checkbox"/>
Be punctual and prepared for games.	<input type="checkbox"/>
Make sure that all your teammates are included and involved.	<input type="checkbox"/>
Take responsibility for your performance.	<input type="checkbox"/>
Thank them at the end of the game.	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
How do you show respect to the game?	Tick options selected
Greet the opposition and wish them good luck before the game.	<input type="checkbox"/>
Always use positive language to the opposition, referee or supporters.	<input type="checkbox"/>
Always accept the referee's decisions.	<input type="checkbox"/>
Look after the equipment.	<input type="checkbox"/>
Always play by the rules and in a good spirit.	<input type="checkbox"/>
Assist the opposition if they are injured or need help.	<input type="checkbox"/>
Thank the opponent at the end of the game.	<input type="checkbox"/>
Thank the crowd and officials at the end of the game.	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

UNDERSTANDING FOOTBALL AND SETTING GOALS

COGNITIVE
DOMAIN

Goal setting provides students with direction and helps prepare to improve your performance on and off the field. The trick to goal-setting is to make sure that you create **SMART goals**.

- **Specific:** A goal is specific when it is clear and well defined.
- **Measurable:** A goal needs to include precise amounts and dates so that you are able to measure your degree of success along the way.
- **Attainable:** You need to make sure that you create goals that are challenging yet achievable.
- **Realistic:** We all have dreams to aspire to, but you must avoid the trap of setting goals that are unrealistic.
- **Time-Bound:** Your goals should have a deadline so that you aim to achieve your goals by a specific time-frame.

Example: I want to increase the amount of juggles I can do with both feet (Specific) from 10 to 50 (Measurable, Attainable & Realistic) in 6 weeks time (Time-Bound & Realistic).

Goal Setting (Individual Goals)

Write what your individual Football goals are (between 1-3 goals):

To reach my Football goals I will need to:

I will know if I reached my Football goals because:

What will help me stick to my individual Football goals:

OUR FOOD PLATE

Australian Guide to Healthy Eating

MY FAVOURITE HEALTHY MEAL

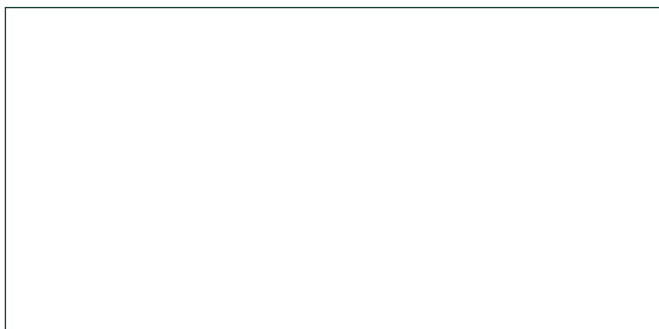
ACTIVITY

Categorise the ingredients of your favourite healthy meal into the food plate below.

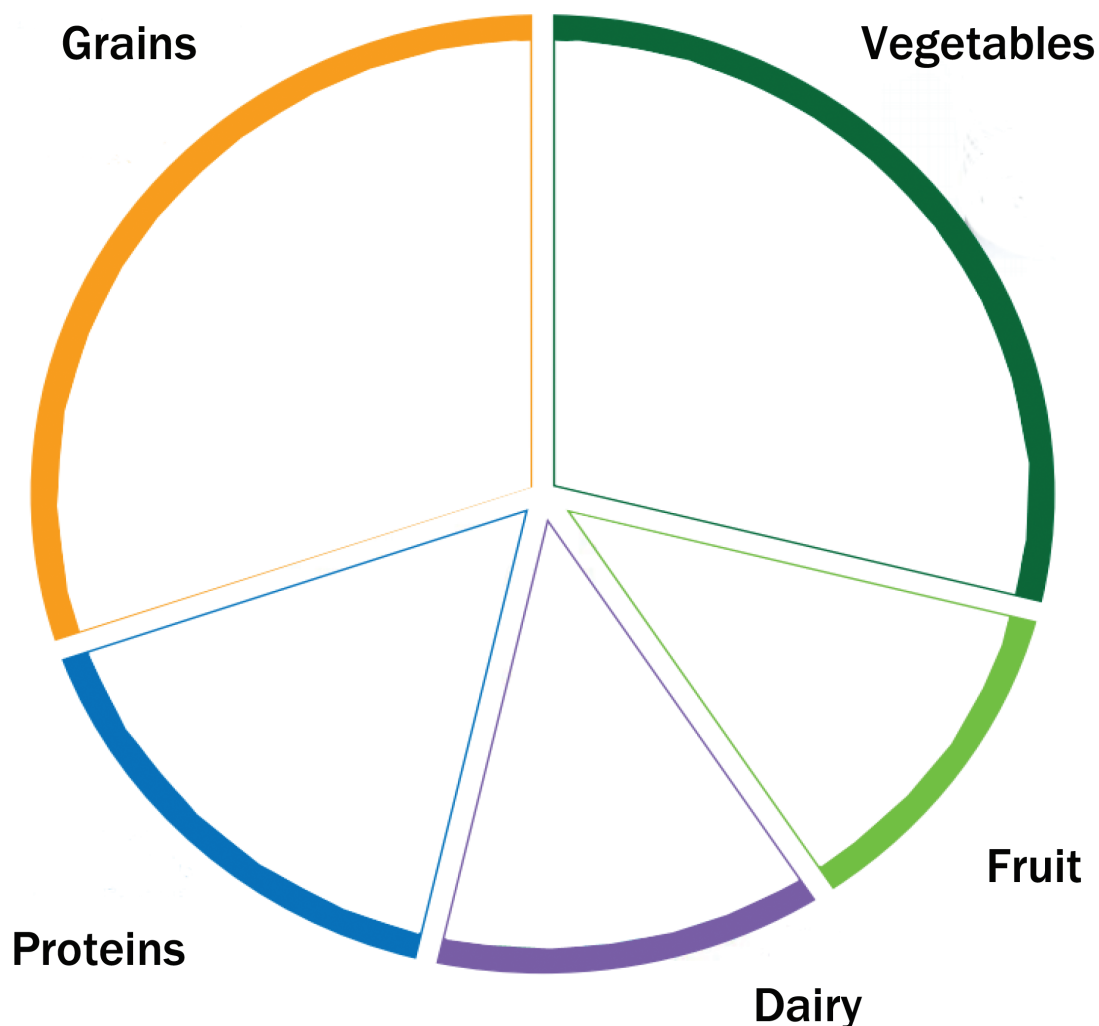
Make sure all the main food groups are addressed.

Name of meal:

Insert picture or drawing of your favourite healthy meal



Write or type the ingredients of this meal?



MY DAILY NUTRITION PLAN

ACTIVITY

In the spaces provided write what your daily nutrition plan includes and what food area it fits into. Think about breakfast, lunch, dinner and healthy snacks.

DESSERT

SNACKS

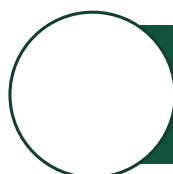
MEAT

WHAT WE ATE AND DRANK

FRUIT

DRINK

VEGETABLES



TICK THE CIRCLE ONCE YOU HAVE COMPLETED THE **ACTIVE SECTION**



EXPERIENCE

This area focuses on FFA's junior introductory program, MiniRoos, and a range of movement skills to apply to football specific situations. Students will complete football specific skills and challenges from video-based learning.

WELCOME TO MINIROOS

Learning and playing MiniRoos is the most fun you will have this year! During your MiniRoos Schools Program, you'll learn new skills, complete creative activities, and have fun in a safe environment.

MiniRoos is Football Federation Australia's only official junior introductory football program for 4 to 11 year olds and in this book you will find activities to help you prepare for your MiniRoos Schools Program. You'll also be introduced to some of our Hyundai A-League, Westfield W-League and National Team Heroes.

Get ready, because you're about to have lots of fun being a MiniRoo!



MiniRoos



miniroosaus



FOOTBALL SKILLS



**CLICK HERE TO START THE
SKILL CHALLENGES**



#PLAYATHOMECALLENGE



**CLICK HERE TO START THE
MINIROOS SKILLS**

STUDENT CHALLENGE

Have you had a go at these football skill challenges? Upload your skills video to your Schools, Teachers or Parents social media by tagging [#PlayAtHomeChallenge](#). Click here to find out more about the [#PlayAtHomeChallenge](#).

FOOTBALL SKILLS

FOOTBALL SKILL

1

WALL PASSES

Wall passes, or wall juggling, is one of the best football (soccer) drills you can practice at home. A great way to practice juggling the ball as well as your strengthen your reflexes, this drill requires standing around one to three metres away from the wall.

To begin, throw the ball against the wall, and juggle the ball with your feet, feeding it back against the wall, and repeating this process until you cannot control it any longer. With practice and dedication to this drill, the difficulty will decrease.

FOOTBALL SKILL

2

TOE TAPS

Toe Taps or stair stepping is a drill that is incorporated into your routine to improve your balance and stamina. This is because you will put the ball in front of you, while you place your foot on top of the ball, and then off, switching between your feet like you're climbing up the stairs.

Sound easy? It's not. Once you get going, your balance and ball control will certainly be challenged. A great practice to do at home, improvise with it, and have some fun, it will benefit your game greatly.

FOOTBALL SKILL

3

FOOTBALL JUGGLING

Why not try this great activity to help improve your ball control? The best thing about it is all you need is a football and you can give it a go wherever you are! The better you get the more fun it becomes, as you can experiment using different parts of your body to juggle the ball.

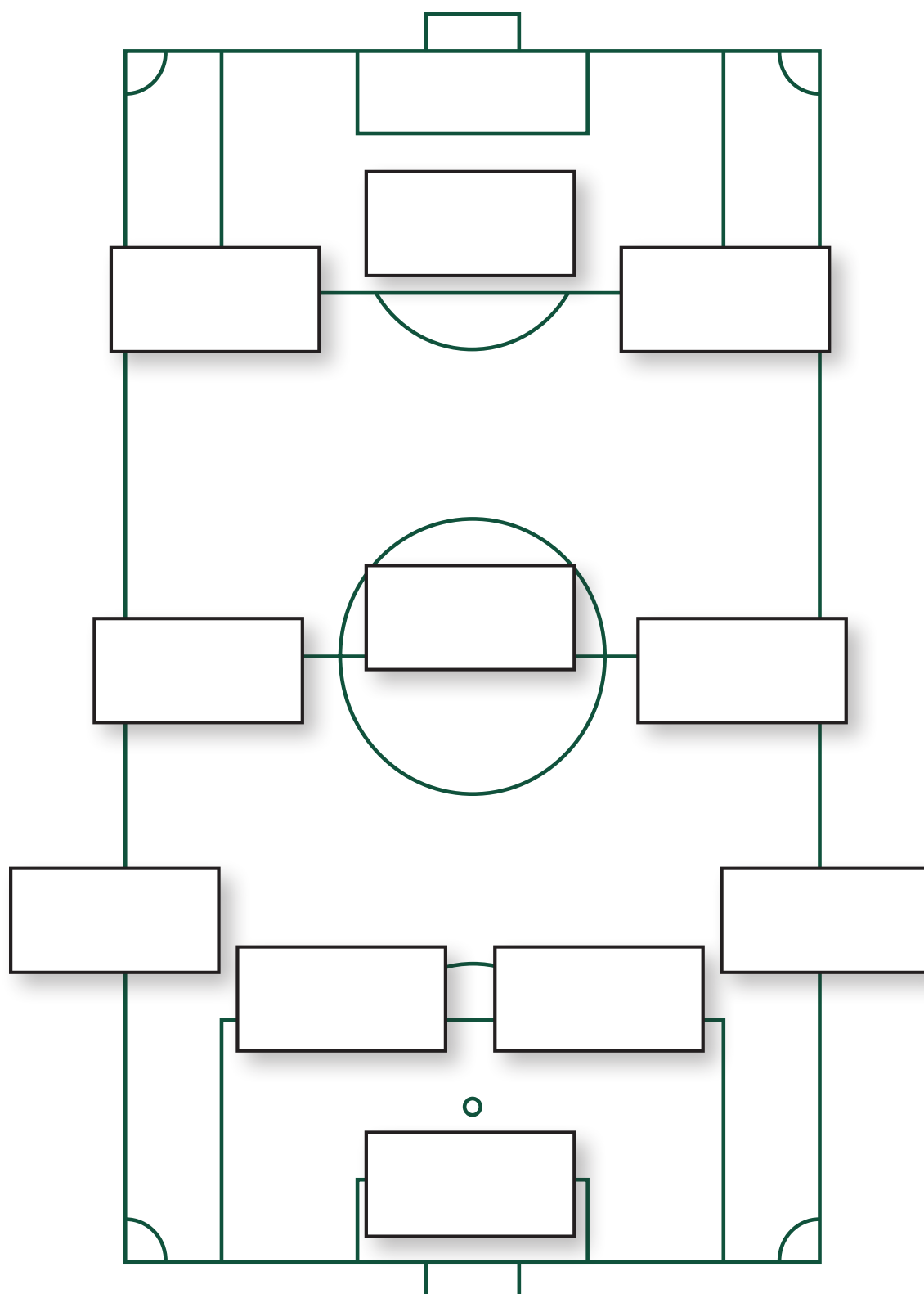
To get started, simply hold the ball in front of you, drop it and lightly kick it back up into your hands. Challenge yourself by counting how many times you can drop, kick and catch your ball in a row.

Concentrate on kicking the ball no higher than eye level. As you improve try using different body parts like your other foot or your thighs.

FIELD POSITIONS ACTIVITY

INSTRUCTIONS

From the list of positions, select where they go on the field and write them in the blank spaces provided.



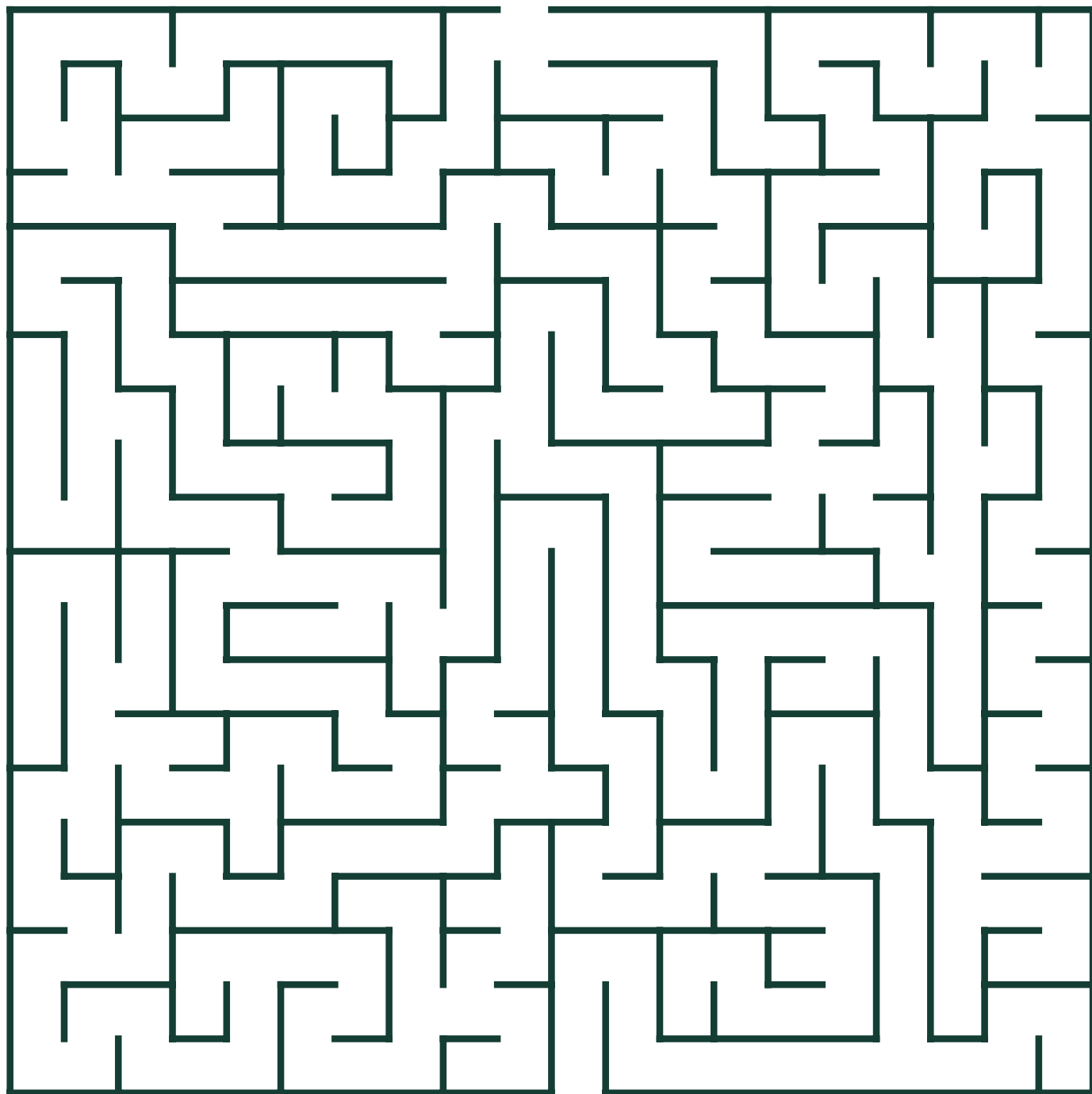
POSITIONS

- ☐ Right forward
- ☐ Right centre back
- ☐ Right midfield
- ☐ Left back
- ☐ Centre midfield
- ☐ Left forward
- ☐ Centre forward
- ☐ Right back
- ☐ Left centre back
- ☐ Goal keeper
- ☐ Left midfield

Tick as you go!

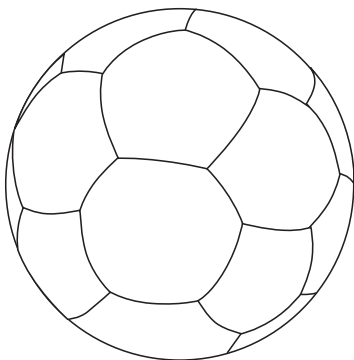
DRIBBLING MAZE - PRINT OUT

GOAL!



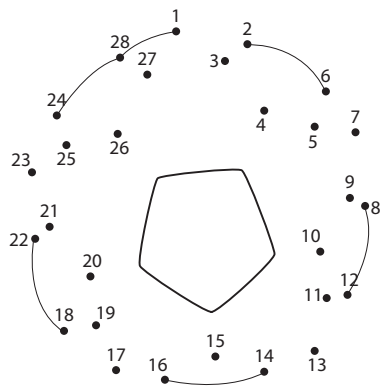
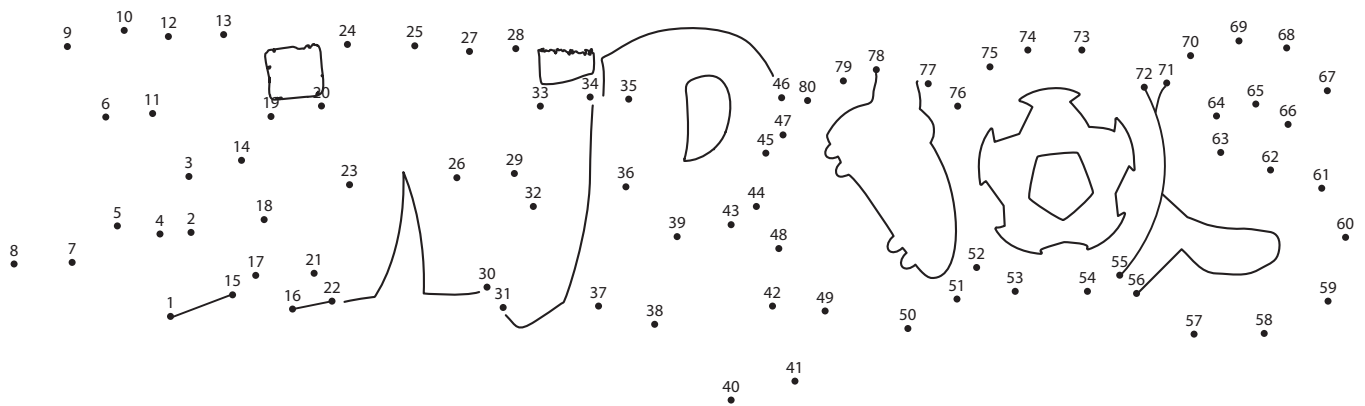
Dribble all the way through!

COLOURING IN - PRINT OUT



To find out more about playing MiniRoos, FFA's Junior Introductory Program, visit here miniroos.com.au

DOT TO DOT - PRINT OUT



**TICK THE CIRCLE ONCE YOU HAVE COMPLETED
THE EXPERIENCE SECTION**

MINIROOS TEAM FUN CARDS

Adapted from Sport Australia's Playing for Life Resources



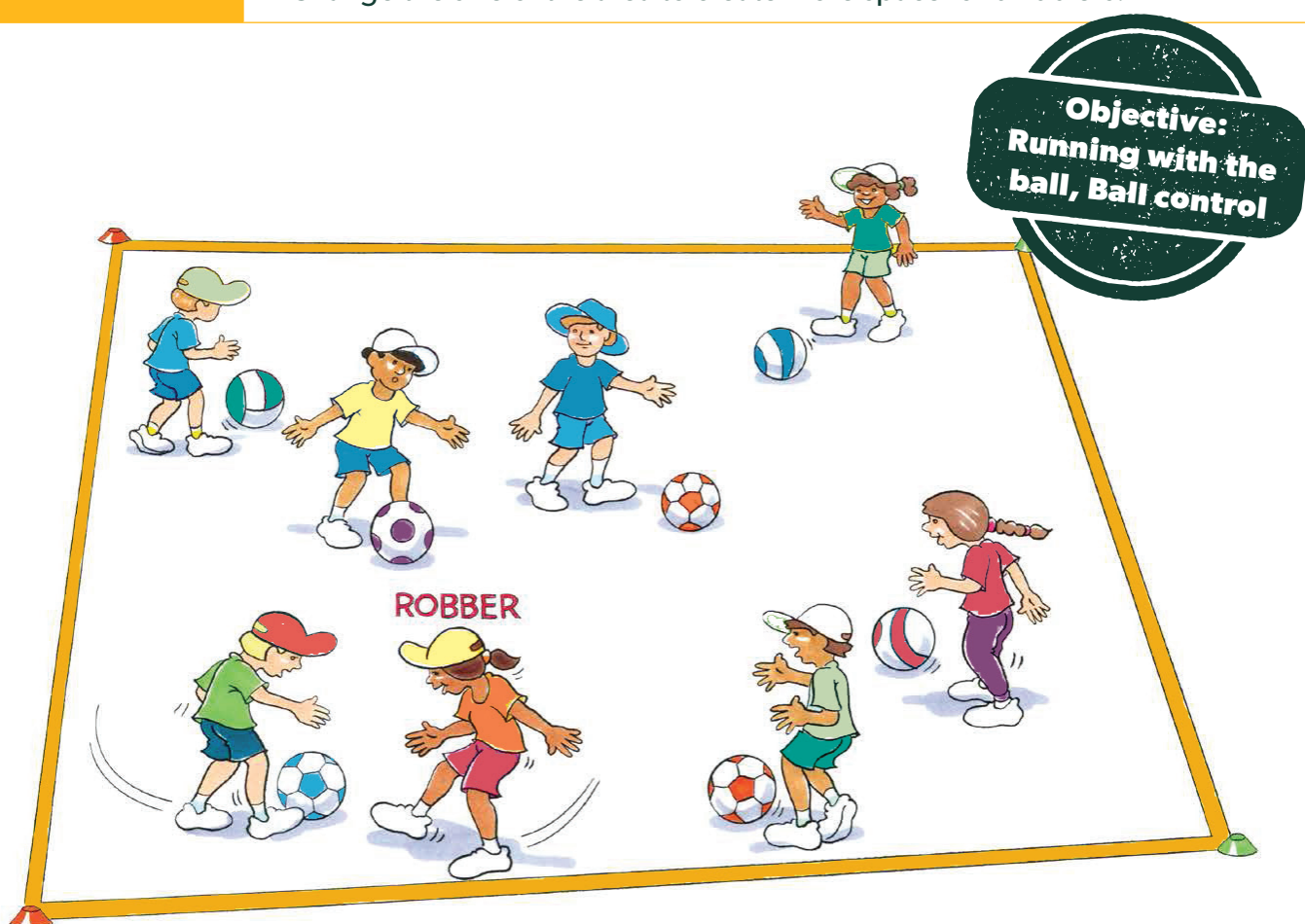
TEAM ACTIVITY: DRIBBLERS AND ROBBERS

Players (dribblers) with a football move around the area. One or two players are robbers and attempt to intercept dribblers' balls without making body contact.

EQUIPMENT

- Marker cones to define playing area, 1 football per player

WHAT TO DO	<p>Setting Up</p> <ul style="list-style-type: none">• One or two players are robbers and start without a ball. All other players (dribblers) spread out in the playing area with a ball each.• Program Leader can start as robber to ensure game success. <p>Playing</p> <ul style="list-style-type: none">• On your signal, robbers attempt to win possession of a player's ball;• When a robber wins possession of a ball, they score a point and give the ball back to the dribbler;• Robbers cannot steal the ball from the same dribbler twice in a row;• Play continues until you call 'Time!';• Robbers count total score at the end of the game.
WHAT TO LOOK FOR	<ul style="list-style-type: none">• Are players keeping control of the ball?• Is it too easy for the robbers?
SUGGESTED CHANGES	<ul style="list-style-type: none">• Increase/decrease the number of robbers;• Change the size of the area to create more space for dribblers.



TEAM ACTIVITY: ROB THE NEST

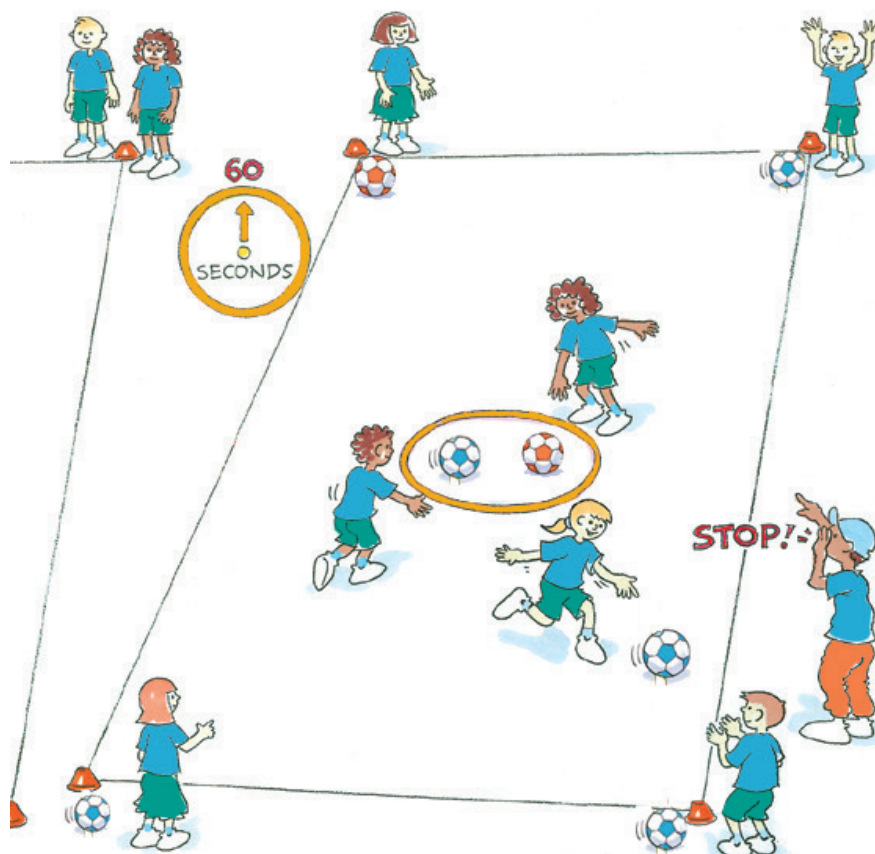
Players work in small groups. One player from each group runs to a central point to collect one ball at a time and dribbles the ball back to their team-mates at their base and then tags the next player. The aim is to collect the most number of balls.

EQUIPMENT

- Marker cones to define playing area, as many footballs as possible (10+)

WHAT TO DO	<p>Setting Up</p> <ul style="list-style-type: none"> • Form 4 equal groups, positioning 1 group on each corner of the playing field; • Place a pile of footballs in the centre of the playing area. <p>Playing</p> <ul style="list-style-type: none"> • On the starting whistle, one player at a time from each group runs out and collects a ball and dribbles it back to their group; • Once a player has returned with a ball, the next player may run out and collect another ball. <p>Keep playing until all balls are gone;</p> <ul style="list-style-type: none"> • The group with the most balls at the end is the winner; • As a progression, allow players to steal from other groups once all the balls in the middle are gone.
WHAT TO LOOK FOR	<ul style="list-style-type: none"> • Are players dribbling with their heads up? • Are all players engaged?
SUGGESTED CHANGES	<ul style="list-style-type: none"> • Increase the size of the area; • Players can pass to their corner after a short dribble.

Objective:
Running
with the ball



TEAM ACTIVITY: CHASE THE DRIBBLER

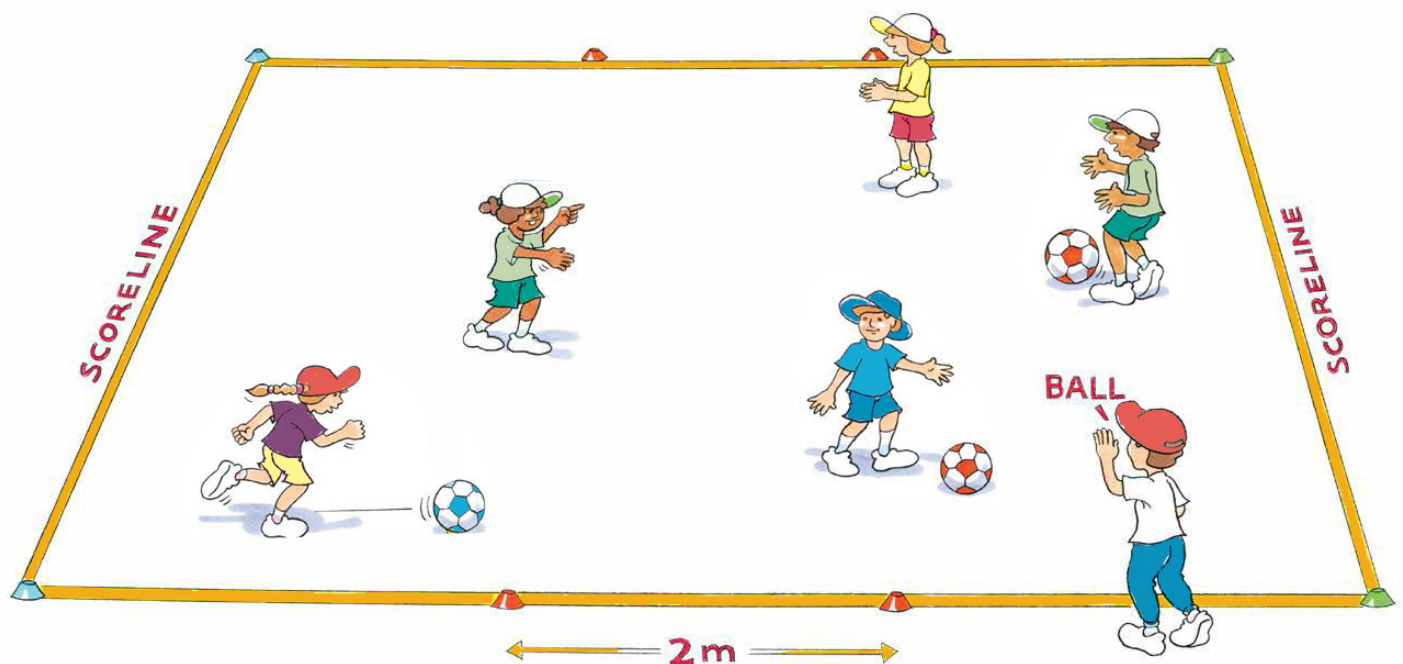
Players in pairs pass a ball back and forth in the centre of a playing field. When the Program Leader calls 'Ball!' the player who is receiving the pass must turn and dribble the ball to the goal behind them and shoot before being caught by their opponent.

EQUIPMENT

- Marker cones to define playing area, 1 ball per pair, goals (markers) behind each line.

WHAT TO DO	Setting Up <ul style="list-style-type: none">• Organise players into pairs with one ball per pair;• Pairs line up facing and two metres apart in the centre of the playing field and pass the ball back and forth to each other. Playing <ul style="list-style-type: none">• When you call 'Ball', the player with the ball (or about to receive the ball) must dribble it to the goal behind them and try and score;• The player who does not have the ball is to chase the player with the ball and try to stop them from scoring;• Defenders are not allowed to tackle attackers from side on or behind.
WHAT TO LOOK FOR	<ul style="list-style-type: none">• Are players passing the ball quickly?• Is everyone involved?
SUGGESTED CHANGES	<ul style="list-style-type: none">• Swap partners after a few turns;• Start without chasing defenders;• Move goals further away from shooting line.

Objective:
Gross motor skill
development,
Ball mastery



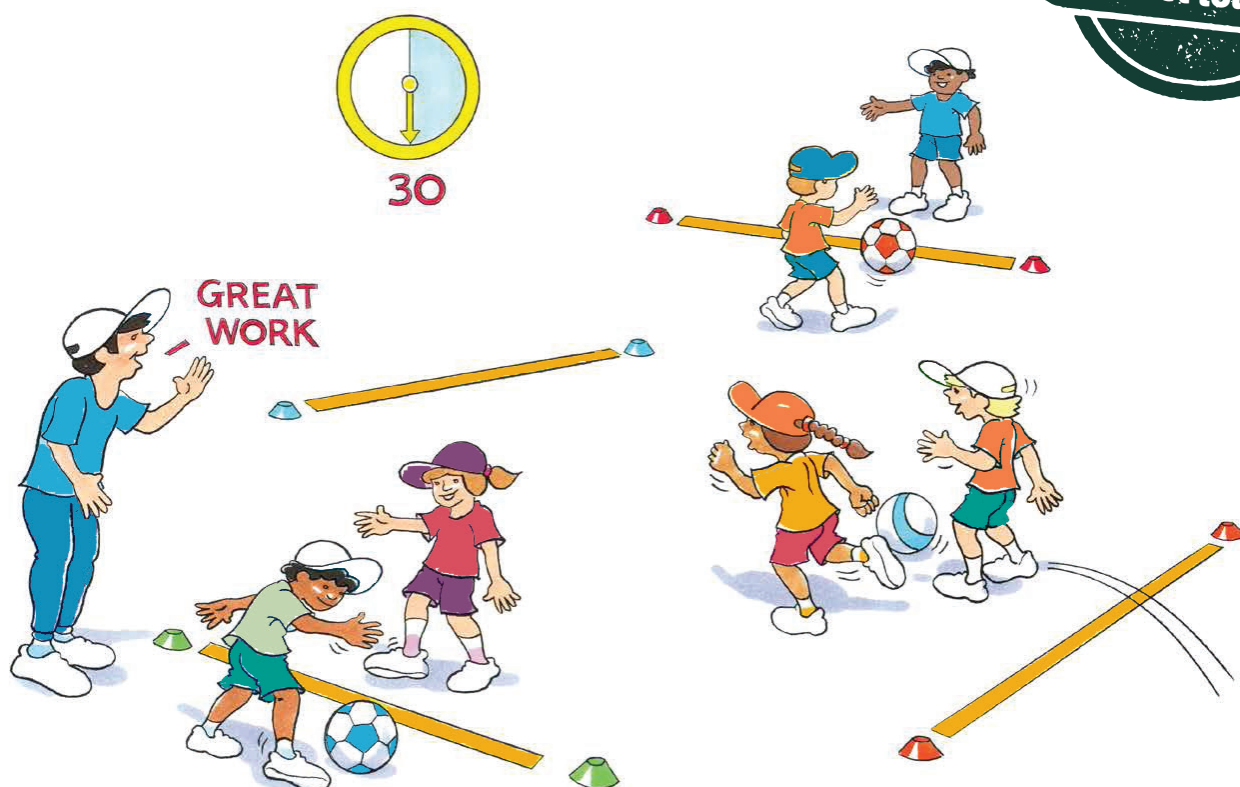
TEAM ACTIVITY: PAIRS PASSING

On the Program Leader's signal, players in pairs pass a football to each other three times between a gate, then move to other gates to repeat the activity — continue for 30 seconds. Pairs score a point for each gate they pass a ball through.

EQUIPMENT

- 1 football per pair; 1 set of marker cones (30); 1 stopwatch or clock

WHAT TO DO	<p>Setting Up</p> <ul style="list-style-type: none"> • Players set up a gate within the playing area and face each other with a ball. <p>Playing</p> <ul style="list-style-type: none"> • On your signal, pairs pass a ball three times to each other, then run with the ball to a free gate and repeat the activity; • Continue for 30 seconds until you call 'Stop!' • Pairs score one point for each gate they pass the ball through three times; • Repeat the activity with pairs trying to beat their own score.
WHAT TO LOOK FOR	<ul style="list-style-type: none"> • Where can they stand to make the passes easier/harder • Are they improving after each round?
SUGGESTED CHANGES	<ul style="list-style-type: none"> • Make the gates smaller to improve accuracy; • After 5 passes, the player with the ball remains at the gate whilst the other player finds a new partner.



TEAM ACTIVITY: BOUNDARY PASS

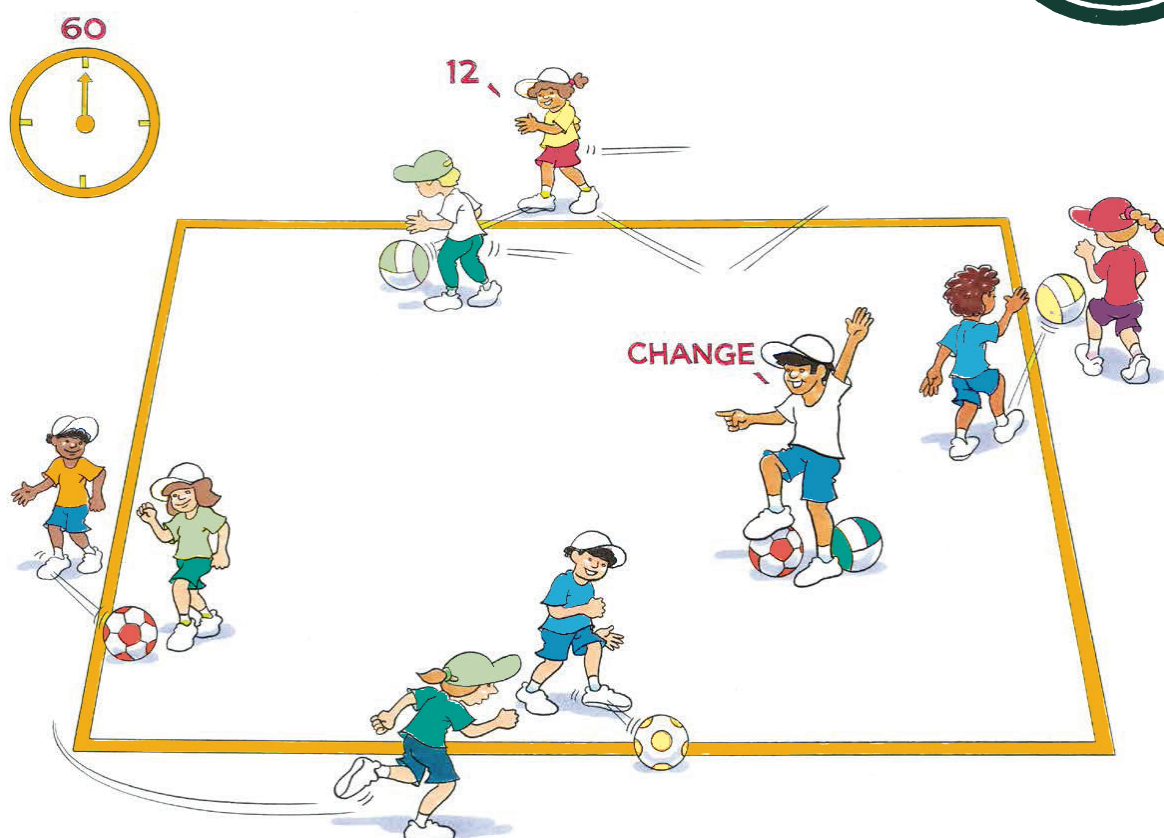
In pairs, players try to make as many passes to each other as they can in 60 seconds. To add a challenge, every pass has to be across a different boundary line.

EQUIPMENT

- 1 football per pair; 1 set of marker cones (30)

WHAT TO DO	Setting Up <ul style="list-style-type: none">• Pairs start within the marked area near the centre. Playing <ul style="list-style-type: none">• On your signal, pairs move in the same direction and pass the ball to each other across the boundary lines;• Pairs score one point for each pass they make within the time limit;• The activity can be repeated with pairs attempting to beat their score while running in the opposite direction.
WHAT TO LOOK FOR	<ul style="list-style-type: none">• Are all players engaged?• How can you increase or decrease the challenge?
SUGGESTED CHANGES	<ul style="list-style-type: none">• Introduce a defender to try and intercept passes;• Bonus points for one-touch passing.

Objective:
Pass the ball,
Run with the ball



TEAM ACTIVITY: OCTOPUS FOOTBALL

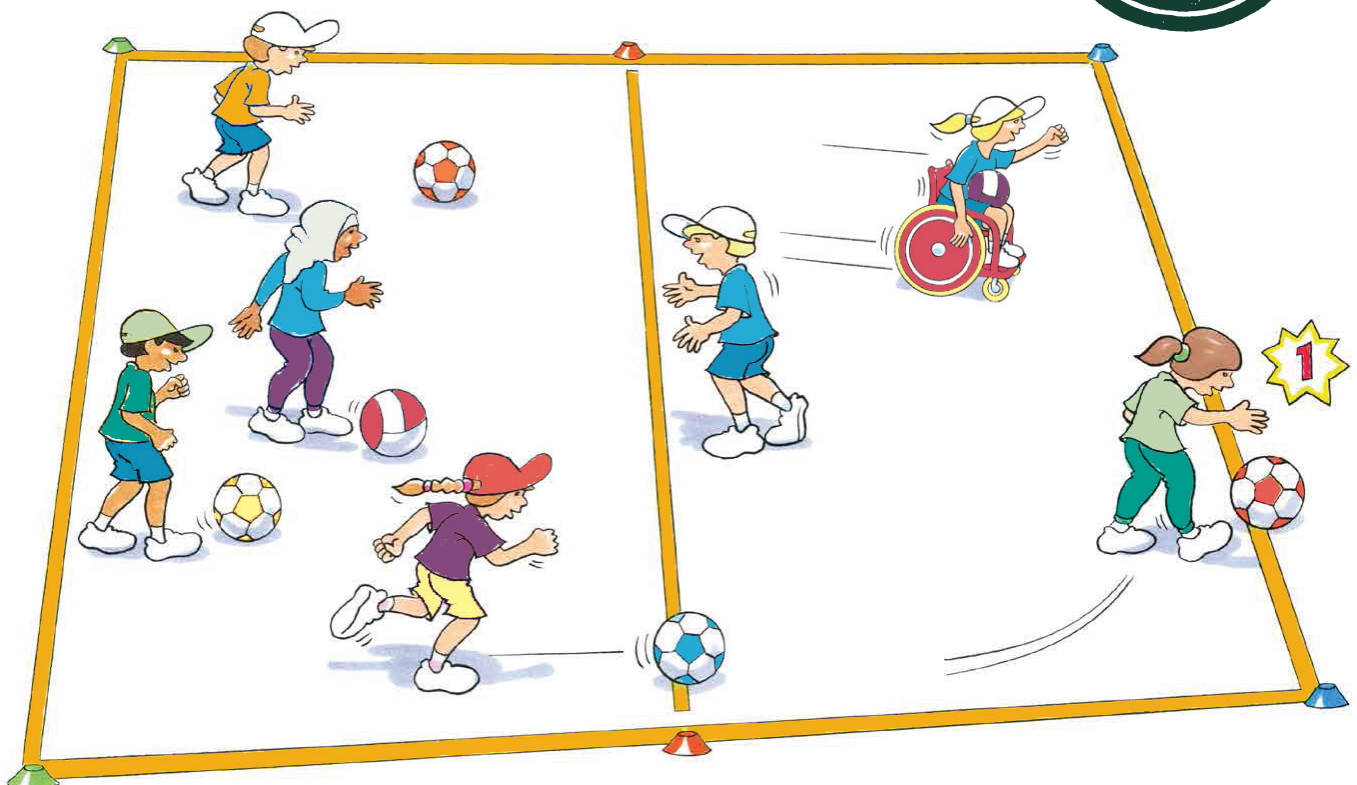
Players with a football each attempt to run over the opposite goal line. An 'octopus' stands in the centre of the pitch and attempts to tag players as they cross. When tagged, players must freeze on the spot and attempt to tag other players running with a ball.

EQUIPMENT

- 1 football per player; 1 set of marker cones (30)

WHAT TO DO	Setting Up <ul style="list-style-type: none">• One player starts as the octopus;• All other players start with a ball behind the goal line. Playing <ul style="list-style-type: none">• On the octopus's signal, players attempt to cross the pitch by running with their ball and avoid being tagged by the octopus;• Tagged players must freeze on the spot and hold their ball under their foot; however they can tag other players that run past;• The last player to successfully cross the pitch without being tagged wins.
WHAT TO LOOK FOR	<ul style="list-style-type: none">• Are players keeping the ball under control?• Are all players achieving success?
SUGGESTED CHANGES	<ul style="list-style-type: none">• Add an extra octopus to increase challenge;• Add bonus points for tricks and turns.

Objective:
Running with
the ball, 1v1






TRANSITION

This area focuses on learning about transitioning to your local Club and the partnership with Member Federations.

IF YOU DON'T ALREADY PLAY FOOTBALL, FIND YOUR LOCAL CLUB

AGE 4-9




MiniRoos Kick-Off

Football's introductory program

MIXED | GIRLS

Select

AGE 5-11




MiniRoos Club Football

Sign up to your local club

MIXED | GIRLS

Select

AGE 12-18




Youth Football

Join your local club

BOYS | GIRLS

Select

AGE 18-35




Adult Football

Join your local club

MEN | WOMEN

Select

AGE 35+



Masters Football

Keep on playing

MEN | WOMEN

Select

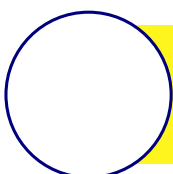


TELL US ABOUT YOUR LOCAL CLUB

ACTIVITY: WHETHER YOU PLAY FOOTBALL FOR YOUR LOCAL CLUB OR HAVE RESEARCHED YOUR LOCAL CLUB, FILL OUT THE INFORMATION BELOW

Local club name:

Draw your local Club Team logo	
Write what your local Club Team colours are	
Write what your local Club Team nickname is	
Write the names of the players in your team	



TICK THE CIRCLE ONCE YOU HAVE COMPLETED THE TRANSITION SECTION



4

FANS

This area focuses on learning about the Hyundai A-League and Westfield W-League, as well as our National Teams, the Westfield Matildas and Socceroos. Students will complete interactive activities, plus download fun posters and wallpaper for your tablet or laptop!

PLAYER MESSAGES

MESSAGES FROM OUR LEAGUES FAN AMBASSADORS



//

To all Australian Teachers and Students, Alex Brosque here, Leagues Fan Ambassador and former Sydney FC Captain.

A short message of encouragement on how important it is in this current time that we focus on living an active and healthy lifestyle, by getting outside and doing physical activity or football skills. We hope you enjoy this Football Schools Resource, and learning more about the Hyundai A-League and Westfield W-League.

//

ALEX BROSQUE



//

Hey I'm Steph Catley, the Leagues Fan Ambassador! As a Westfield W-League Premiership player and current Westfield Matilda, I know how important it is for us to be healthy and active, and stay focused at School.

I look after myself by training daily, eating healthy foods, and continually reading and wanting to learn more. We hope you enjoy this Football Schools Resource, and finding more out about the Hyundai A-League and Westfield W-League.

//

STEPH CATLEY

MEET THE HYUNDAI A-LEAGUE AND WESTFIELD W-LEAGUE

IT'S "WHERE HEROES ARE MADE"!

Even if our heroes end up overseas playing in leagues around the world, they all start here, in the Hyundai A-League and Westfield W-League.

The Hyundai A-League is Australia's premier men's football competition. It features 11 teams from around Australia and New Zealand and has been running for 15 seasons. Sydney FC and Melbourne Victory are the most successful teams in the competitions history with 4 championships each.

The Westfield W-League is the Australia's premier women's football competition. It features teams from around Australia and has been running for 12 seasons. Melbourne City and Sydney FC and the most successful teams in the competitions history with 3 championships each.

Make sure you get to a Hyundai A-League or Westfield W-League match this season to see your heroes of the future.

#whereheroesaremade



 Hyundai A-League

 @aleague

 Westfield W-League

 @wleague

WHAT CLUBS ARE IN THE HYUNDAI A-LEAGUE AND WESTFIELD W-LEAGUE?



Adelaide United FC



Brisbane Roar FC



Canberra United



Central Coast Mariners



Macarthur FC



Melbourne City FC



Melbourne Victory FC



Newcastle Jets FC



Perth Glory FC



Sydney FC



Wellington Phoenix FC

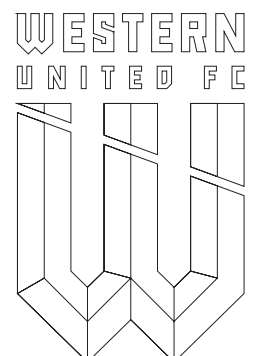
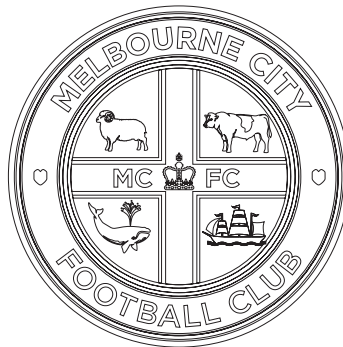
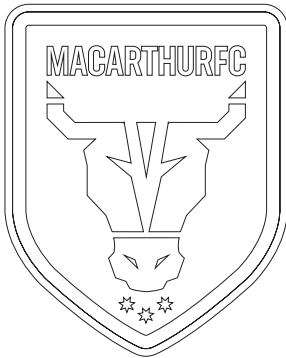


Western Sydney Wanderers FC

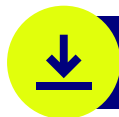
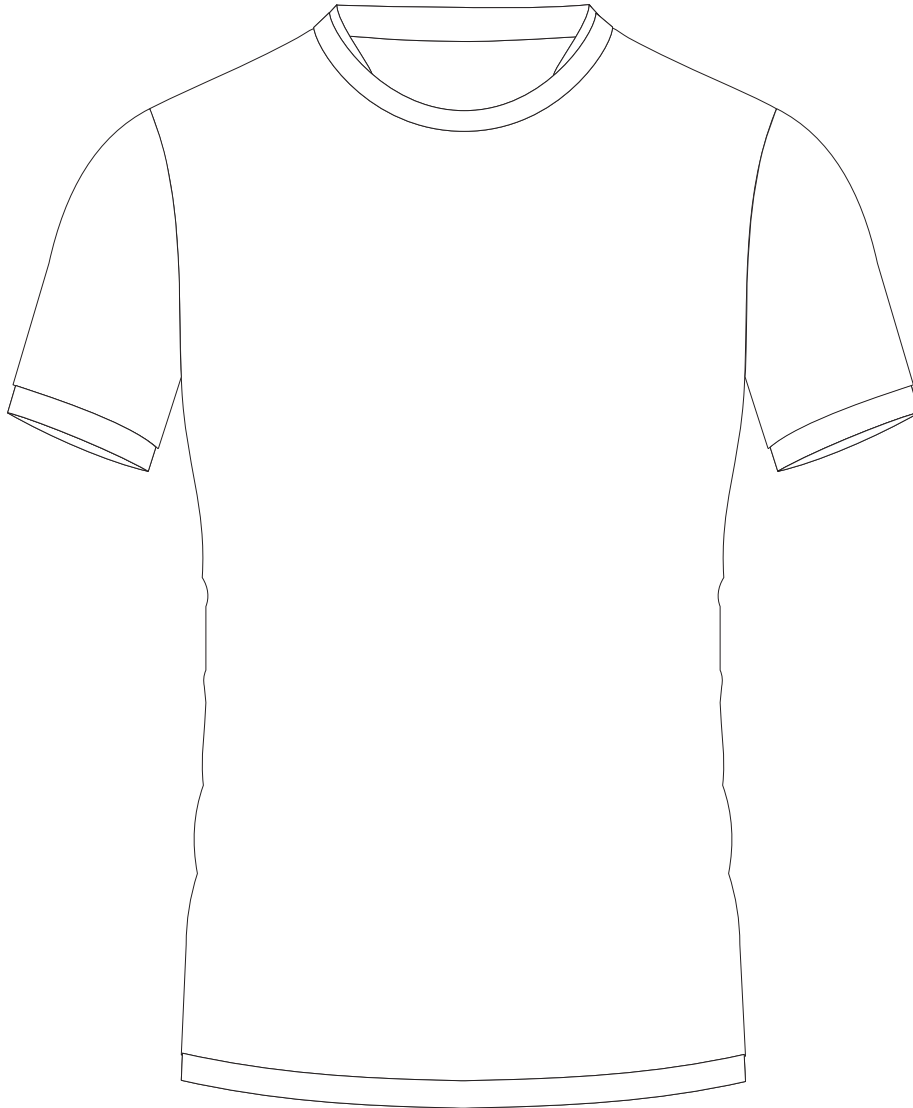


Western United FC

COLOURING IN



DESIGN YOUR FAVOURITE HYUNDAI A-LEAGUE OR WESTFIELD W-LEAGUE CLUB JERSEY



DOWNLOAD AND PRINT OUT

STUDENT CHALLENGE

Upload your jersey design to your Schools, Teachers or Parents social media by tagging @aleague, @wleague and @miniroosaus [#leaguesjerseycompetition](#)

MEET THE CAPTAINS



**AMBER
BROOKS**

Nickname: Brooksy

Position: Defender



**MICHAEL
JAKOBSEN**

Nickname: Jako

Position: Defender



**TOM
ALDRED**

Nickname: Tommy

Position: Defender



**CLARE
POLKINGHORNE**

Nickname: Polks

Position: Defender



**NIKOLA
ORGILL**

Nickname: Niko

Position: Defender



**KARLY
ROESTBAKKEN**

Nickname: Rosty

Position: Defender



**MATT
SIMON**

Nickname: Simmo

Position: Forward



**STEPH
CATLEY**

Nickname: Cat

Position: Defender



**SCOTT
JAMIESON**

Nickname: Jammo

Position: Defender



**OLA
TOIVONEN**

Nickname: Toivo

Position: Forward



**NATASHA
DOWIE**

Nickname: Tats

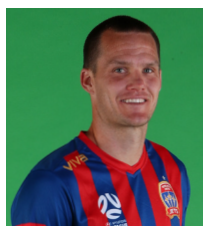
Position: Forward

MEET THE CAPTAINS



**GEMA
SIMON**

Nickname: Simey
Position: Midfielder



**NIGEL
BOOGAARD**

Nickname: Boogs
Position: Defender



**NATASHA
RIGBY**

Nickname: Tash
Position: Defender



**DIEGO
CASTRO**

Nickname: El Maestro
Position: Midfielder



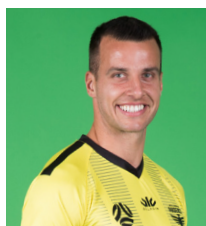
**ALEX
WILKINSON**

Nickname: Wilko
Position: Defender



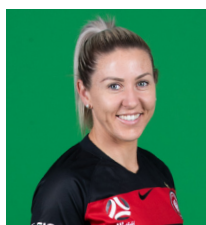
**TERESA
POLIAS**

Nickname: T
Position: Midfielder



**STEVEN
TAYLOR**

Nickname: Tayls
Position: Defender



**ERICA
HALLOWAY**

Nickname: Eck
Position: Forward



**MITCHELL
DUKE**

Nickname: Dukey
Position: Forward



**ALESSANDRO
DIAMANTI**

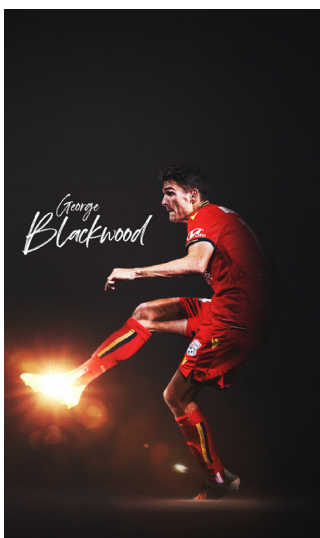
Nickname: Dia
Position: Midfielder

HYUNDAI A-LEAGUE AND WESTFIELD W-LEAGUE POSTERS



DOWNLOAD POSTERS

HYUNDAI A-LEAGUE AND WESTFIELD W-LEAGUE WALLPAPERS



DOWNLOAD WALLPAPERS

FAN ENGAGEMENT

TELL US ABOUT YOUR FAVOURITE HYUNDAI A-LEAGUE AND/OR WESTFIELD W-LEAGUE CLUB

Club name:

Draw the
Team logo

Write what the
Team Colours are

Write what the
Team Nickname is

Write the names
of the Team
Captains, and
your favourite
players

ALL FOR THE SOCCEROOS

Calling all our MiniRoos! Australia's favourite sports team needs your support!

We're into a new World Cup cycle and we want to make sure we're on the plane to Qatar for the FIFA World Cup in 2022. To do that, we need to make every opportunity count.

So as a future Socceroo we're calling on you to be all in. All in at training. All in on game day. All in, in the stands as we take on the best the world has to offer.

#AllForTheSocceroos



CAPTAIN PROFILES

MAT RYAN

Nickname: Maty

Position: Goalkeeper

Cap number: #555



MATHEW LECKIE

Nickname: Lecks

Position: Forward

Cap number: #550



WE ARE MATILDAS

The Westfield Matildas are Australia's most loved sports team.

A team that is driven for success, fierce in its personality, and exciting to watch, this is a team that will never say die!

The Westfield Matildas is a family, from the club grounds on weekends, to everyone wearing green and gold in their living rooms as they watch them on TV, to all the Australian School students cheering them on!

#WeAreMatildas



CAPTAIN PROFILES

SAM KERR

Nickname: Sam/Sammy

Position: Forward

Cap number: #168



STEPH CATLEY

Nickname: Cat

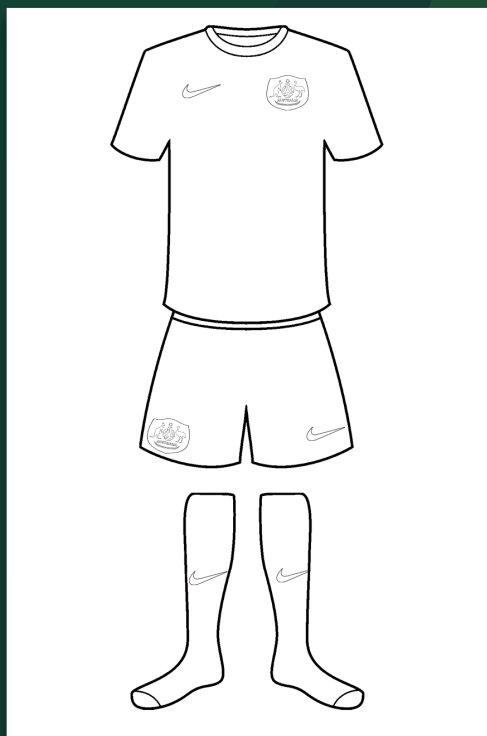
Position: Defender

Cap number: #177



DESIGN THE NATIONAL TEAMS JERSEYS

DESIGN YOUR OWN SOCCEROOS KIT



 AUSTRALIA



DOWNLOAD AND PRINT OUT

DESIGN YOUR OWN WESTFIELD MATILDAS KIT



 Westfield
MATILDAS



DOWNLOAD AND PRINT OUT

STUDENT CHALLENGE

Upload your jersey design to your Schools, Teachers or Parents social media.

To submit your Socceroos Kit Design on Facebook, [click here](#).

To submit your design on Twitter, [click here](#).

OR To submit your Westfield Matildas Design on Facebook, [click here](#).

To submit your design on Twitter, [click here](#).

WORD SEARCH - PRINT OUT

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

Find the following words in the puzzle. Words are hidden   and 

- | | | |
|---|---|---|
| <input type="checkbox"/> Adelaide United | <input type="checkbox"/> Melbourne Victory | <input type="checkbox"/> MiniRoos |
| <input type="checkbox"/> Brisbane Roar | <input type="checkbox"/> Newcastle Jets | <input type="checkbox"/> Socceroos |
| <input type="checkbox"/> Canberra United | <input type="checkbox"/> Sydney FC | <input type="checkbox"/> Westfield Matildas |
| <input type="checkbox"/> Central Coast Mariners | <input type="checkbox"/> Wellington Phoenix | <input type="checkbox"/> Pararoos |
| <input type="checkbox"/> Macarthur FC | <input type="checkbox"/> Western Sydney Wanderers | |
| <input type="checkbox"/> Melbourne City FC | <input type="checkbox"/> Western United FC | |

Tick as you go!

TICK THE CIRCLE ONCE YOU HAVE COMPLETED THE FANS SECTION



SCHOOLS **FOOTBALL** WORKBOOK

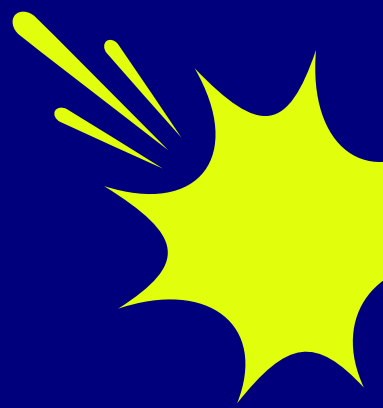
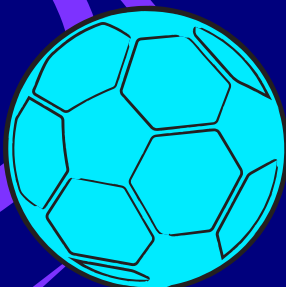
CERTIFICATE OF PARTICIPATION

Student Name

.....

School Name

.....



The Schools Football Workbook is provided to
all Australian Primary Schools, in partnership with
Football Federation Australia, Member Federations and
the Hyundai A-League and Westfield W-League.



**HYUNDAI
A-LEAGUE**



**FOOTBALL
FEDERATION
AUSTRALIA**



**Westfield
W-LEAGUE**



AUSTRALIA



**Westfield
MATILDAS**



**CAPITAL
FOOTBALL**



**NORTHERN
NSW
FOOTBALL**



**FOOTBALL
NSW**



**FOOTBALL
NORTHERN
TERRITORY**



**FOOTBALL
QUEENSLAND**



**FOOTBALL
SOUTH
AUSTRALIA**



**FOOTBALL
TASMANIA**



**FOOTBALL
VICTORIA**



**FOOTBALL
WEST**

