

# ACTIVITY SHEETS



# CREATE YOUR OWN FOOTBALL TEAM.



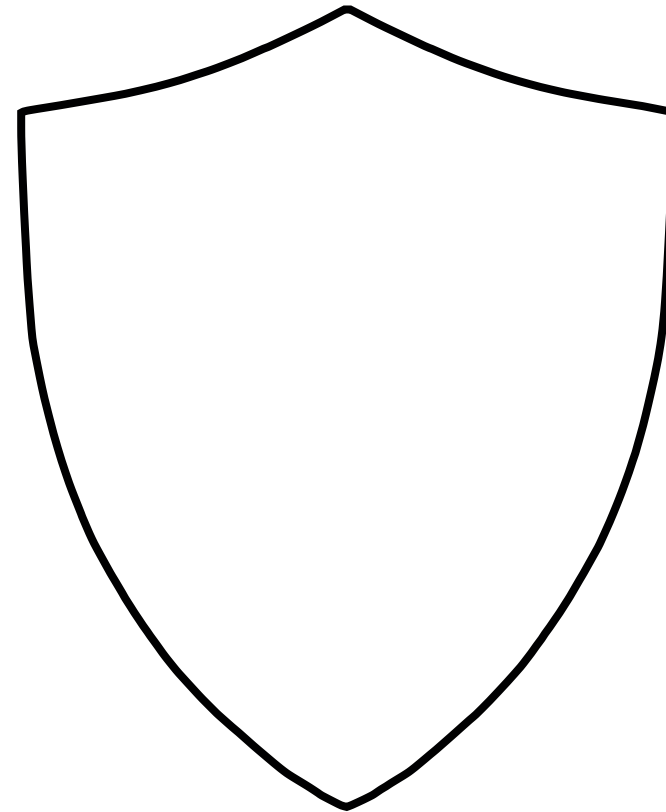
TEAM NAME

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TEAM BADGE

Can you create your own football team? You will need to think of everything from the team name, to the design of your badge and the players who will represent you. Good luck!

Share your work with us on social media @CPFC @PalaceForLife.



## WHAT YOU NEED

- TEAM NAME
- TEAM BADGE
- TEAM KITS
- TEAM PHILOSOPHY
- TEAM PLAYERS
- TEAM FORMATION



# CREATE YOUR OWN FOOTBALL TEAM.

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What colour will your home and away kit be? Will it have stripes, spots, or a different design? Be as creative as possible!

## HOME KIT



## AWAY KIT



# CREATE YOUR OWN FOOTBALL TEAM.

Which values will be most important to your team?  
Write them in the boxes below. Some examples might be ambitious, inspiring, connected and fair – these are the values of the Premier League.







The diagram consists of a central circle with the text **YOUR PHILOSOPHY** inside. Six lines radiate from the circle to connect it to six rectangular boxes. Three boxes are on the left and three are on the right, arranged in a vertical column. Each box is empty, intended for the user to write a value.



# CREATE YOUR OWN FOOTBALL TEAM.

Now it's time to pick your team! Who will be part of your squad and what position will they play? This could be players from Crystal Palace, the Premier League or your friends!

## PLAYERS & MANAGER







					
Name: -----	Name: -----	Name: -----	Name: -----	Name: -----	Name: -----
Position: -----	Position: -----	Position: -----	Position: -----	Position: -----	Position: -----
Best Qualities: ----- ----- -----	Best Qualities: ----- ----- -----	Best Qualities: ----- ----- -----	Best Qualities: ----- ----- -----	Best Qualities: ----- ----- -----	Best Qualities: ----- ----- -----



# CREATE YOUR OWN FOOTBALL TEAM.

What qualities will each of these players bring to your team – speed, strength, fitness, team work? Try and think of a different quality for each player.

## PLAYERS & MANAGER

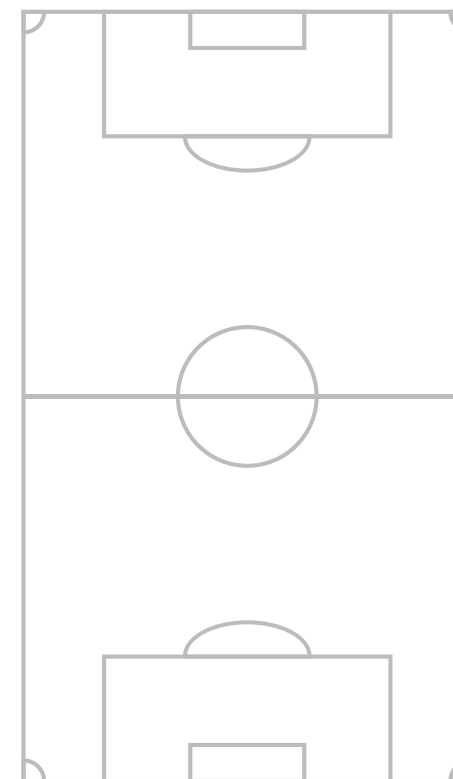
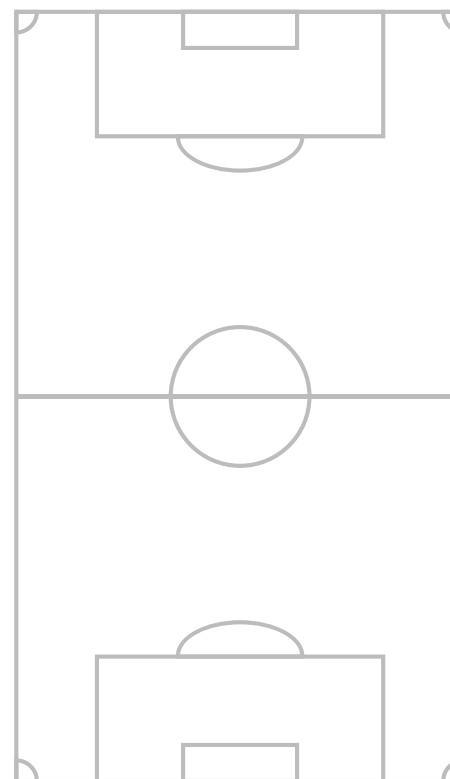
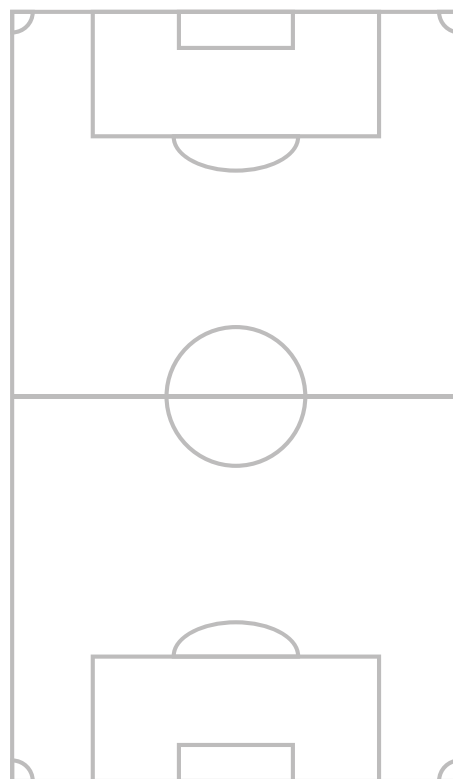
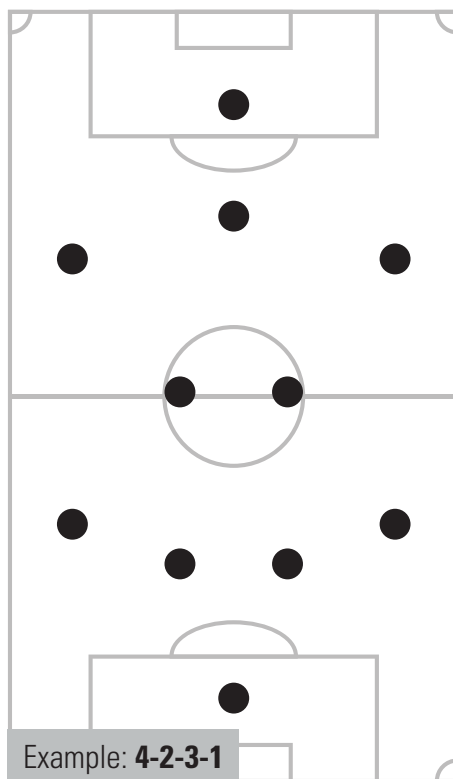
					
Name: -----	Name: -----	Name: -----	Name: -----	Name: -----	Name: -----
Position: -----	Position: -----	Position: -----	Position: -----	Position: -----	Position: -----
Best Qualities: ----- ----- -----	Best Qualities: ----- ----- -----	Best Qualities: ----- ----- -----	Best Qualities: ----- ----- -----	Best Qualities: ----- ----- -----	Best Qualities: ----- ----- -----



# CREATE YOUR OWN FOOTBALL TEAM.

## FORMATION

Tactics! How will you set your team up? Can you think of three different formations that your team could try? Consider the opposition you might face.



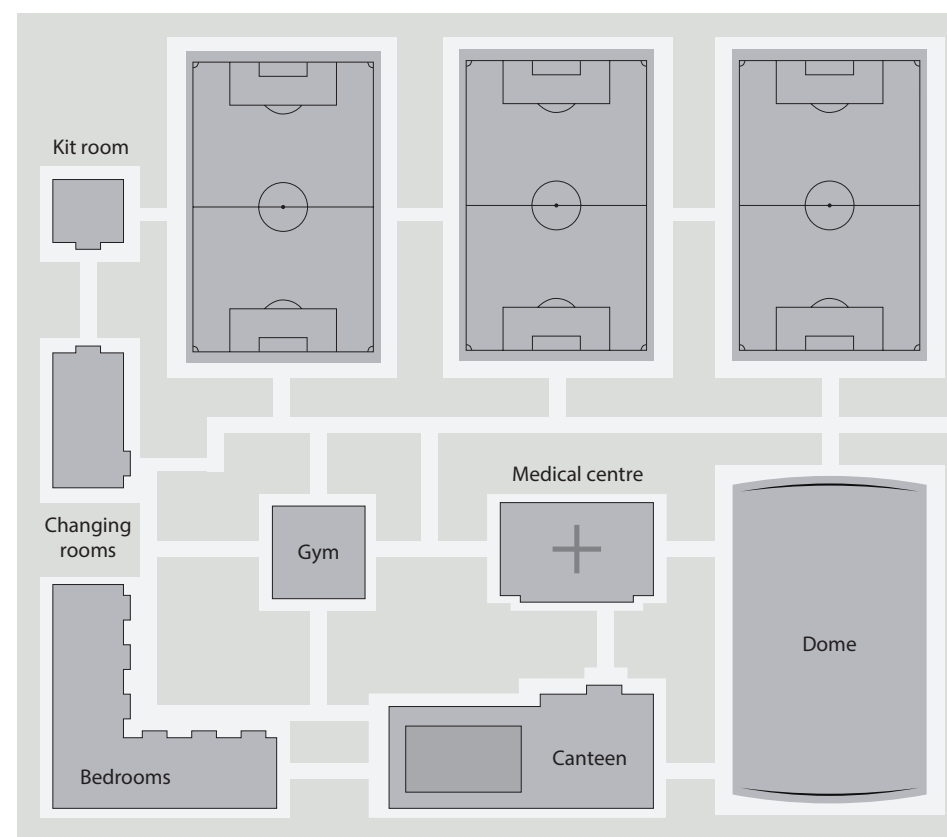
# CREATE YOUR OWN FOOTBALL CLUB.

Every football club needs a training ground. Can you design your own and pick the features you'd like to include? You have a budget of **£50**, so make sure you don't overspend!

Example below

Final budget: £45

Feature	Description	Cost
Pitch	Pick as many as you like	£4 (per pitch)
Gym	Keep the players fit & strong	£5
Half pitch	For goalkeeper training	£2
Medical centre	To recover from injuries	£5
Media centre	For press conferences	£3
Changing rooms	Where players will get ready	£2
Dome	4G indoor pitch	£7
Canteen	Players need to eat well	£5
Spa	Includes hot tubs & sauna	£9
Nature reserve	Featuring local wildlife	£6
Games room	Arcade games, pool, games consoles	£8
Kit room	To store and wash kit	£4
Performance centre	To analyse matches & training	£7
Bedrooms	So players can nap or sleep over	£5





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**WHAT WAS YOUR FINAL BUDGET? £ \_\_\_\_\_**



# CREATE YOUR OWN FOOTBALL CLUB.

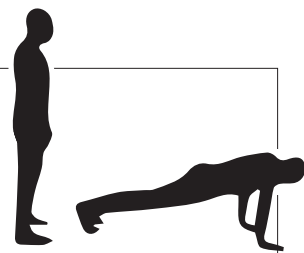
## Fitness Training

Your players are now at your brand-new training ground ready for preseason. First of all, you need to get them fit! Plan a fitness session for your team and try it out at home.

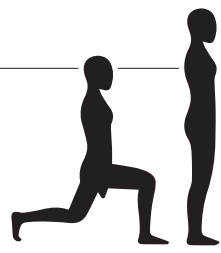
Some example below:



Star jumps



Burpees



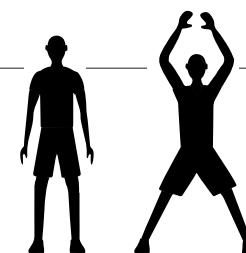
Lunges



Bunny hops



Sprints / Runs



Circuits



Sit ups



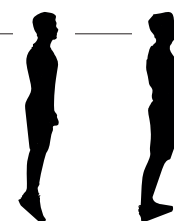
Press ups



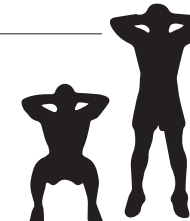
Planks



Supermans



Calf raises



Squat jumps



Write or draw:	
Which exercises your players will be doing	How many of each exercise e.g. 10
How long they're doing each exercise e.g. 30 seconds	How long to rest after each exercise e.g. 30 seconds

**TEST IT OUT AND SHOW US YOUR DRILL @PALACEFORLIFE @CPFC!**



# CREATE YOUR OWN FOOTBALL CLUB.

## Match Analysis

The season is here and you've started your first 6 games with 6 wins! Watch the highlights from your team's matches. What do you think your players did well and how can they improve?

Now, give us your best Gary Neville and Jamie Carragher impression and talk through these highlights.

Find the clips on Palace for Life Foundation's YouTube and social media [@PalaceForLife](#).



Who did something good? \_\_\_\_\_

What does the team do here? \_\_\_\_\_

What else could have done here? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Why was it good? \_\_\_\_\_

Why do you think this worked? \_\_\_\_\_

What would you change for the next match? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# CREATE YOUR OWN FOOTBALL CLUB.

## Attacking drills

It's time for you to work on some drills with your players!  
Design some drills for your attacking players, can you help them to practice scoring goals?

Think about what skills you might want your attackers to practice and use the space to design your drill, remember to practice the drill yourself. Video it and tag us **@PalaceforLife**

Write or draw what your players will be doing & how long for.

### Practice drills



Shooting



Dribbling



Turns



Tricks



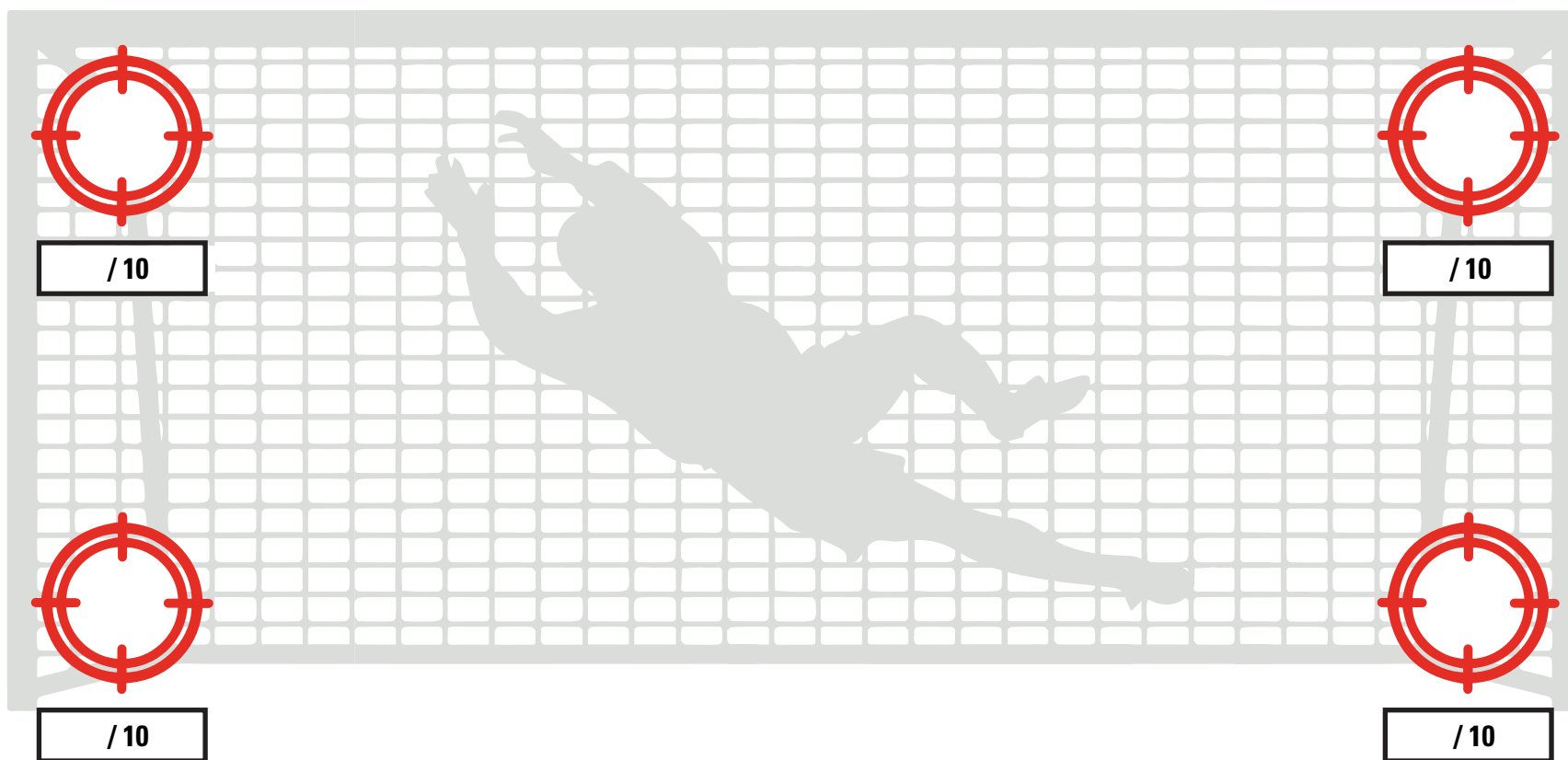
Ball control



# BONUS ACTIVITY!

You have some cup competitions coming up. Practice your penalties So you can teach your team how to take them.

Can you score one in each corner? How many can you score out of 10?



# CREATE YOUR OWN FOOTBALL CLUB.

## Transfer window

You've been approached by 5 players who want to join your team during the transfer window. take a look at each players attributes to decide who you want to sign.

You have been given the budget of **£13**



Teamwork	<b>100</b>
Potential	<b>51</b>
Selfishness	<b>7</b>
Pace	<b>66</b>
Strength	<b>37</b>
Attacking	<b>58</b>
Defending	<b>24</b>



Teamwork	<b>3</b>
Potential	<b>51</b>
Selfishness	<b>96</b>
Pace	<b>97</b>
Strength	<b>91</b>
Attacking	<b>95</b>
Defending	<b>67</b>



Teamwork	<b>79</b>
Potential	<b>91</b>
Selfishness	<b>25</b>
Pace	<b>49</b>
Strength	<b>52</b>
Attacking	<b>18</b>
Defending	<b>64</b>



Teamwork	<b>86</b>
Potential	<b>92</b>
Selfishness	<b>29</b>
Pace	<b>85</b>
Strength	<b>78</b>
Attacking	<b>89</b>
Defending	<b>43</b>



Teamwork	<b>45</b>
Potential	<b>17</b>
Selfishness	<b>80</b>
Pace	<b>92</b>
Strength	<b>84</b>
Attacking	<b>42</b>
Defending	<b>38</b>



# CREATE YOUR OWN FOOTBALL CLUB.

## Meal plan

Your chef at your training ground has come to you asking if you'd like to change the menu for your players.

Plan your own 5-day menu for your chef to give your team.

Remember they need food for:

- ⚡ Energy
- 💪 Strength
- ❤️ Health

Can you try one of the meals on the example menu?

Otherwise, check [@PalaceforLife](#) on Twitter throughout the next 2 weeks for some recipes to try.

Feeling creative?!

Invent your own meal!

What meal did you try?

Rate it:        /10

### Example menu plan

#### Day 1

Chicken and pasta with a sauce

#### Day 2

Salmon, rice and vegetables

#### Day 3

Jacket potato, chicken and salad

#### Day 4

Tuna pasta salad

### Your menu plan

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# CREATE YOUR OWN FOOTBALL CLUB.

## Defensive drills

It's time for you to work on some more drills with your players! This time you'll be working with your defenders and goalkeepers.

Think about what skills you might want your defenders to practice. Use the space to design your drill, remember to practice the drill yourself. Video it and tag us **@PalaceforLife**

Write or draw what your players will be doing & how long for.

### Practice drills



Catching



Dribbling



Driving



Tackling



Ball control



Passing

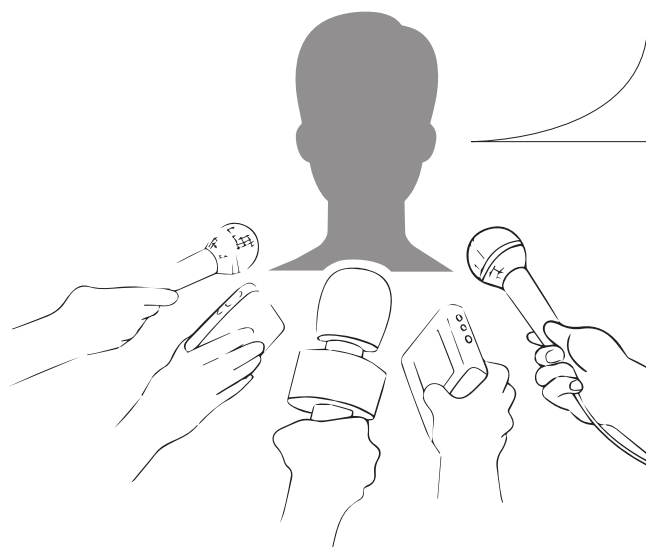


# CREATE YOUR OWN FOOTBALL CLUB.

## Congratulations, you've won the league!

Match of the Day want to interview you and ask about your season! Listen to the questions from the reporter at **@PalaceforLife** and answer them in a video of your own.

You can use the space provided to make notes on your answers if you would like.  
Upload your video and tag **@PalaceforLife!**



Plan your answers here

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# CREATE YOUR OWN FOOTBALL CLUB.



How can you make your team talk special for your players?  
Can you make it: Inspirational, Motivational, Give your players confidence.



Write your team talk here

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## Team talk

It's the final week of the season and you've reached the FA Cup final. Write down a team talk which you can read to your team before kick off in the changing rooms at Wembley.



# QUIZ AND WORDSEARCH

1. WHAT IS THE NICKNAME OF CRYSTAL PALACE?

2. WHAT STADIUM DO CRYSTAL PALACE PLAY IN?

3. WHICH PLAYER WEARS THE NUMBER 11 SHIRT?

4. WHAT COUNTRY IS VICENTE GUAITA FROM?

5. WHO IS THE CRYSTAL PALACE MANAGER?

6. WHAT COLOUR IS THE 3RD KIT?

7. WHICH CLUB DID MAMADOU SAKHO PLAY FOR BEFORE JOINING CPFC?

8. WHO IS CPFC'S TALLEST PLAYER?

## FIND YOUR ANSWERS!

Can you find the nine words hidden below? They can be horizontal (sideways), vertical (straight) or diagonal! Answer the questions to reveal the words.

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



# FILL IN THE BLANKS

## FIND YOUR ANSWERS!

Complete the text below using the missing words. Then can you read it aloud and learn the facts?

### MISSING WORDS:

EAGLES – 10<sup>TH</sup> – MILIVOJEVIC – HOME – 72 – CAPACITY – PREMIER – SERBIA  
PRIDE – £32 MILLION – HODGSON – CHRISTIAN – 12 – SELHURST

CRYSTAL PALACE, THE \_\_\_\_\_ OF SOUTH LONDON. THEY PLAY THEIR HOME GAMES AT \_\_\_\_\_ PARK. A STADIUM WHICH HAS THE \_\_\_\_\_ OF 25,486. RED AND BLUE ARE THE COLOURS OF THE \_\_\_\_ KIT. THE \_\_\_\_\_ IS THE NICKNAME OF CRYSTAL PALACE. CRYSTAL PALACE PLAY IN THE \_\_\_\_\_ LEAGUE. THEIR HIGHEST EVER FINISH CAME IN 2014/15 WHERE THEY FINISHED \_\_\_\_. THEIR MANAGER ROY \_\_\_\_\_ IS THE OLDEST MANAGER TO EVER MANAGE IN THE LEAGUE. HE IS \_\_ YEARS OLD. OUR CLUB CAPTAIN IS LUKA \_\_\_\_\_. HE COMES FROM \_\_\_\_\_. IN THE SEASON 2018/19 HE SCORED A TOTAL OF \_\_ GOALS. OUR MOST EXPENSIVE PLAY IS \_\_\_\_\_ BENTEKE. HE COST THE CLUB A TOTAL OF \_\_\_\_ IN 2016.



# PLAYERS BY NUMBERS

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## NAME THE PLAYERS

Can you find out which player wears the below shirt numbers at Crystal Palace? Write their name underneath their number.





