



FESTIVE TRAINING ACTIVITIES

JUNIOR FOUNDATION PROGRAMME

FESTIVE ACTIVITY PACK

For the 2023–24 festive break, our UD coaching team have created age specific interactive activities for our UD players to continue their learning and development away from the field.

We strongly encourage all players to work through the following activities in order to support them in meeting the learning outcomes we have designed for their personal player development.



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ACTIVITY 1

CAN YOU DESCRIBE THREE PARTS OF THE FOOT YOU CAN USE TO DRIBBLE THE BALL WITH?

WHEN YOU HAVE THE BALL IN A MATCH, CAN YOU NAME THREE THINGS YOU CAN CHOOSE TO DO NEXT?

CAN YOU NAME THREE PARTS OF YOUR BODY YOU CAN USE TO CONTROL THE BALL WITH?

NAME THREE THINGS YOU MOST ENJOY ABOUT PLAYING FOOTBALL?

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

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ACTIVITY 2

Using the options in the adjacent column, can you insert the correct word in to the following sentences?

1. THE ATTACKER HAS THE BALL AND _____ PAST THE DEFENDER.
2. AS THE DEFENDER GETS CLOSE TO THE ATTACKER, THEY ARE ABLE TO MAKE A _____ AND WIN THE BALL BACK.
3. THE STRIKER HAS THE BALL IN FRONT OF GOAL AND IS ABLE TO _____ AND SCORE AGAINST THE GOALKEEPER.
4. AS THE STRIKER SHOOTS ON GOAL, THE GOALKEEPER DIVES AND _____ THE SHOT.

WORD OPTIONS

SHOOT

SAVES

TACKLE

DRIBBLES

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ACTIVITY 3

POSITIONAL RESPONSIBILITIES

In this activity, can you describe what responsibilities we would expect from the following positions?

EXAMPLE

POSITION: GOALKEEPER

RESPONSIBILITIES: Makes Saves, Communicates With Defenders, Takes Goal Kicks, Collects Ball From Crosses Into The Box.

POSITION: DEFENDER

RESPONSIBILITIES:

POSITIONAL RESPONSIBILITIES

POSITION: MIDFIELDER

RESPONSIBILITIES:

POSITION: STRIKER

RESPONSIBILITIES:

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TASK 4 In this task, using the learning you have received from your UD Coaches, can you list some aspects using the 4 Corner Model below on what you have developed and improved on this term?

How we use the ball

Dribbling with weaker foot (example)

How we feel

Learning how to deal with losing (example)

How we use our body

Balancing when Dribbling (example)

How we feel being in a team

Making new friends and learning from others (example)

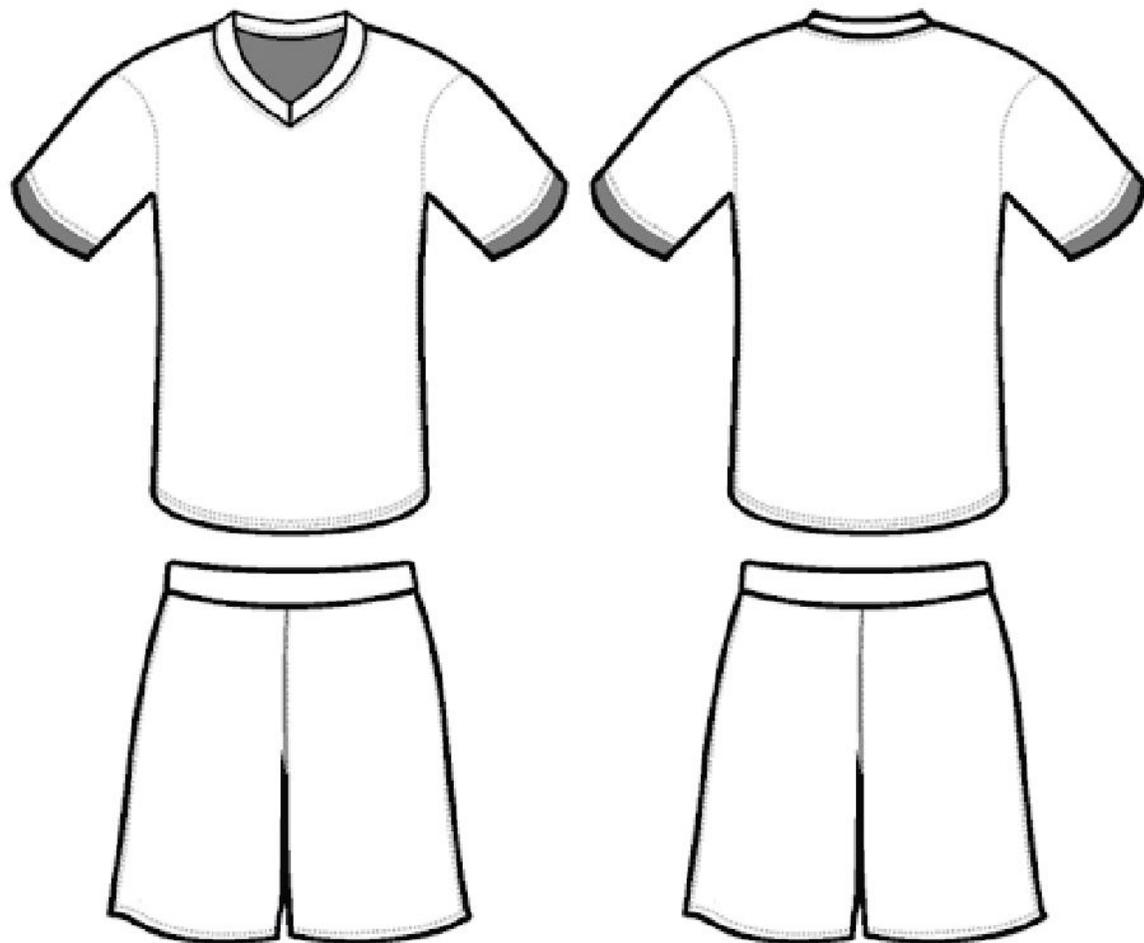


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TASK 5

Design your own UD football kit!

Can you design your own UD football kit with your favourite colours and designs.



HAPPY HOLIDAYS UD!
**HAVE A LOVELY BREAK AND WE CAN'T
WAIT TO SEE YOU SOON!**

