



# Football Short Course

Free resources pack

# Contents

## **Module 1 Football participation**

Challenge 1A6: Create a profile of a footballer 3

Challenge 1B1: Attend a football training session 5

## **Module 2 Health, fitness and nutrition**

Challenge 2A4: Design a series of exercises 7

Challenge 2B3: Plan and cook a meal for a footballer 9

## **Module 5 Coaching and officiating**

Challenge 5A6: Find out about the role of match officials 13

# Module 1 Football participation

## Challenge 1A6: Create a profile of a footballer

### Challenge description

Create a profile of the footballer you admire most in a format of your choice. Include a description of the player and their career and achievements so far.

### How to approach this challenge

- Use the footballer profile template to add a photo or drawing and record details about the player of your choice.

### Resource templates

- Footballer profile

### Links to challenge

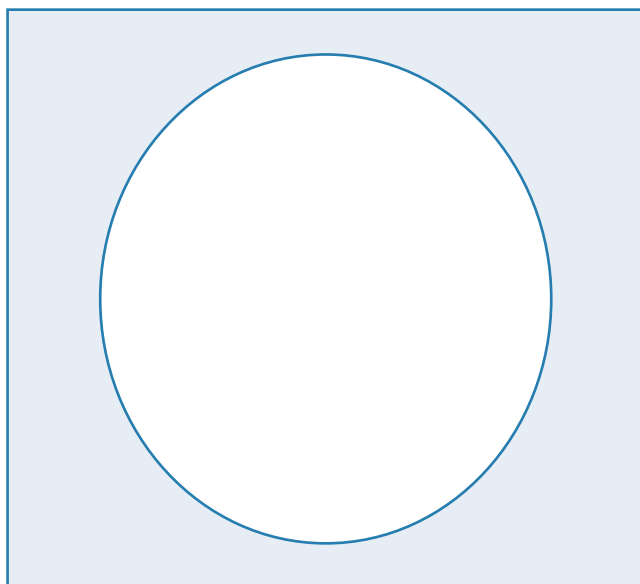
1A6: Create a profile of a footballer

Football Short Course

# Footballer profile

## Resource template

Name:	Date:
Challenge 1A6: Create a profile of a footballer	



Age

Team

Position

Name

Nationality

Player skills

Career achievements so far

# Module 1 Football participation

## Challenge 1B1: Attend a football training session

### Challenge description

Attend a football training session on a regular basis, for example:

- with a local team
- at your school or centre
- as part of an organised course (eg a football skills summer school run by your local council)
- with a football club's community programme
- as part of a Sports Leader programme

Keep a record of your participation.

### 💡 How to approach this challenge

- Use the participation log to record your experience of attending a football training on a regular basis.

### ✎ Resource templates

- Participation log

### 🔗 Links to challenge

1B1: Attend a football training session

Football Short Course

# Participation log

## Resource template

Name:	Date:
Challenge 1B1: Attend a football training session	

Date	Description of session	Notes on performance

# Module 2 Health, fitness and nutrition

## Challenge 2A4: Design a series of exercises

### Challenge description

With others, design a series of exercises that could be used to measure your performance in two or more of the following areas:

- balance
- agility
- speed
- strength

Keep a record of how your performance level changes over time.

### 💡 How to approach this challenge

- Use the football exercises and drills template to design a range of exercises that will help you to measure your performance.

### ✎ Resource templates

- Football exercises and drills

### 🔗 Links to challenge

2A4: Design a series of exercises

Football Short Course

# Football exercises and drills

## Resource template

Name:	Date:
Challenge 2A4: Design a series of exercises	

Description of exercise	Area of performance (eg balance, agility, speed, strength)	Notes on performance



# Module 2 Health, fitness and nutrition

## Challenge 2B3: Plan and cook a meal for a footballer

### Challenge description

Create and cook a balanced meal that would be suitable for a footballer or for you when you are training. Provide information about how it would meet dietary needs, with specific reference to pre-match preparation.

### How to approach this challenge

- Use the meal planner to come up with meal ideas, record the nutritional benefits of your chosen meal and add photos of the finished product.

### Resource templates

- Meal planner
- Record of nutritional benefits
- Photo gallery

### Links to challenge

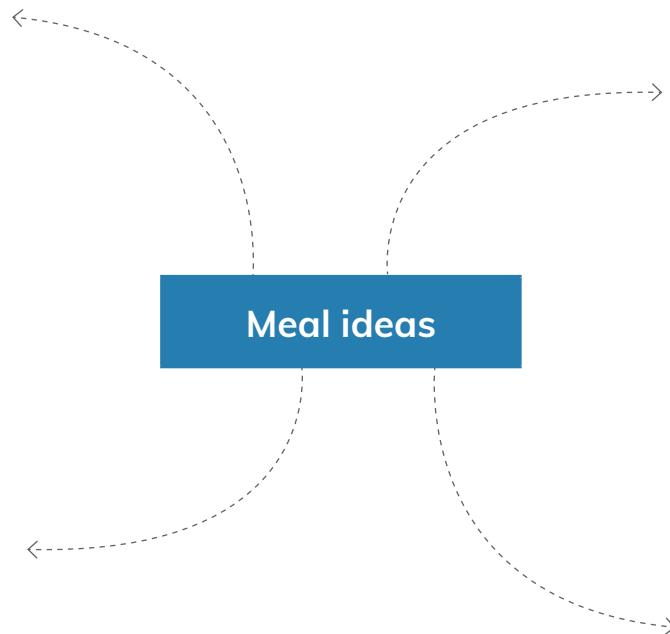
2B3: Plan and cook a meal for a footballer

Football Short Course

# Meal planner

## Resource template

Name:	Date:
Challenge 2B3: Plan and cook a meal for a footballer	



The meal I have chosen to make is:

# Record of nutritional benefits

## Resource template

Name:	Date:
Challenge 2B3: Plan and cook a meal for a footballer	

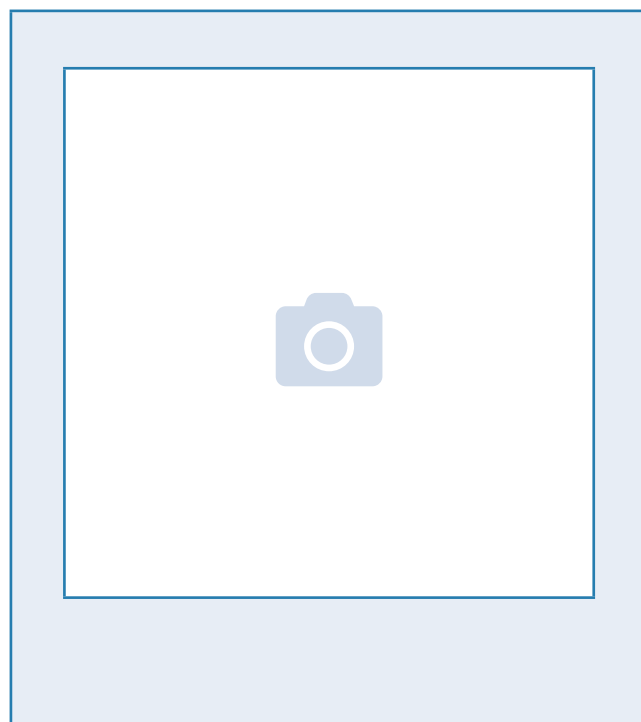
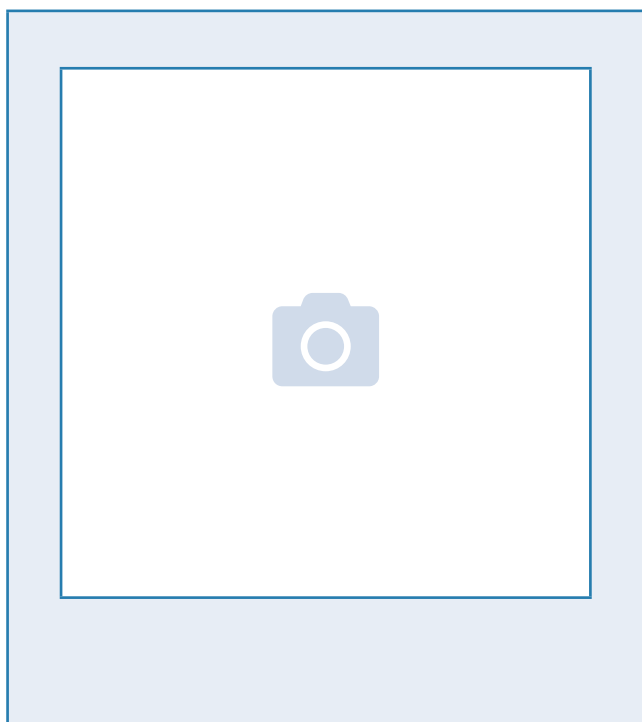
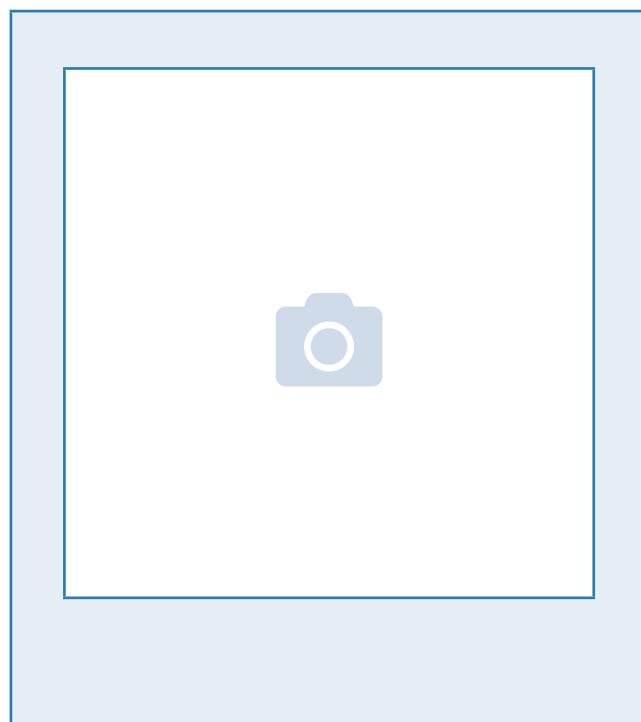
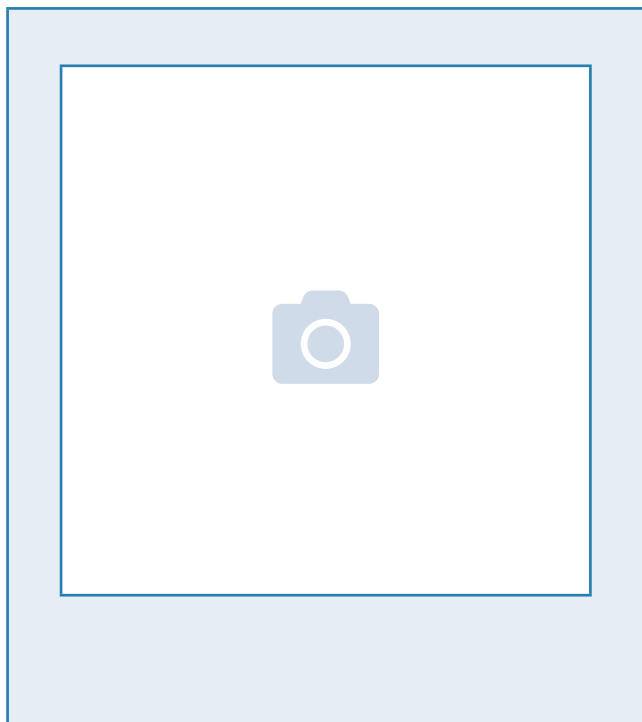
Ingredient	Food group	How it helps meet the dietary needs of a footballer

# Photo gallery

## Resource template

Name:	Date:
Challenge 2B3: Plan and cook a meal for a footballer	

### Photos of my meal



# Module 5 Coaching and officiating

## Challenge 5A6: Find out about the role of match officials

### Challenge description

Find out about the role of the referee and the other match officials. Include information on the training and support available to keep them performing at their best.

### How to approach this challenge

- Use the Roles of match officials template to draw lines and match the key responsibilities to each type of official.

### Resource templates

- Roles of match officials

### Links to challenge

5A6: Find out about the role of match officials

Football Short Course

# Roles of match officials

## Resource template

Name:	Date:
Challenge 5A6: Find out about the role of match officials	

 Draw lines to match the key responsibilities to each type of official.

**Referee**

Responsible for enforcing the laws of the game

Responsible for taking disciplinary action against players guilty of cautionable and sending-off offences

Responsible for an assigned touchline

**Assistant referees  
(x2)**

Responsible for keeping an extra set of records

Responsible for judging when the ball has left the field of play

Responsible for ensuring substitutions are conducted in an orderly manner and notifying the referee of details (using numbered boards)

**Fourth official**



Responsible for judging when an offside offence has occurred

Responsible for notifying the teams and spectators of the amount of time added at the end of each half (using numbered boards)

Responsible for stopping, suspending or terminating the match for any infringements of the laws





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