MY GREAT ADVENTURE

The Journey Continues

wildcats

• THE FA GIRLS' FOOTBALL CENTRES •

The FA

FOR ALL

WELCOME BACK SUPER STAR!

Wow! You are in your second season as a Wildcat what a **FANTASTIC** achievement; well done and welcome back!

Starting any **'Great Adventure'** can be tricky but continuing that journey can be even harder! My Great Adventure the Journey Continues has been designed to help you **love to learn**, be the **best you can be** and always be willing to face challenges with a **smile.**

SEASON REVIEW

What I love about being a Wildcat...

What am I looking forward to...

I am really proud that I practised...

Now I can...

I made this mistake...

It taught me...

SEASON REVIEW

What colour Wildcat paw print did you achieve?

MY ACHIEVEMENTS

PLAY! IN THIS SECTION YOU CAN DESIGN YOUR OWN BADGES EACH TIME YOU COMPLETE ONE OF THE CHALLENGES IN THE BOOK. REMEMBER TO ADD THE DATE YOU ACHIEVED THE BADGE AND ADD LOTS OF COLOURS TO SHOW OFF YOUR ACHIEVEMENTS!

GROWTH MINDSET

/ /

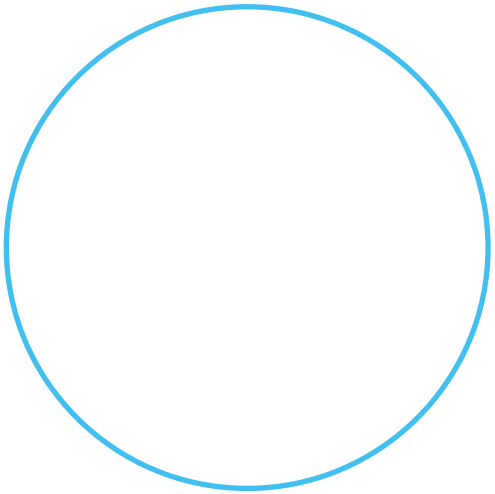
THE POWER OF YET

/ /

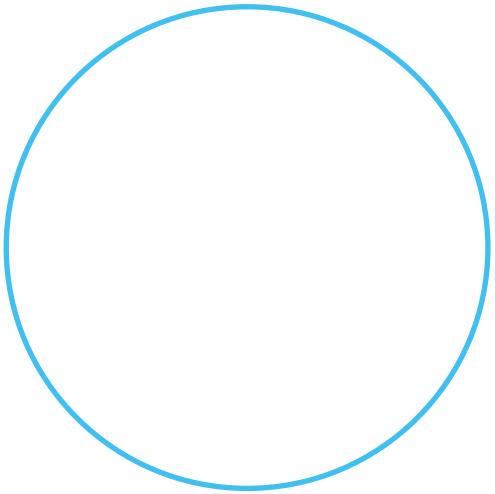
MATES WITH MISTAKES

/ /

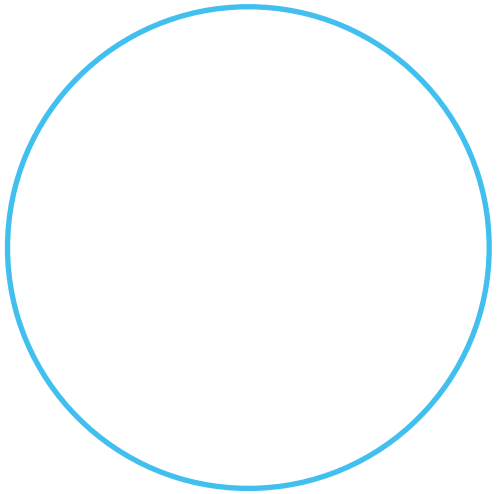
COMFORT ZONE



STRETCH ZONE



PANIC ZONE



I CAN ROAR

MY FEEDBACK FAMILY

DREAM BIG

DAILY CHALLENGE BADGES

1. GO YOU!

/ /

2. DOING GOOD!

/ /

3. NAILED IT!

/ /

5. SO PROUD!

/ /

8. RESPECT!

/ /

12. CANNOT STOP, WILL NOT STOP!

/ /

17. EPIC!

/ /

22. YOU HAVE GOT THIS!

/ /

DAILY CHALLENGE BADGES

28. ON A ROLL!

/ /

36. TOO COOL FOR SCHOOL!

/ /

44. MISSION COMPLETE!

/ /

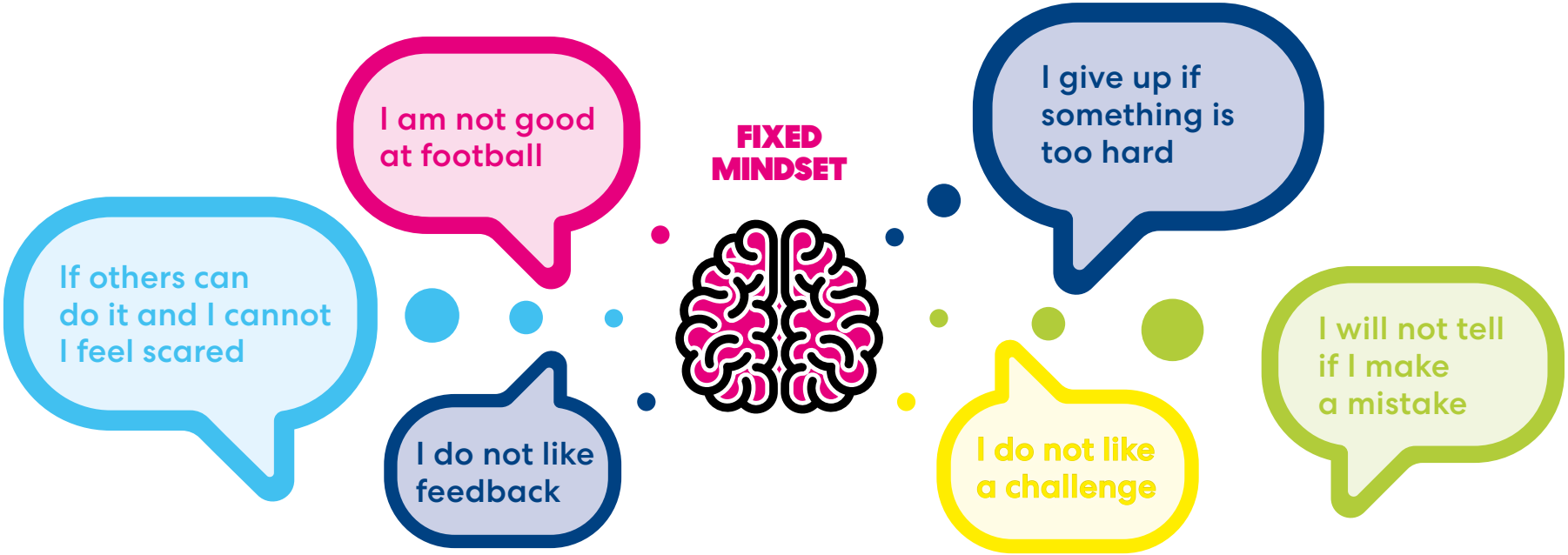
44. DAILY CHALLENGE PROFESSIONAL!

/ /

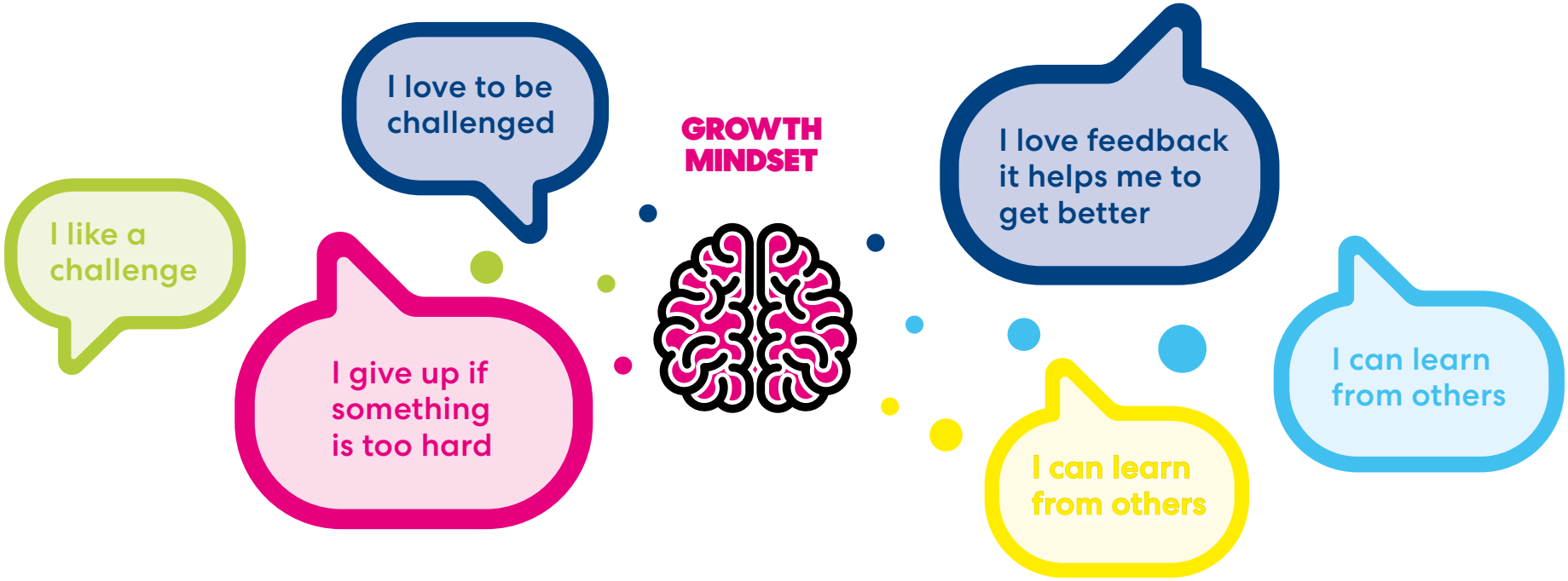
MIND SET

STOP! BEFORE WE START OUR NEW WILDCAT JOURNEY, I HAVE A QUESTION FOR YOU. DO YOU KNOW WHAT TYPE OF MIND SET YOU HAVE?

Have a look at the sentences below and consider how you feel when you think about practising football at home...



MINDSET IS NOT A PHYSICAL PLACE, IT IS A SPACE IN YOUR HEAD RELATED TO YOUR EMOTIONS.



Tell us how you feel before, during and after practising.

REWIND
To page 5 and add your next badge!

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THE POWER OF YET

PRACTISING ANYTHING NEW IS HARD!

Think back to what you practised at home last year.
Did you ever experience any of the following thoughts?

- I cannot dribble the ball
- I cannot pass the ball
- I cannot tackle players

Look at how our thoughts change when we add the word YET

- I cannot dribble the ball
- I cannot pass the ball
- I cannot tackle players

THINK ABOUT WHEN YOU PRACTISE; WRITE DOWN THREE THINGS THAT YOU CANNOT DO YET.

1 _____

2 _____

3 _____

PAUSE: DID YOU REMEMBER TO WRITE AT THE END OF EACH SENTENCE?

REWIND
To page 5 and add your next badge!

COMFORT ZONE

FAST FORWARD TO A FACT! WHEN WE CANNOT DO SOMETHING YET, OR WE EXPERIENCE A NEW SITUATION, WE START TO EXPERIENCE ALL DIFFERENT TYPES OF EMOTIONS. SOME ARE GOOD AND SOME ARE BAD. THIS IS CALLED A COMFORT ZONE.

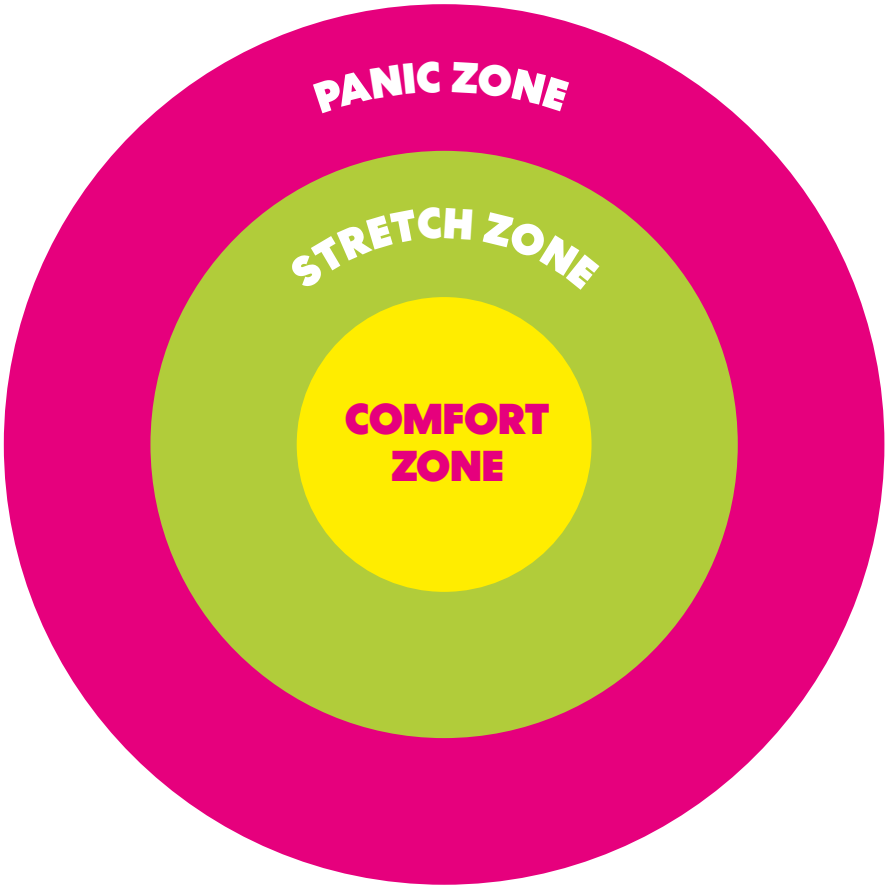
The comfort zone is made up of three parts:

1. **Comfort Zone**
   Where you feel safe

2. **Stretch Zone**
   Where the magic of learning happens

3. **Panic Zone**
   Where the world around you or a task becomes scary

PLAY! WHEN YOU PUSH YOURSELF OUT OF YOUR COMFORT ZONE YOU WILL FEEL DIFFERENT EMOTIONS. THE REALLY COOL PART IS BY CHALLENGING YOURSELF TO DO NEW THINGS, OR TRYING THINGS THAT ARE HARDER IT WILL BECOME EASIER.



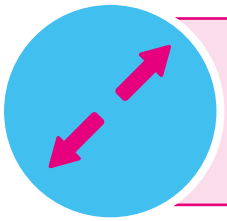
CONSIDER EACH SENTENCE AND DRAW A LINE ONTO EACH RELEVANT SECTION OF THE DART BOARD.

- How do you feel when you try something new?
- How do you react if everyone can do something and you cannot?
- How do you feel when someone new joins a session?
- How do you feel when you make a mistake?

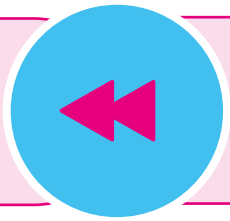
WHAT FOOTBALL ACTIVITIES MAKE YOU FEEL SAFE?

WHAT FOOTBALL ACTIVITIES CHALLENGE YOU?

WHAT PRACTICES MAKE YOU PANIC?



TOP TIP: STAY IN YOUR STRETCH ZONE AS MUCH AS POSSIBLE AS THIS WILL HELP YOU TO LEARN. REMEMBER IT IS OKAY TO GO INTO YOUR PANIC ZONE SOMETIMES.



REWIND
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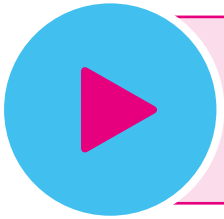
THE DAILY CHALLENGE



PLAY! USE THE NUMBER SNAKE TO CREATE THE LONGEST PRACTICE STREAK POSSIBLE. CAN YOU SMASH 14 DAYS OF FOOTBALL, COMPLETE THE MISSION AND BECOME A DAILY CHALLENGE PROFESSIONAL?

It is time to consider three things that you want to get better at and add them to the boxes below. Think about what makes you panic when you have to practise, be brave and maybe add it as one of your daily challenges. I have added an example for you.

EXAMPLE	CHALLENGE 1	CHALLENGE 2	CHALLENGE 3
I want to get better at dribbling the ball with both feet and changing direction.			

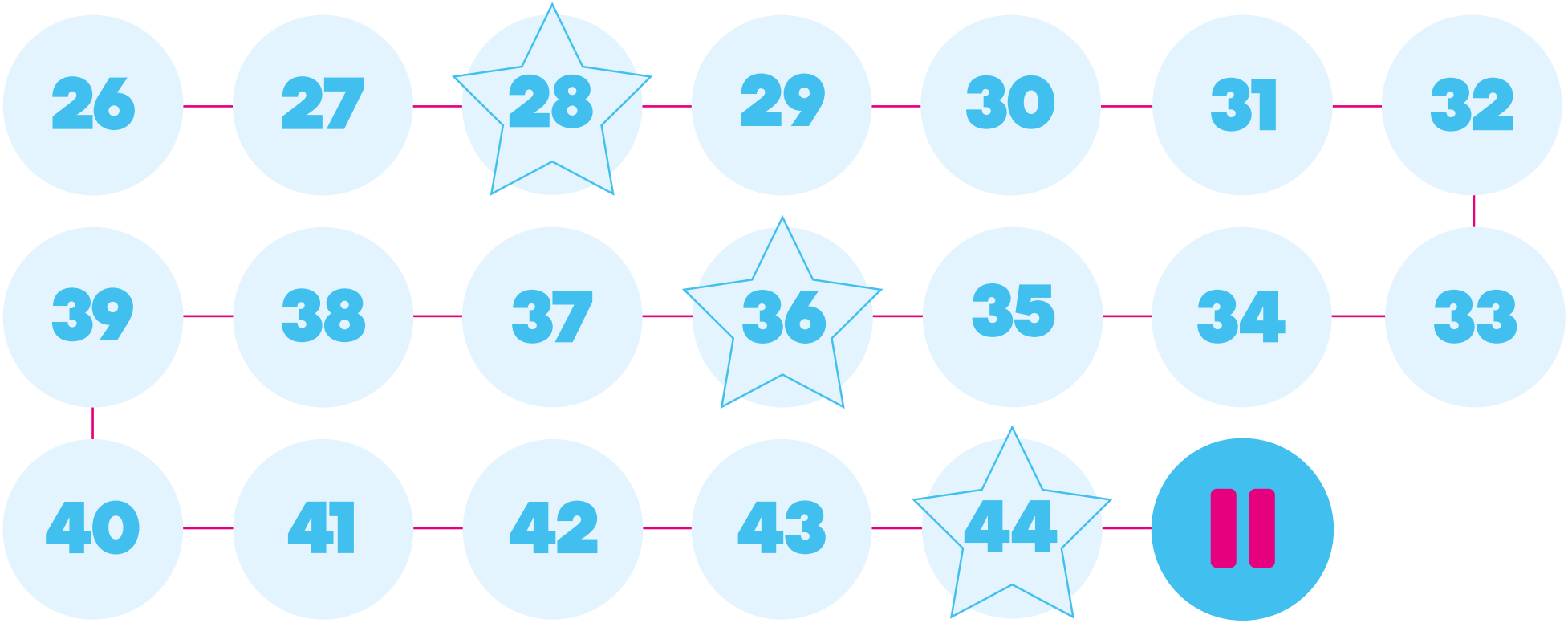
START

Your Daily Challenge. Colour in one of the shapes each day you practise – what is the longest streak you can get?

continue

REWIND

To page 6 and 7. During the daily challenge there are lots of opportunities to win extra badges. Each time you reach a star you can design a badge!



3 Wow you have become the Daily Challenge Professional. Why not select three more challenges to practise and try again?

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MATES WITH MISTAKES

STOP! DID YOU KNOW MISTAKES ARE HOW YOU LEARN AND ARE CRUCIAL IN HELPING YOU TO BECOME THE BEST YOU CAN BE? EVERY TIME YOU COME TO A WILDCAT SESSION, TRY AND DECIDE WHAT YOUR BIGGEST MISTAKE WAS – AND CELEBRATE WHAT YOU HAVE LEARNT.

1

WHAT MISTAKE DID I MAKE?

I kept kicking the ball too hard and it went out off the pitch.

WHAT DID I LEARN?

Sometimes I need to slow down to have lots of touches with my feet.

2

WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?

3

WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?

4

WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?

5

WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?

6

WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?

7

WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?

8

WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?

9

WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?

10

WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?

11

WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?

12

WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?

13

WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?

14

WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?

15

WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?

16

WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?

17

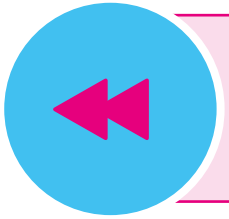
WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?

18

WHAT MISTAKE DID I MAKE?

WHAT DID I LEARN?



REWIND
To page 5 and add your next badge!

THE FA GIRLS' FOOTBALL

THIS WILDCAT CAN ROAR!

YET

YOU HAVE BEEN PRACTISING REALLY HARD TO IMPROVE AT THINGS YOU CANNOT DO WHEN YOU THINK OF WHAT YOU CANNOT DO WHAT NEGATIVE THOUGHTS COME INTO YOUR MIND?

STOP! Go and find a scrap piece of paper, write down your words or sentences across the paper. Be honest with yourself. There isn't a right or a wrong with this challenge. I have added an example below for you.

PLAY! Now screw up the piece of paper as tight as you can and throw it as far away from you as possible.

PAUSE! Think about the negative words and thoughts that you have written down – how can you change them to make them positive?

PAUSE! THINK ABOUT THE NEGATIVE WORDS AND THOUGHTS THAT YOU HAVE WRITTEN DOWN – HOW CAN YOU CHANGE THEM TO MAKE THEM POSITIVE?

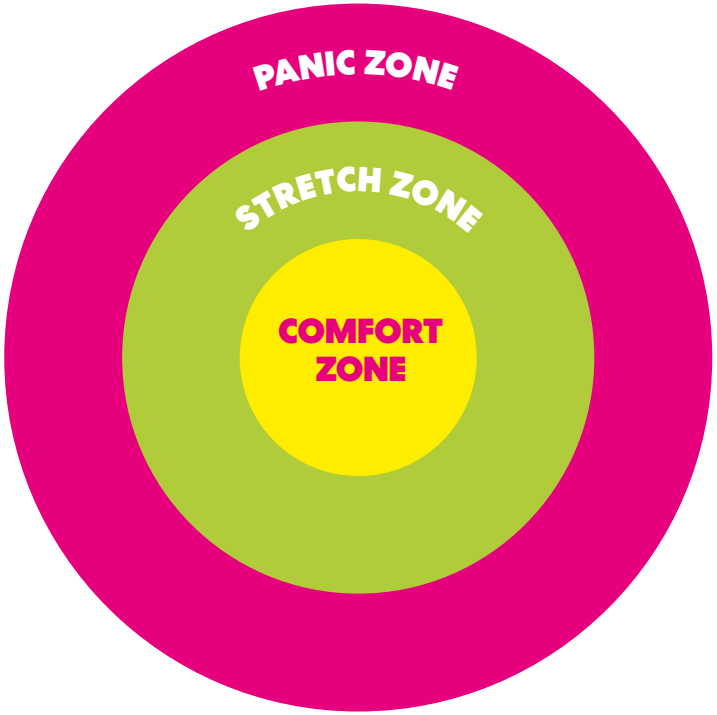
Everyone else is better than me

I can love to learn from people who can already do things

REWIND
To page 6 and add your next badge!

MY FEEDBACK FAMILY

PAUSE! GETTING FEEDBACK CAN HELP YOU TO LEARN AND IMPROVE. REMEMBER FEEDBACK CAN BE POSITIVE OR NEGATIVE, BUT ITS HOW YOU USE IT TO HELP YOU GET BETTER THAT MATTERS. ALWAYS CONSIDER HOW FEEDBACK MAKES YOU FEEL BEFORE SHARING ANY WITH OTHERS.

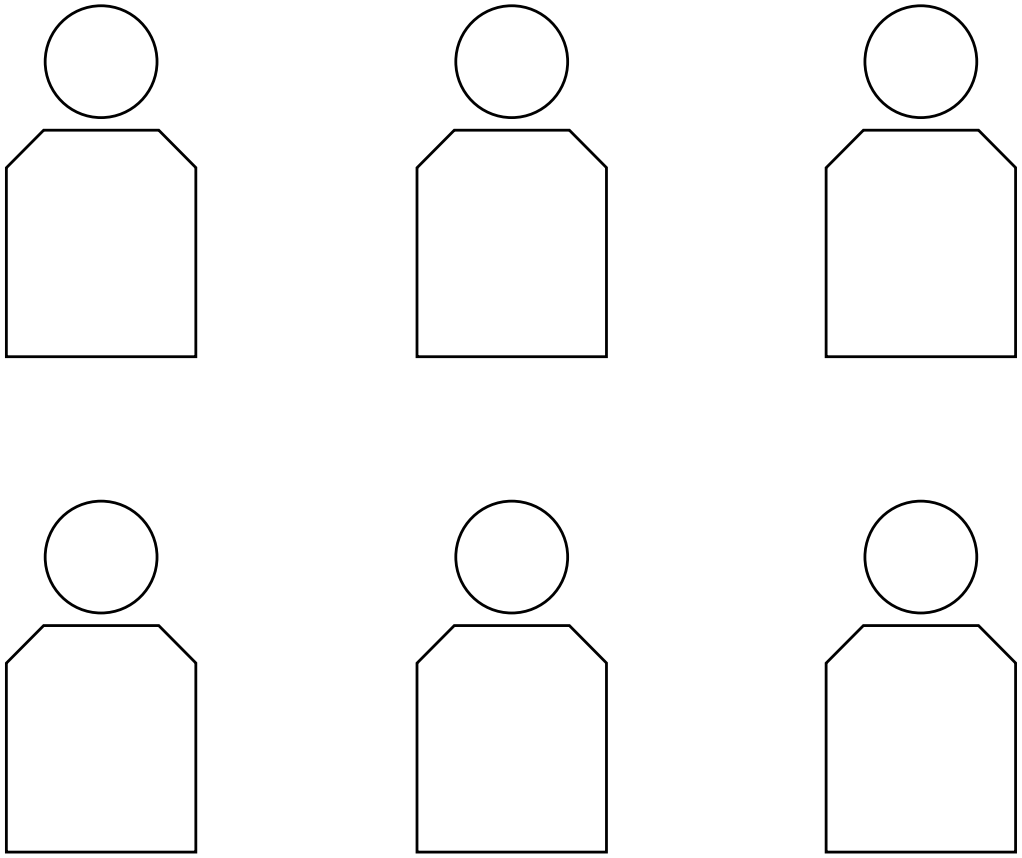


HOW DO YOU REACT WHEN YOU GET FEEDBACK? CIRCLE THE ONES THAT APPLY TO YOU

- I FEEL COMFORTABLE
- I TAKE IT PERSONALLY
- I PANIC!
- IT WILL NOT HELP ME
- IT HELPS ME LEARN
- I LOVE IT!

CONSIDER WHO YOU CAN GET FEEDBACK FROM TO HELP YOU LEARN.

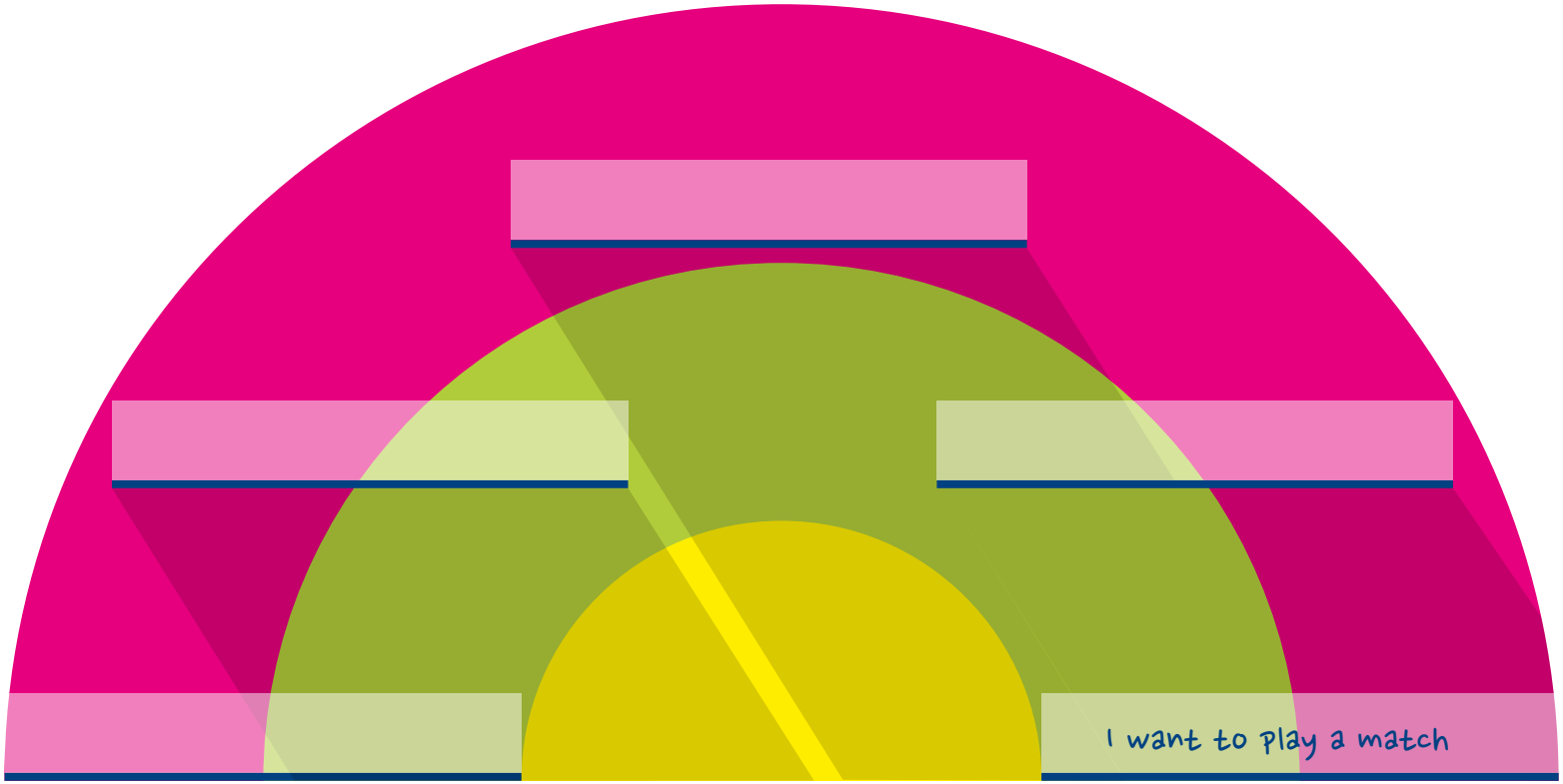
**WRITE THE NAME OF THE PERSON AND DRAW WHAT THEY LOOK LIKE.
I HAVE ADDED ONE IN FOR YOU.**



REWIND
To page 6 and add your next badge!

DREAM BIG, TAKE RISKS

FAST FORWARD! NOW NOTHING IS HOLDING YOU BACK, WRITE DOWN WHAT YOU WOULD LIKE TO ACHIEVE THIS SEASON AT WILDCATS. REMEMBER DREAM BIG AS YOU LOOK TO CLIMB THE RAINBOW. I HAVE ADDED AN EXAMPLE FOR YOU.



PLAY! **NOW YOU HAVE DECIDED WHAT YOU WANT TO ACHIEVE YOU NEED TO WORK OUT HOW YOU ARE GOING TO GET THERE! REMEMBER BE POSITIVE.**

I HAVE GIVEN YOU THREE EXAMPLES BELOW.

I need to practise really hard at home and at the sessions

I am looking forward to learning from my mistakes

I will always try my best

REWIND
To page 6 and add your next badge!