



This month's special

Starters

Main course

DID YOU KNOW . . . ?

- No.1 .. Community football coaches can earn between £16,000 and £24,000 a year.
- No.2 .. Professional League/Premiership coaches can earn between £25,000 and around £250,000, depending on the role of the coach and the level of the club.
(www.careersadvice.direct.gov.uk)
- No.3 .. The current England coach, Fabio Capello earns £13,561 per day!!

All of the above contain facts from The Observer, June 1st 2008



CAN YOU . . .

- No.1 .. Estimate travel times to this season's away games
- No.2 .. Work out the cost (with a 10% discount) of new football nets
- No.3 .. Produce a fixture list for a one day 5-a-side tournament
- No.4 .. Prepare a basic budget for a football tour
- No.5 .. Keep records of subs paid by players for the season

You can check out your maths skills by doing a mini test at: www.move-on.org.uk/testyourskills.asp

Whatever your results SPRINT can help you brush up your skills - see last page for contact details

POST MATCH ANALYSIS

- You are reviewing your team's performance after last weekend.
- No.1 .. If your team had 53% possession during the game how much possession did the other team have?
 - No.2 .. There were 35 fouls in total. The visitors conceded 20. How many did your team concede?
 - No.3 .. The visitors had 15 attempts at goal and your team had only 5 attempts. What fraction of the total goal attempts did the home team have?
 - No.4 .. After a player got injured you substituted him 12 minutes before the end of full time. How many minutes had he played for before he was substituted?

See last page for answers



Specials

HISTORY OF THE FA CUP

No.1 .. The FA cup is over 130 years old.

No.2 .. The first FA cup season was in 1871-72. There were 15 entries.

No.3 .. Wanderers won the first final against Royal Engineers 1-0 at Kennington Oval.

No.4 .. A crowd of 2000 attended the match.

No.5 .. Since then, Manchester United have won the cup the most times (11), followed by Arsenal (10) and Tottenham Hotspur (8). 42 different clubs have won the cup since 1872.

No.6 .. The present trophy, played for since 1992, is the competition's fourth and an exact replica of the third trophy. The original trophy was stolen in 1895 while on display in a shop window in Birmingham and was never recovered.

For more facts and figures about the FA cup go to www.thefa.com/TheFACup/TheFACup/History/

Set menu

WARM UP THE PLAYERS AND YOUR BRAIN!

You'll need to be quick with your mental maths to keep track of this warm up exercise for all your group.

3 TEAM KEEPAWAY

No.1 .. 10-20 minutes. 9-18 players

No.2 .. Make 3 teams (Green-Blue-Red) 4v4v4 or 5v5v5 or 6v6v6 in Square grid about 25 x 25.

No.3 .. Vary the size for player numbers and ability. One team starts as the defenders and the other two teams play keepaway. When the defenders win the ball the team colour which was responsible for losing the ball become the defenders. You can give a goal for X number of consecutive passes.

This is an excellent warm up and very good for improving small, quick passes. It's also a good drill for improving general ball control, awareness and team work.

For more warm up ideas visit: www.footy4kids.co.uk

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Extras

GRIN OR GROAN?

No.1 .. Football is a game in which a handful of men run round for one and a half hours watched by million of people who could really do with the exercise!

No.2 .. When the coach of a 2nd division club started to talk about tactics, some of the team thought he was talking about a new kind of peppermint!

WHAT NEXT?

For more information about moving your skills on contact the SprintEd Project on 020 8556 5973

Main course answers

- 1) 47%
- 2) 15
- 3) 75%
- 4) 78 minutes

