

GOAL!

- 9 Spotted the ball successfully?
- 8 Designed your kit?
- 7 Pledged to play with respect?
- 6 Got your parents involved?
- 5 Taken care of your health?
- 4 Eaten a healthy diet?
- 3 Taken on the top tips?
- 2 Tried Hope's challenges?
- 1 Met the stars?

Keep a check on your football goals! Use this list to mark your achievements.



HAVE YOU...

FIFA[®]

For the Game. For the World.

Fédération Internationale de Football Association (FIFA)

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#LiveYourGoals @fifawwc /fifawomensworldcup

FIFA.com/lyg @fifaworldcup

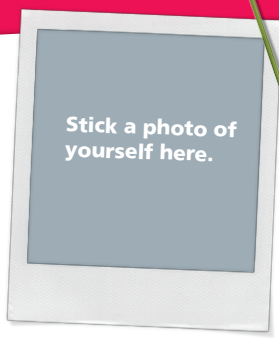
PLEASE
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front, 15m
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MY
LIVE YOUR GOALS

FOOTBALL DIARY

FIFA[®]
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Name: _____

Age: _____

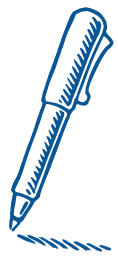
Country: _____

School/team: _____

Signature: _____

My favourite player: _____

LIVE YOUR GOALS



INTRODUCTION

WHAT IS LIVE YOUR GOALS?

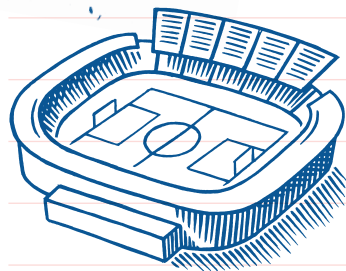
- Live Your Goals is FIFA's dedicated campaign for women's football development and promotion.

WHAT IS THE AIM OF THE LIVE YOUR GOALS CAMPAIGN?

- To encourage more women and girls to play football and to stay in the game.
- To increase excitement about women's football.
- To give everyone the opportunity to play worldwide.
- To maintain football as the world's top female team sport.

WHY PLAY FOOTBALL?

- Football is fun, easy and good for you.
- Through football, you can make friends.
- Football helps you keep fit and healthy.
- Perhaps one day you could play for your country at the FIFA Women's World Cup™!



HOW DOES FIFA SUPPORT ITS MEMBER ASSOCIATIONS?

- Financial assistance for four years.
- Football materials and equipment.
- Branding, planning, implementation and promotion of the campaign.
- Expert advice.

HOW DOES FIFA PROMOTE LIVE YOUR GOALS?

- Projects worldwide.
- Brochures, printed materials, adverts.
- Social and digital media, global television advertising.

MEET SOME STARS



Abby Wambach USA
(CONCACAF)



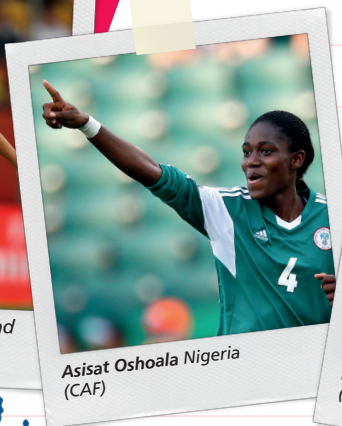
Nadine Kessler Germany
(UEFA)



Aya Miyama Japan
(AFC)



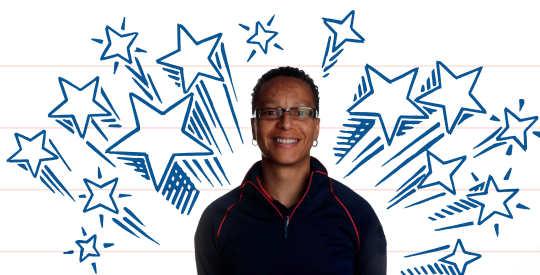
Alexandra Riley New Zealand
(OFC)



Asisat Oshoala Nigeria
(CAF)



Marta Brazil
(CONMEBOL)



CHALLENGES

FROM HOPE POWELL, TRY THEM NOW!

1. Run with the ball around three markers or cones as quickly as possible, can you get quicker over a period of time?
2. How many cones can you run around in 30/45/60 seconds running with the ball? **TIP:** control the ball using your laces and use both feet
3. How many headers can you do without the ball touching the ground? **TIP:** young players, use a soft touch ball
4. How many keepie-uppies can you do? **TIP:** use the correct size ball for your age group
5. How many parts of the body can you use to keep the ball up without it touching the ground?

LIVE YOUR GOALS

9-13 YRS

4

6-8 YRS

3

WHICH BALL SIZE?

5

14+ YRS

GET INVOLVED NOW

TOP TIPS

Watch the professionals at a competition or on the TV and see what the best female players do, so that you can practise some of their skills

Ask if your local club has a girls' team

If you see boys or girls of a similar age playing football, ask to join in

Practise tricks with the ball at home and then test yourself against your team-mates or friends

Join your school team

Don't be afraid of making mistakes – it's all part of learning the game

Listen to the advice of a qualified coach – she or he will help you improve your football skills

If you think you would like to play football but are unsure – have a go and find out!

Practise, practise, practise!

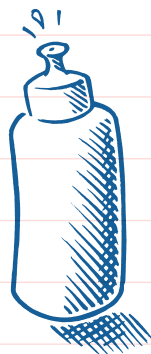


HOW CAN YOU GET STARTED AND PLAY FOOTBALL?

Contact your football association and ask for details about local clubs in your area:

www.fifa.com/associations/index.html

HEALTH & DIET

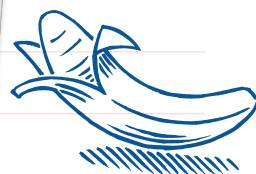


EVERYONE HAS THE RIGHT TO EXPECT A HEALTHY LIFE

1. Football provides an excellent form of exercise.
2. Drink clean water.
3. Eat a balanced diet including plenty of fruit and vegetables.
4. Practise fair play to prevent injury and to preserve and improve health.

PROTECTING YOURSELF AND OTHERS

1. Always warm up and follow exercise-based prevention.
2. Always fully recover after an injury.
3. Protect yourself with the right equipment.
4. Fair play: respect the Laws of the Game.



LIVE YOUR GOALS

TIPS FOR PARENTS

Football should be practised in a safe and positive environment where children are able to develop their technical, physical and social skills.

Winning isn't everything. As a parent, play your part and respect the 11 rules for parents at all times.

1 **REMEMBER** that children play for fun. Help your child to enjoy the game regardless of the result.

3 **AVOID** over-analysing your child's performance after every game.

5 **REMAIN** outside the field of play.

7 **NEVER** use abusive language or behaviour.

9 **ENCOURAGE** your child to speak directly to the coach if he or she is having difficulties. Taking responsibility like this is a big part of becoming a mature person.

11 **ENJOY** watching your child play football!

2 **SUPPORT** your child by attending games and practice sessions.

4 **APPLAUD** and encourage all players, including the opponents.

6 **RESPECT** the match officials' decisions.

8 **BE** responsible – help your child get to practice sessions and games on time.

10 **ALLOW** the coaches to do their jobs and do not confuse the children by interfering. Respect that most coaches and administrators are volunteers, giving so much of their time to your child.



RESPECT



Fair play is a fundamental part of the game of football. It represents the positive benefits of playing by the rules, using common sense and respecting fellow players, referees, opponents and fans.

1. **PLAY** fair
2. **RESPECT** the rules
3. **RESPECT** everyone
4. **PROMOTE** football: be a role model for the game
5. **PROMOTE** fair play
6. **REJECT** negative influences
7. **HELP** others play fair
8. **DENOUNCE** the cheats
9. **USE** the power of football to make the world better



LIVE YOUR GOALS

FAIR PLAY



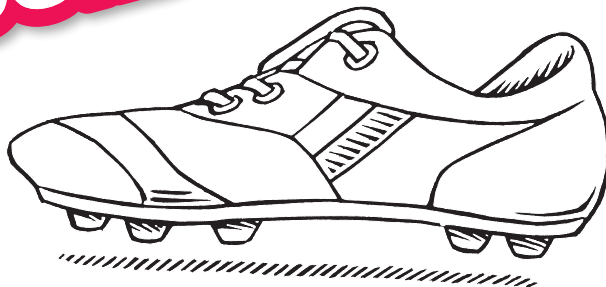
DESIGN YOUR KIT

Design your own kit just the way you like it! Choose your own colours, style, and add your favourite sponsor.



THE BOOT ROOM

Customise your own football boots by adding your favourite colours, your name or team name, nickname or player number.





GOAL!

Which football has scored?
Follow the lines to find out.



DRIBBLE

Controlling the ball on the ground with the feet

HAT-TRICK

When a player scores 3 goals in a game

INJURY TIME

Additional time added to the end of each half to compensate for the stoppage of play due to injuries, wasted time, or the scoring of a goal

SPOT THE BALL



DID YOU KNOW?

CROSS

A long pass into the centre from the wing

RED CARD

A card held up by a referee indicating that a player has been sent off

Find the answer online at:
<http://fifa.to/1HcxwCW>

LIVE YOUR GOALS

