

CANADA SOCCER

# PLAYBOOK!

Activities for Grades 6-9

#10 Ashley  
Lawrence

#2 Alistair  
Johnston

#10 Jonathan  
David

#17 Jessie  
Fleming





## PLAYER PROFILE!



Name: \_\_\_\_\_


Hometown: \_\_\_\_\_

Fave Team: \_\_\_\_\_

What is a sport or activity you'd like to try?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What accomplishments are you most proud of?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ 

## What's Your Nickname?

Use your birthdate to reveal your team nickname!

<b>JAN</b> Awesome	<b>MAY</b> Boss	<b>SEP</b> Big
<b>FEB</b> Top	<b>JUN</b> Ultimate	<b>OCT</b> Primo
<b>MAR</b> Fearless	<b>JUL</b> Fantastic	<b>NOV</b> Speedy
<b>APR</b> Unreal	<b>AUG</b> Captain	<b>DEC</b> Baddest

<b>1</b> Thunder	<b>11</b> Bandit	<b>22</b> Bolt
<b>2</b> Maestro	<b>12</b> Wheels	<b>23</b> Cyclone
<b>3</b> Rocket	<b>13</b> Technician	<b>24</b> Torpedo
<b>4</b> Frenzy	<b>14</b> Striker	<b>25</b> Napalm
<b>5</b> Champ	<b>15</b> Trickster	<b>26</b> Sprinter
<b>6</b> Kicker	<b>16</b> Lightning	<b>27</b> Spider
<b>7</b> Eagle-eye	<b>17</b> Mastermind	<b>28</b> Cheetah
<b>8</b> Maniac	<b>18</b> Warrior	<b>29</b> Superstar
<b>9</b> Fanatic	<b>19</b> Daredevil	<b>30</b> Tsunami
<b>10</b> G.O.A.T.	<b>20</b> Hero	<b>31</b> Whiz
	<b>21</b> Hurricane	

My nickname:

\_\_\_\_\_  
\_\_\_\_\_

## SKILLS CLINIC

Sharpen your soccer skills by practicing the skills below, and write down your own techniques to improve on! Practice with your teammates and track your progress on the back page.



### TECHNIQUE & SKILL

I can dribble through multiple opponents



I can pass accurately with both feet



Write your own skill!



### FITNESS & STAMINA

I can keep my focus and energy up all game



I can run quickly for long periods of time



Write your own skill!



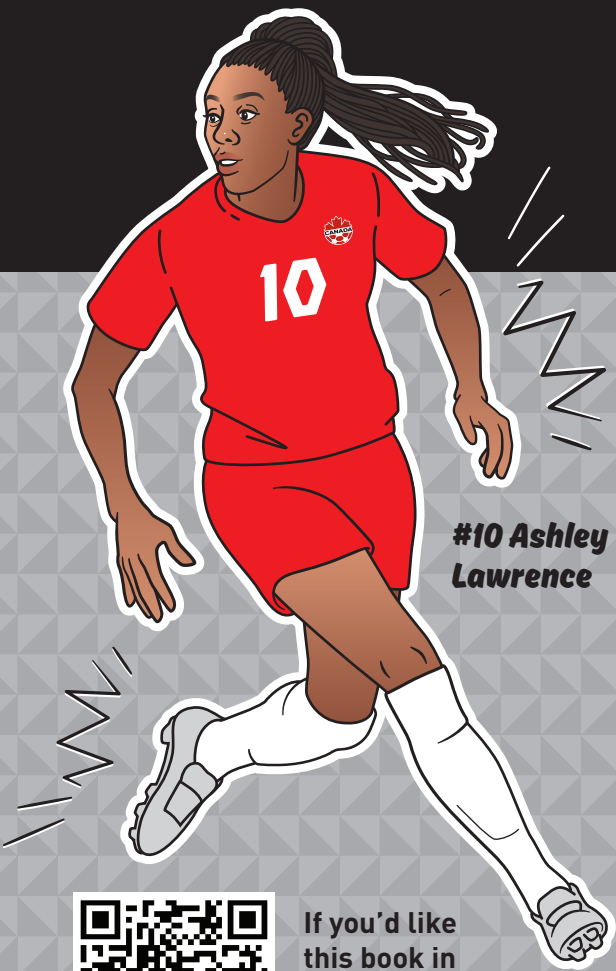
### GAME INTELLIGENCE

I can make quick decisions in stressful situations



I can be aware of my teammates and opponents on the field

Write your own skill!



**#10 Ashley Lawrence**

**Maxime Crépeau #16**

Crépeau started in goal every match for Canada during the 2021 Gold Cup. It was the team's best performance at a Gold Cup since 2007, with Canada reaching the quarter finals.



**MAKE IT A HABIT!**

Making healthy choices as a part of your daily routine can be effective in helping you achieve your goals. Fill in a number for each of these habits, and see how many of them you can make a part of your daily routine!

= <input type="text"/> <b>mins</b> <i>of reading</i>	= <input type="text"/> <b>mins</b> <i>of exercise</i>
= <input type="text"/> <b>mins</b> <i>of time outdoors</i>	= <input type="text"/> <b>glasses</b> <i>of water</i>
= <input type="text"/> <b>hours</b> <i>of sleep</i>	= <input type="text"/> <b>mins</b> <i>of self care</i>



If you'd like this book in a different language scan here!

Solve the equations using the numbers you filled in above!

$(2 \times \text{water drop}) + \text{heart} - \text{alarm clock} = \text{input box}$

$\text{book} - \text{sun} + (\text{dumbbell} \div 2) = \text{input box}$



**BUILD YOUR OWN PLATE!**

Draw your favourite meal. It could be a breakfast, lunch, or dinner. List the ingredients of the meal. What nutritional value does each ingredient contain? How does the value of that ingredient benefit your body?

Draw your favourite meal!

Ingredient	Value	Benefit

Example : Cheese, calcium, strong bones



# SKILLS CLINIC TRACKER

Choose three goals with your classmates. They can be new or selected from the skills clinic on the previous page. Skills can be individual or something for the whole group to achieve.

GOAL #1	Classmate(s)	My Aim	Result
_____			
_____			
GOAL #2	Classmate(s)	My Aim	Result
_____			
_____			
GOAL #3	Classmate(s)	My Aim	Result
_____			
_____			

## TRIVIA TIME!

Try these tricky trivia questions. Stumped? Visit [CanadaSoccer.com](http://CanadaSoccer.com) for help!



Where did the players below grow up? Fill in the boxes with the correct city from the map.



- Maxime Crépeau
- Kadeisha Buchanan
- Jessie Fleming
- Alistair Johnston

- 1 What award did **Jonathan David** win in 2019?
  - A Canada Soccer Player of the Year
  - B Rookie of the Year
  - C The Golden Boot
- 2 What is David's nickname?
  - A The Rocket
  - B The Iceman
  - C The Terminator
- 3 What 2 medals did **Kadeisha Buchanan** win in the Tokyo and Rio Games?
  - A Gold and bronze
  - B Gold and silver
  - C Silver and bronze
- 4 As of 2020, how many Player of the Year awards has Buchanan won?
  - A 1
  - B 3
  - C 5
- 5 What award has **Jessie Fleming** won three times in a row?
  - A The Canadian Award of Merit
  - B Brian Budd Award
  - C Canada Soccer Player of the Year
- 6 How old was Fleming when she made her National Team debut?
  - A 19
  - B 15
  - C 17
- 7 In 2022, what team did **Alistair Johnston** join?
  - A Vancouver Whitecaps FC
  - B Celtic FC
  - C Toronto FC
- 8 When was Johnston named Canada Soccer's Player of the Month?
  - A September 2021
  - B August 2022
  - C January 2023



Answers: 1A, 2B, 3A, 4B, 5C, 6B, 7B, 8A. Map: A = Aurora, ON; B = London, ON; C = Brampton, ON; D = Candiac, QC



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If you want more information about a soccer program in your community contact: