

Beat the Defenders

Football Feelings

Some feelings help you to feel **comfortable** and some make you feel **uncomfortable**. What makes some people feel comfortable or uncomfortable may be different for each person. **That is OK.**

Please label the attacking players as comfortable feelings you feel now or have felt in the past. These players are labelled in **blue**.

Please label the defending players as uncomfortable feelings you might feel now or have felt before. These players are labelled in **purple**.

Once you have done this, read the **ideas** the football coach has about helping the players overcome or **manage** their uncomfortable feelings.

Choose and copy the ideas that you think may be helpful to the defenders who are feeling uncomfortable.

If you have any of **your own ideas**, you could add them to the coach's ideas as well.



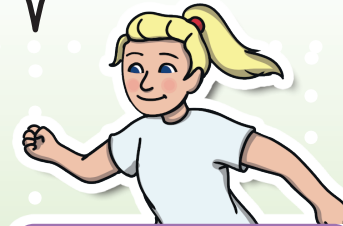
Right Back (RB)



Centre Back (CB)



Goalie (GK)



Centre Back (CB)



Left Back (LB)



Right Midfield (RM)



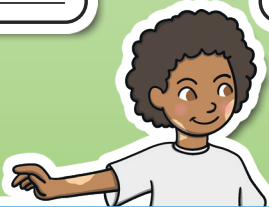
Centre Midfield (CM)



Centre Midfield (CM)



Left Midfield (LM)



Centre Forward (CF)



Centre Forward (CF)

Football Coach Ideas

- Talk to a trusted adult.
- Spend time playing with friends.
- Get some exercise.
- Play outside.
- Craft.
- Read.
- Draw.
- Have a snack and a drink.
- Practise yoga.
- Sing.

Be mindful.

Start a journal.

Make someone laugh.

Smile at yourself in the mirror.

