

Erin Mills Soccer Club



Activity Book

Soccer & Mental Activities for All Ages

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ERIN MILLS
EAGLES



WORD SEARCHES

1. Erin Mills Soccer Word Search

T Z O Y X L P E S V G Y M U B E V E V Q Z R G F I R T E H B
 C Z M N I V I X I D O E C Q F D M U E Z S E L F X Z S L E L
 V A W G S U U I H B L Y M F T Y C A Z B M N N M L H X I F D
 X V P M H Z B H N S E O B Z U T V B G S P R O L J M G C F F
 O C V T R H T K O G H O U J P A O C S Z C O K L G G N M D Z
 M L A D A L K A R L P S V Q K K T H L L J C M D Z K T I R U
 F G B E T I X S T O M A E T E C J X V F V E J W A N B D P D
 D Z Y Y S T N R W P I L H P X B R A I H V F V R H E W A T G
 D B I P D D F W T D B D Q O P K O V V O T S Y G W I Z X N U
 H W C C Q I I L O A J K X O G K W S U D D V B X I H T V K R
 Q O Y C P G L G L B D P B S N F L Z W Y E E M X E T W E K A
 P Q J K R X J J H V S L I L J F Q N O S D C Q H I E S I K M
 Q I R F X H M R V G C A Y F Z M H C Z T D T L M F K I B Q A
 E U Z S G K T E S J V Y G D U Q Y F M F M S N R U X U O G K
 A B J L X K P D O Q K E J D M M N O U V T M J N P F Q O I R
 M M L G H N C N E B C R C Y Y S N W C D S P T J W B R U I W
 Y F K S I G A E F J D S Q E Z S Y S F V L E A K E W X O Q X
 R U R U T S Y F E U T K S Z E T N T T J T D L Q B A N I R F
 E V Z F O N R E I V W R H D Q Z Z P Y K Y C G G G L X D T K
 T T S C L I E D J I E Q Y H R N N A I K U Q L Z A G R E E N
 T V C O U D M M D J L D S C Z P M L E I Z A C C T E X H F X
 I E B G E U W F A I O H H G I Y C X Q V V Z T P E T J O O R
 R I U X W C M W C N P U O Q W G I A F I A X Z N N U R Q S X
 J N O D R Y K N F U R A Z V I I Q E T Q Q P V E V U E N W P
 R E D L E I F D I M L U E P B O Z S Y Z R Y K N J F R X B Z
 C U F E X F O V G T Q Q O X A R E L Z S T R I K E R Z Q J X
 E E L S W D U J A J G R O T L F X K B Y C U H D D J Z J W B
 K U V Y U U K H P D N B F Q L E R U W S V N M V U U E H X C
 S R D S G F E X Z G N K W T C Y T W T E F J W Q X Y D A I E
 H C P C Q C V Z N W G Q Y S V E I L A O G V X L X X P S L X

Ball
 Captain
 Corner
 Defender
 Eagles

Festival
 Game
 Goal
 Goalie
 Green

Jersey
 Midfielder
 Net
 Players
 Soccer

Striker
 Team
 Tournament
 White

2. Major League Soccer Word Search

L M Q U E F T Q E Y P E S D Y T J J Z S Q K M K Y H O O X Q
 G P P J V P L P B E A V R X M C I P R Z Q G D D L C A S O R
 B O I N G Z A V P P W N T J W P P G N J K M V O T V T D M J
 M S O G O N K I S G B A Y U S F Y I T M H D D L E I H S L C
 N E R C W H I Z M X X F R X K L G S T T U D L N U I U E S Z
 N C V V W M J I L X H W F O G F P M W U D H K Q O K X S S Z
 F P S E P K G P K I Z B F Q A J G V W V I R F B Z Y B Y D B
 A P D A M T O U Z B L Z H U O G B C Z V V H X V S J B R R G
 L V C S B L R W U A V P Y J O P W K K J U B G Q R K M R X D
 S T A D I U M I W G O V Q N G M Q V Q R C N K A M J E C I S
 Q K M F U P J L K V U I V O P C C M C B Y S F M P G G N J S
 U O T F R Z P Q O P S U B T O V K L J Z O O R L J T M Z E F
 K N O R L Y L O G L E L Z D K X Z D B V W B Y Q G T S A M D
 P S O P F F J S A C E R O D I T L A O S J C Y T C T Y G J V
 F B E S S T O B C Q L M G C E C K U D S B Y G O B Q N Y L C
 H F F J A U G O I Y J X T E H L M B O Y B P C O G V E F R P
 B E Y G N E W B H A I U W T N K L N J T N Y S Y P P G F P S
 Z A G D R P S B C Z H L O H G I C S W J M A A R Y Z A M T I
 C C E G U O A X Q T A F S O I U N I L G H Z M T T Q O O T R
 O R J C F I T F E U G F S W H T N X E B L S I O Y Z W E X Q
 S Z F P O R J B A O R L E K I Z E I X J P S P E F O A L J A
 A A O B C O O S G L O N D N W M X C I X R T L Y A Z T T J C
 L R O X J S M U A L M K P Q J T B B A E U D I T R E D S W H
 A A X N G O A T L R E J N E N C M T T P A I G V W N W M M A
 J L T Q Q A G W A G U K N H V B N R F R S J I L Y R W R Y M
 B Y C N Z L U V X F N L N J O D O I B C N P V F J U A K T P
 D W G D A H N E Y X S R Z E B P I H P V A L W H A I R P Z I
 V A E U H L O I M D I D U D P U S P M C O N F E R E N C E O
 W K T I P R T F R P Q I G U H Q M V W G U T X D H Q Y Y I N
 O O I X C M J A S Z A I S E V Y K S E F X K S I T Q U R Y S

Altidore
 Atlanta
 Bradley
 Champions
 Chicago

Conference
 Dynamo
 Galaxy
 Impact
 LAFC

MLS
 Osorio
 Reds
 Season
 Shield

Sounders
 Stadium
 Supporters
 TFC
 Whitecaps

3. National Women's Soccer League (NWSL) Word Search

K G C S W C K R S N F C B B L M F D V M V I R F R H G Z F E
 Y F L T D W C J B D K L D K L X J C K E H O F O O X I R I S
 Y Y V Q H S G P A G T A M A D S S O R B Y Q Z B G I E D V G
 P Y H U K F N C O T B H F E G O P U Q A M U U A P E E Y V P
 Z D J S T A E L C O O H O R S H I Y L V R H O D K Z C H S N
 Y I Y S X I S I M K F D Q R S K R S P J O G X I S H X R L C
 P L U K Y A O U W C B L T C N F I Q Q N Z N C T G Z H G I J
 P G W A V E K W H C C P Z R Q S T L D B C K N T E G Y H H U
 S Y U I L V A E Q Q U L Y K Y V V W Q I S Z R Q G Q N A N T
 U R K Z V Q J J T S E G E K P T R A A U K B E R X H O N N K
 P N P F L I G B R G Q O O P V B L V V N E B I L F Z X Y H Z
 D T S N N W T P A V S I S A I U K A W Y D C W Y L R Z I E Y
 T J D A A K Z R C G R J O G L V A O N S G G L R Z Q T M P A
 J P M Q W K U M P D E P Q K K S V A F E Q T S U X V Y Z D F
 U S I U F O M C J E Q O H G X O C G D M P Q B S Y Y E F W Z
 D U H M C F N Z U B O W K O M G D O X V A Q J X W A O K J B
 J Q Z M N D R G S U L Q U I Y Z I E R J H C C C U P T C G X
 W W W W A P I M I G Y O N H M D L V Z E J O D O P I T D M B
 E U L B Y K S D V E J O F F S I D E S V R F M D P B Q T P U
 N H Y B V W P E A S R Z K N P R O P A Z H V F Q P F H C P Q
 H P R U X U I I B S H Z A D T C O Z X Q F S F P W F L A O I
 P C X C H L Y E Z X H E R V J B H N Y K H R H H C G C C V
 M S W Y Q Q J B N G R W H T Z V G U P X F G G E A K I M H T
 M A O R R G X E Y F A T F E W F F J A V T K F R K G Y U A H
 A V S N N L D E I T U C Y G C S M O O N U U S J R S B F M V
 P E S N C I H D X J R V N N E O A S L S O O J P W G E R P E
 Y J Q Y R Y S R X Z Y C P R C K N D I X T Z B D P R A M I Z
 Q D K P P S F O J V U G G R E S H R P L U T W A X N I Q O R
 S M F R R A Q Q F J A P H L D N D A K D H D O O P D O T N Q
 O D U I J K G M K U M N W S L P P C U Y S A E S O L L R S Q

Cards
 Champions
 Cleats
 Courage
 Dash

Free Kick
 Goal Scorer
 MVP
 NWSL
 Offside

Penalty
 Pride
 Reign
 Royals
 Save

Shutout
 Sky Blue
 Spirit
 Thorns

4. Champions League Word Search

I D T R V B A I K F B E H M Q N L W E V Y J S Y F A N Z T M
 T S Z C O E P Y A M I M P R I F O K J O J N U H X F A J W Y
 K S S P R N Y V S N O Z F Q S I C E Q F O Q H J Z E L U U B
 K F Q E N Z A L G P W Y F J O Y D W M I B K R O X U I Z T G
 I S P P M E R L F N L U D D T U V F P Y U F H O W J M X K E
 C X U C M M M D D T V S X E L J R M A A S Q G D J B C Z X E
 M O B T J A W A Y O E U G A E L A F R A Y J Y K I S A S U F
 F B O T N K B C Z L E K I Y G H P Q N N J Y B F F D K I K F
 G S X E O E F C P O R T O O C D H X Q O T X B L R D O N Z Y
 G H I Z A T V F A I U A S Z X Y U Q O I I O I W K I I Q L P
 L M J P H O L U J C P N A Q V W O W C Y H S G H Q Q C A N W
 Z B U G O N I Z J X Y M D R H R A N Z W T T S E C O S C F A
 M S S R H H V N C M L D G L X B A X P D K W V I J C V Z W V
 T Z S N R L E P L S I I D Y V M O T Q N K M Q D M V L D L T
 S O R F R L R E V P N P V A H N T H M D K D S K D R Q R P M
 B F T X E B P K C M C Z L N X A E W L A U P T V J A E F L W
 X W R T A N O W F J W D W M M K V B J G A R M J P R N T H B
 P U N Y E L O P S N N H B I P X A E C G Q Y K R B U V X N D
 N A E N E N L Z A N G V M L S U Q A X B I W X X E L E M N I
 J R Y D F Q H K C G S O R S F W S M L W M A R S S S Q I L M L
 N W K K S F E A V L E A G G U I J Y I F D G X W S O V Q W C
 U T D Y O S P K M S Y B T R L D F M G F I C X A H B O K D R
 M U S E W F X Z S G K X Y L W V X D Z U R K V K E Q F F Z S
 U O M D X I N P L G M V A A D G I C K E D Q E K U K J P D U
 F O F E E T X P X W S S P O Y O H I N L A Y P N N U V L X C
 H U E A D X O C T W B A R C E L O N A O M P U C S B U L C X
 D M Q W Q Z J G B G D R D M G V C F K T L U H A R U H I X V
 H H K O Q X W M C X Y F H N U U I N W M A P Q W U D B A N S
 G Q H U D W G E H R C F S C C H I X U I E M E J T W J Z P K
 Q S Z X J A Q F V R W M I J Q X H F A A R A V F F E K R F H

AC Milan
 Away
 Barcelona
 Bayern
 Benzema

Casillas
 Champions
 Clubs Cup
 FC Porto
 Home

Intermission
 Juventus
 League
 Liverpool
 Man. City

Messi
 Real Madrid
 Ronaldo
 Tottenham
 UEFA

5. World Cup Word Search

E M K F C P S H T A Q K B L X P F B O I Y E H X B A M Q M P
 F S N U I X D B D J O Y P B L E K Z X I V R Z X F V P T W G
 N M M C G N W V W P V C Y F U L B P T A D P L I E F Z S J C
 R A T S L L A D B E D W N B Y E D V C O S G F Q R E O T J G
 F K B R A Z I L U G U D H W T A T H G T G F N Z R R E D A O
 B C O U A N O L S I A Z K X C R B F S O I A S I W W A H S G
 H J Y M Z K T P H V R N Q L C R H N B L G C G I K O I A X N
 H Y W U L X C V E C L H N F B U I A A A K X J C D B B C D J
 N Y M E C K N U E O B M F E L V A S E V P I P A X E A C A B
 W H O F G U H K T L Y B E K R W O B S I V Q A G O F D O A X
 J M R Z F V B Q U R T X Q J N J H N T Q V H U U T N H X U R
 F G U U U A A P T D C S A G S D T X H V T T H O S T Z B O I
 A D H O F A M N V C O O U O G F I P T G Z R M J M E P N E D
 T Y D N B G U G E Z B Z Q L N W S L O V R O A R D D X J A U
 I F S O Y O O A K I G P O D K S N I U N C P K A P Y B Y M H
 F E Z Y C H E L O K P L L E R C R Z R Z J H W M N J M X L B
 J V J K A X H K D F E H I N L I K W V P J Y A Q W R W A C G
 R F A C Q H E X M E Z S P B V E A S G D G M F V Y K O L H X
 O J A M X P X H I W N Q W A Q Y T L X T A T B B B C D Z E F
 K K I U B S Y P R Y K B C L A N M E C E X I Q V U J U V T E
 Q Q K X Q M S T V S U N O L W A Y C A N S R A T S X H G S O
 Y P D D V M D L C Z U U H O K M X Z C M I E H Z B R Z K L W
 T O U R N A M E N T S W U H T R F P Y N L S W I M H L T F L
 W T L F P W G P K A O A R L I E K N N L K M R J M U K N D P
 S S P K X L O G T R C T D G G G Q A B M A E Y Z A X U N I I
 P Y T G S O K B L A E R K F W P E G C X F T J E S D Y R Q G
 B I E P Q X K D N Z I A Q M M Y M V Z Z D B I D N X S K D A
 R P M F M K C A Q I B M J B K R W P C G R X X O P W F F E T
 D L B R T U D I G T V I U X K V Q G W I W S E K Y X M G N C
 S M C O P A V Z M F W C V K O C P B E Z E V I G H X L I B Q

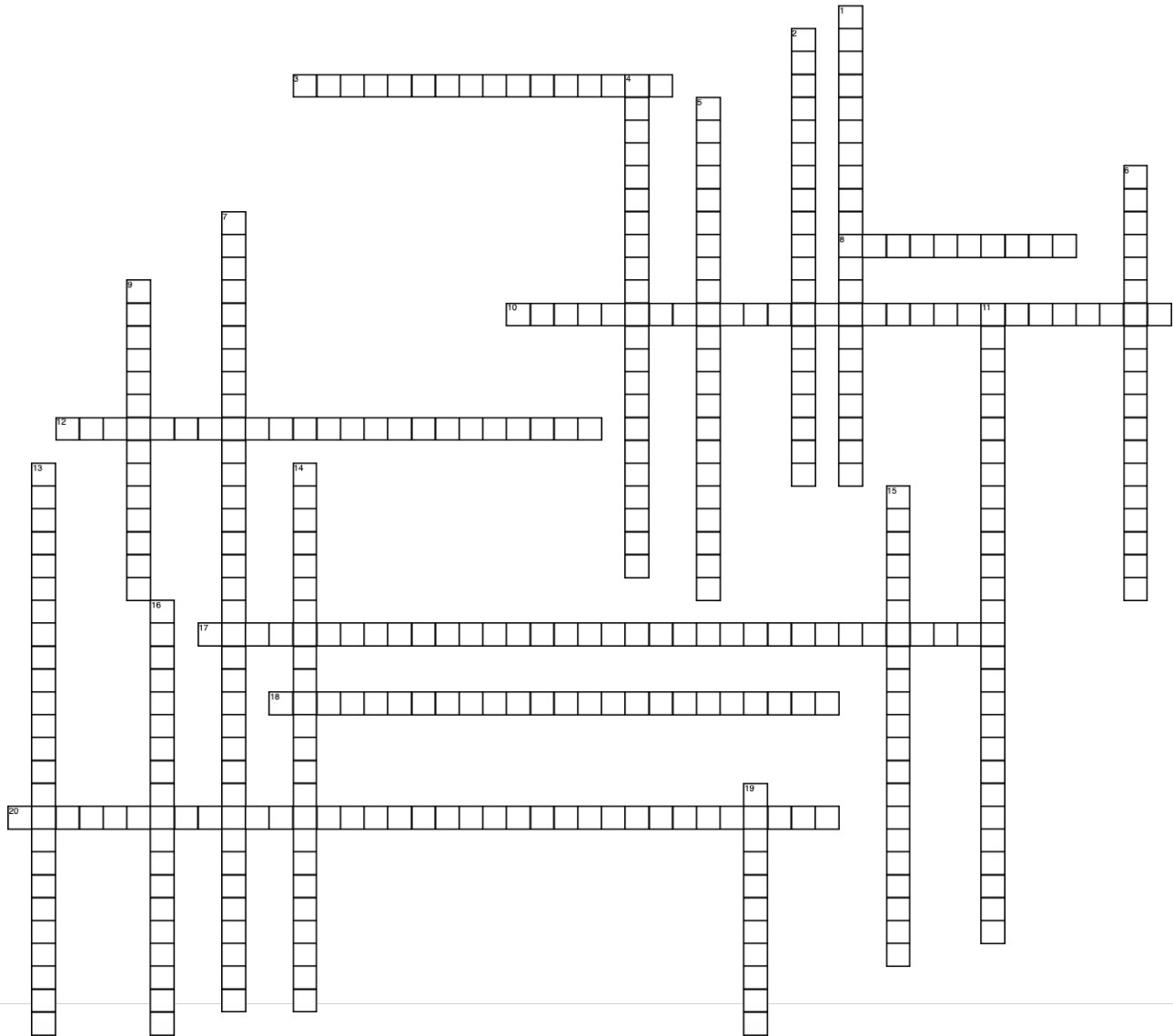
All-Star
 Brazil
 Canada
 Country
 FIFA

Finals
 Germany
 Golden Ball
 Golden Boot
 Host

Italy
 Marta
 Pele
 Sinclair
 Stars

Team
 Trophy
 Tournament
 USA
 World Cup

ERIN MILLS SOCCER CLUB CROSS WORD



****answers in the next page***

<u>Across</u>	<u>Down</u>
3. District We Play in	1. Opposite of Competitive
8. Club Mascot	2. Another Name for Soccer
10. Money Earned for Post-Secondary	4. Indoor Soccer is Played on
12. Group that Governs the Club	5. Number of Ontario Cup Wins
17. Season that is Played through Summer	6. Another Name for Field
18. Card Representing a Caution	7. Number of National Championships we have
20. Type of Business Erin Mills Soccer Club is	9. Erin Mills Predominant Colour
	11. Erin Mills Soccer Club Short Form
	13. Meeting Held Each Year at Club
	14. Number of Starters on a Field
	15. Clubhouse Court Surface
	16. Street Clubhouse is on
	19. Our Home City

Cross Word Puzzle Answers

<u>Across</u>	<u>Down</u>
3. Peel Halton	1. Recreational
8. Eagle	2. Football
10. Scholarship	4. Turf
12. Board	5. forty-eight
17. Outdoor	6. Pitch
18. Yellow	7. Six
20. Non Profit	9. Green
	11. EMSC
	13. AGM
	14. Eleven
	15. Futsal
	16. Unity
	19. Mississauga



COLOURING & LETTERS

Eagles find below some colour pages & words. Colour the image & follow the letters to learn and play along with us!



SOCCER BALL
CLEATS



ERIN MILLS EAGLES



SOCCER



PLAYERS

SOCCER STARTS AT HOME: BALL MASTERY

By Houston Dynamo

Link to Soccer Starts At Home playlist:

<https://www.houstondynamo.com/ssahskills>

Parental Keys to Development:

1. Create a safe environment
2. Engage with your child 20 minutes per day
3. Provide POSITIVE encouragement
4. Document your progress and share your [journey](#)

SKILL 1: THE SLIDE

Created by:  | Edit by: 

Step 1: Stand with your legs shoulder width apart



Step 2: Place the BALL between your legs closer to one side



Step 3: STEP on the ball with your opposite leg and SLIDE the ball ACROSS your body



Step 4: End with the ball INSIDE of your leg



Step 5: Repeat with OPPOSITE leg



SKILL 2: TIC-TACS

Created by:



Edit by:



Step 1: PLACE the ball between your legs



Step 2: TAP the ball BETWEEN your legs



Step 3: Keep the ball CLOSE



Step 4: Stay on TOES.

SKILL 3: CIRCLES

Created by:



Edit by:



Step 1: STEP on the ball with the SOLE of your feet



Step 2: Make CIRCULAR motions INSIDE and OUTSIDE using one foot



Step 3: SWITCH foot repeating CIRCULAR motion



Step 4: Try to keep BALANCE standing on one leg

SKILL 4: ANKLE ROLL

Created by:  | Edit by: 

Step 1: Stand with your legs shoulder width apart



Step 2: Place the BALL between your legs closer to one side



Step 3: STEP on the ball with your opposite leg and SLIDE the ball ACROSS your body



Step 4: End with the ball INSIDE of your leg



Step 5: STEP on the ball with the same foot and SLIDE back ACROSS your body the other way





SKILLS: V-SHAPE

Created by:



Edit by:



Step 1: PLACE the ball at the top of your left foot



Step 2: Use the leg furthest from the ball to STEP on the ball and PULL back ACROSS your body



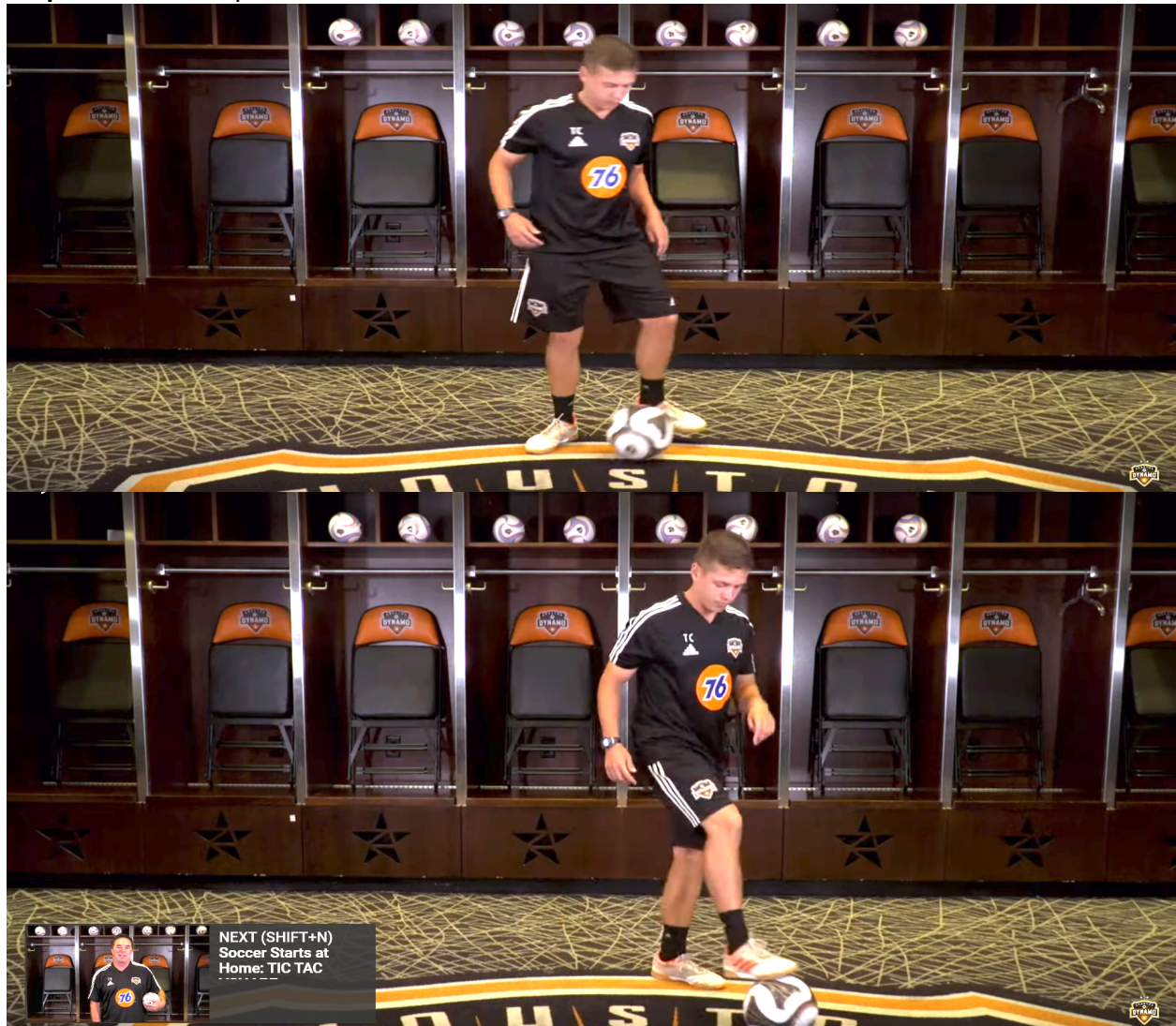
Step 3: PUSH the ball FORWARD with the INSIDE of your foot



Step 4: Use the OPPOSITE foot to STEP on the ball and PULL back ACROSS your body the other way



Step 5: REPEAT sequence with BOTH feet



Circles

JUGGLE RECORD

FOLLOW US ON



@EMSCEAGLES

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**PLAY 20-30 MINUTES A DAY,
WORKING ON KEEPING THE
BALL CLOSE RATHER THAN
KICKING IT AWAY.**

Most of All, Have Fun!



MON

TUE

WED

THU

FRI

SAT



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