

COURAGE IN HER CLEATS

The Story of Soccer Star Abby Wambach

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ACTIVITY GUIDE

As a child, Abby Wambach was loud and clear about what she wanted and what she didn't, and she didn't want to be left out of any competition—especially soccer.

In this powerful biography, readers will dance and dart down fields with Abby as she sling-shots--balls **thwump... whiz... whoosh**--straight into goals, sweating and scoring her way from school league leader to U.S. Women's National Team star.

The story follows Abby through both success and setbacks because while even pro athletes miss goals, face losses, and can get injured, determined Abby has always been tougher than her toughest challenge.

Readers will cheer on this talented fan favorite as she kicks the legendary U.S. Women's team toward Olympic fame, while also being reminded that there's just as much inspiration in Abby's struggles as in her victories.

Kim Chaffee was in seventh grade when she first played soccer and quickly realized she was better at hand-eye coordinated sports than foot-eye ones. She's always admired the physical and mental toughness of those that play the game at all levels, especially Abby Wambach. Today, Kim carries her courage in her climbing shoes as she learns the new skill of rock climbing. Kim is the author of *Her Fearless Run: Kathrine Switzer's Historic Boston Marathon* and *Nothing Wee About Me!* and lives with her family in New Hampshire.

Alexandra Badiu Is a children's book illustrator and visual developer for animation. She grew up in a family of athletes and played soccer herself in elementary school. Having seen her brother struggle with a similar leg injury, she especially sympathizes with the long, hard recovery in Abby's story. Herself, she sees the importance of patience when firing pottery and helping plants grow. Alexandra lives in Izmir, Turkey.



SOCCKER LINGO MATCH GAME

Draw a line from the soccer lingo to the matching definition.

Terms:

Corner Kick

Dribble

Hat Trick

Header

Assist

Throw In

Free Kick

Definitions:

A method of restarting play after the ball has exited the field of play through either side of the field.

When one player scores three goals in a single game or match.

A method a player uses to control the ball by using their head, including passing and scoring.

This is awarded when a foul is committed by the offending team outside the penalty area.

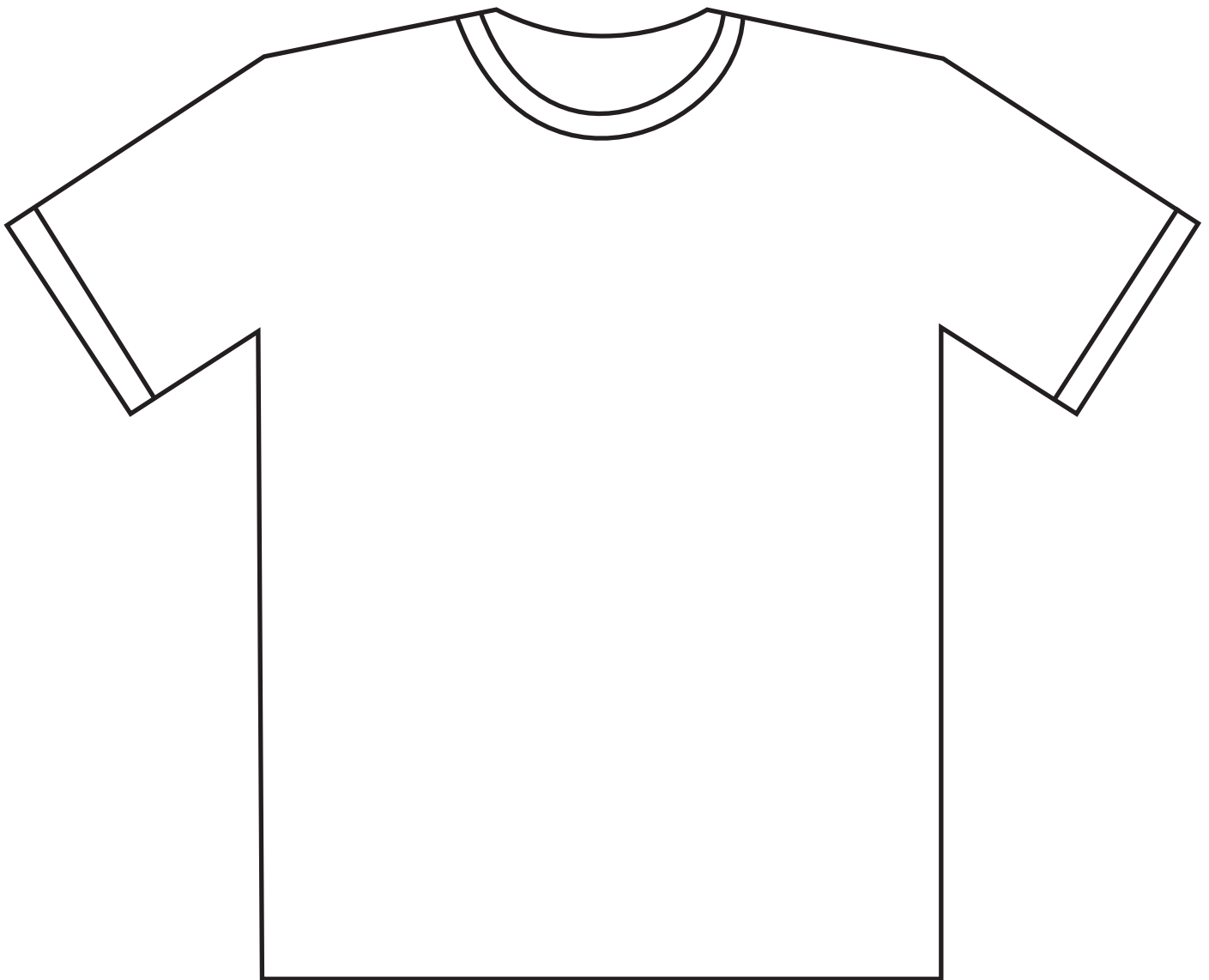
A kick taken from a corner when the ball goes out of play over the goal line and was last touched by the defending team.

A series of small kicks on the ball to move it around the field and past opponents

When a player passes the ball to a teammate that leads to a goal.

DECORATE YOUR JERSEY

Color or decorate the jersey below to reflect your personality or your favorite team!



RED LIGHT, GREEN LIGHT

Practice dribbling and keeping control of the ball!

1. Line up players on one sideline shoulder-to-shoulder, each with a soccer ball.
2. One person should stand with their back to the players acting as coach. This person will call out “Red light!” or “Green light!”
3. When the coach calls “Green light,” players will try to dribble to the opposite sideline.
4. When the coach calls “Red light,” players must stop the ball immediately. Then the coach will turn around.
5. Any player caught still moving has to go back to the starting line.
6. The first person to cross the sideline with their ball still under control wins!

Alternative ways to play:

- Limit the players to dribble with their right foot only.
- Limit the players to dribble with their left foot only.
- Limit the players to dribble with the bottom of the foot only.
- Add new colored lights. For example, if you say “Black Light” then they need to dance around the ball! If you say “Blue Light” then they need to hop back and forth over the ball. Or come up with your own variations!



COURAGE BUCKET LIST

What do you want to find the courage to do this year?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



TEAM BUILDING RACES

Bond with teammates by running a fun relay race!



The Ground is Lava

1. Divide into two teams with at least two players each.
2. Each player will need two sheets of paper (computer paper, newspaper, construction paper, etc.).
3. Players must race to the turning point and back by stepping only on their papers. They step on the first, then lay another in front of it and step on that, then move the first paper forward to step on it, and so on.
4. Once first person has returned to their starting point, the next person in the team goes.
5. The first team to get all their players back to the starting point without stepping off their paper wins!

Pretzel Hop

1. Divide into two or more teams of at least two people.
2. Have the first person in each team stand on their left leg, then lift the right leg and cross it in front of the left knee. Then have them cross their arms in front of their chest.
3. On “go,” everyone has to hop to the finish line. When they’ve crossed, the next person on the team gets into pretzel position and hops.
4. The first team to have all their members cross the finish line wins.

Tunnel Crawl

1. Divide into two or more teams of at least three people each.
2. Choose an end point as the finish line for the team to race to.
3. All members of each team stand in a line with their legs more than shoulder-width apart.
4. The person at the back of the line must run under the legs of the other players in the team. When they reach the front, they stand at the front of the line, and the person at the back crawls through.
5. Continue until the whole team crosses the finish line.

FIND YOUR COURAGE

What or who helps you feel courageous? A friend or family member? A stuffed animal? Maybe a favorite treasure or lucky shirt? Write about it below!

Now draw a picture of what helps you feel courageous!

