

Respecting and taking care of yourself as a team responsibility

Resource sheet 1

Health and Fitness - Quiz

Answer these questions then add up your scores to see how healthy and fit you are!

1. Someone at school offers you a cigarette, saying that everyone smokes them. What should you do?

- a) Smoke it, it won't do any harm
- b) Tell him you don't want one
- c) Try just one to see if you like it

2. It's the morning before the game. What should you have for breakfast?

- a) Fruit and cereal
- b) Skip breakfast
- c) A burger and a packet of crisps

3. You have a match every Sunday morning but what sort of exercise should you take during the week?

- a) Do lots of running the night before the game
- b) Anything to keep active - jogging, running, cycling etc.
- c) Don't do any to save your energy for the game

Respecting and taking care of yourself as a team responsibility

Resource sheet 1

4. You're at a party and someone offers you a beer. What should you say?

- a) Just one? Let's get some more!
- b) Go on then, what harm can it do?
- c) No thanks

5. It's the night before the game and you really fancy watching the late film. What should you do?

- a) Record it and go to bed
- b) No problem, stay up and watch it
- c) Stay up and watch it and then watch the Italian League highlights that are on after it

6. During training you feel a sharp pain in your knee. Should you:

- a) Run it off
- b) Ignore it and launch yourself into a tackle
- c) Stop exercising and get it looked at

7. After training one of the other players tells you that he's been taking drugs to make him play better. Do you:

- a) Tell everyone else in the team
- b) Have a quiet word with the manager
- c) Ask him if he can get you some

Respecting and taking care of yourself as a team responsibility

Resource sheet 1

8. Which of these should you drink before the game?

a) Coffee

b) Water

c) Fizzy drinks

9. You feel really ill but are desperate to play in the big game. What should you do?

a) Take some pills and get on with it

b) Hide your illness and do what you can

c) Tell the manager and pull out of the game

10. It's really cold and windy but it's training night. Do you:

a) Put plenty of layers on and go training

b) Stay at home in front of the telly

c) Go out in just a t-shirt. It's only a bit of cold weather after all.

Links:

www.uefagrassrootsday.com: for fantastic online games and activities on 'Working in Teams' and 'Winning and Losing'

www.uefa.com/trainingground: for online coaching resources