**The David Beckham Academy**

**Academy A-Z**

**A is for Academy...**

**Where you can learn skills**

**form top coaches in an**

**awesome arena.**

**B is for Ball...**

**Your new best friend. Take**

**time out, just you and a ball,**

**to improve your tricks and**

**close control.**

**C is for Captain**

**Captains always help their team-mates and**

**lead through actions, not just words. If the**

**manager chooses you to be captain, it’s a**

**pretty big privilege.**

**D is for Defender**

**Defenders love stopping**

**goals going in as much**

**as strikers love scoring**

**them! midfielders and**

**Forwards need to help**

**defend as a team, too.**

**E is for Energy**

**Pro players know that**

**a healthy diet with five**

**portions of fruit and**

**veg every day will**

**help them give 100%**

**on the pitch.**

**F is for Free Kick**

**Practise, practise,**

**practise, until you can**

**bend it like Beckham!**

**Vary your practise**

**to include clever chips**

**over the keeper and**

**scorching shots!**

**G is for GOAL!!!**

**The aim of the game is**

**to score more than your**

**opponents. Although**

**sometimes a narrow 1-0**

**victory over your closet**

**rivals can feel as good as**

**a 4-0 win!**

**H is for Header**

**Tough-tackling defenders**

**use their heads to clear the**

**ball, and make contact with**

**their foreheads for maximum**

**control. Headed goals are a**

**powerful weapon too.**

**I is for Injury**

**Team physios need more**

**than a magic sponge in**

**their kit bags! They carry**

**all sorts of stuff to treat**

**injuries that can happen**

**on the pitch.**

**J is for Jog**

**Before you stretch**

**your muscles, get**

**your hearty rate going**

**by jogging for at least**

**five minutes.**

**K is for**

**Keepy-ups**

**All you need is a ball and**

**you can practise your**

**tricks and control pretty**

**much anywhere. Use as**

**many parts of your body**

**as you can!**

**L is for Legend**

**Over the years, Beckham has teamed up with**

**players like Zinedine Zidane... pure class. And**

**with over 100 caps for England we can safely say**

**Beckham is in the legends category too.**

**M is for Midfielder**

**Beckham’s best position is in right**

**midfield, where his pinpoint**

**passes and explosive free kicks**

**have won matches time and again.**

**N is for Net**

**Because there’s no better feeling**

**than seeing the net bulge when**

**you sore a gooaaall!**

**O is for One-on-one**

**Have confidence and keep**

**super-chilled when you’ve**

**only the keeper or last**

**defender left to beat.**

**P is for Pitch**

**Pro teams use the whole**

**of the pitch, including the**

**wings on either side, to**

**create space and open up**

**the play.**

**Q is for Quick**

**Speed is an important skill.**

**Learning to think fast is just as**

**important as having quick feet.**

**R is for Referee...**

**and Red Card**

**If the ref shows a red card**

**it’s game over for the player.**

**With one player down,**

**the whole team suffers.**

**S is for Striker**

**Players who score most often**

**for the team are usually the**

**forwards. Take a shot at goal**

**as early as possible.**

**T is for**

**Team Talk**

**Talking to your team-**

**mates before, during**

**and after matches is**

**the best way to build**

**a winning team.**

**U is for**

**Unbeatable**

**Building a good team**

**spirit and doing your**

**best will help you form**

**an unbeatable team.**

**V is for Visitors**

**Also known as the away team.**

**The home team always gets the**

**best dressing room!**

**W is for**

**Warm-up and**

**Warm- down**

**Start with some light running**

**before stretching your muscles**

**to keep injuries to a minimum.**

**X is for X-ray**

**Make sure you time your**

**tackles properly to avoid**

**broken bones!**

**Y is for Yellow Card**

**Show the ref and fellow**

**players respect and you**

**should never be shown**

**one of these.**

**Z is for Zzzzs!**

**It is important to rest properly**

**before and after games, so make**

**sure you go to bed early to be**

**match-fit the next morning!**