

Wolves Foundation



Foundation

ACTIVITY BOOK



FEATURING:

COLOURING

PUZZLES

WORD-
SEARCH

...AND
MUCH
MORE!

SUPPORTED BY

DIS
GRAPHICS

Young
Wolves

wolves.co.uk/foundation

“

Hi everyone, I hope you're all safe and enjoying some time extra time at home (and off school!).

Our Foundation team have been working hard to put together some activities for you to enjoy before we can all return to Molineux. Stay safe, everyone and see you soon!



Conor Coady
Wolves Captain

”



DIS

GRAPHICS

WWW.DIS-GRAPHICS.COM

DIS can create whatever you can imagine.

Our work inspires and makes impressions, and for over 20 years we've consistently produced graphics that challenge perceptions, and push the boundaries of marketing communications.

Irrespective of scale or complexity, DIS deliver inspirational graphics of quality and creativity, made with passion and with purpose. From handling award-winning large format print, to quick turnaround POS. DIS invest in expertise and technology to add more value to each individual project.

All you have to do is imagine.
DIS will make it happen.

Want to find out how to let your imagination run free?

Proud Partners



**Wolverhampton
Wanderers FC**



UNIVERSITY OF
WOLVERHAMPTON

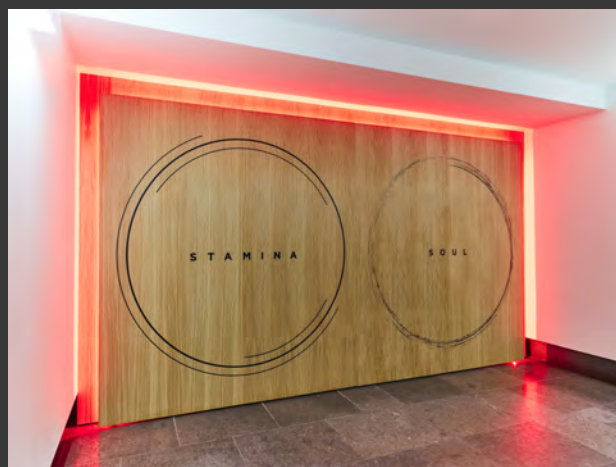
Digital Imaging Services



dis_graphics



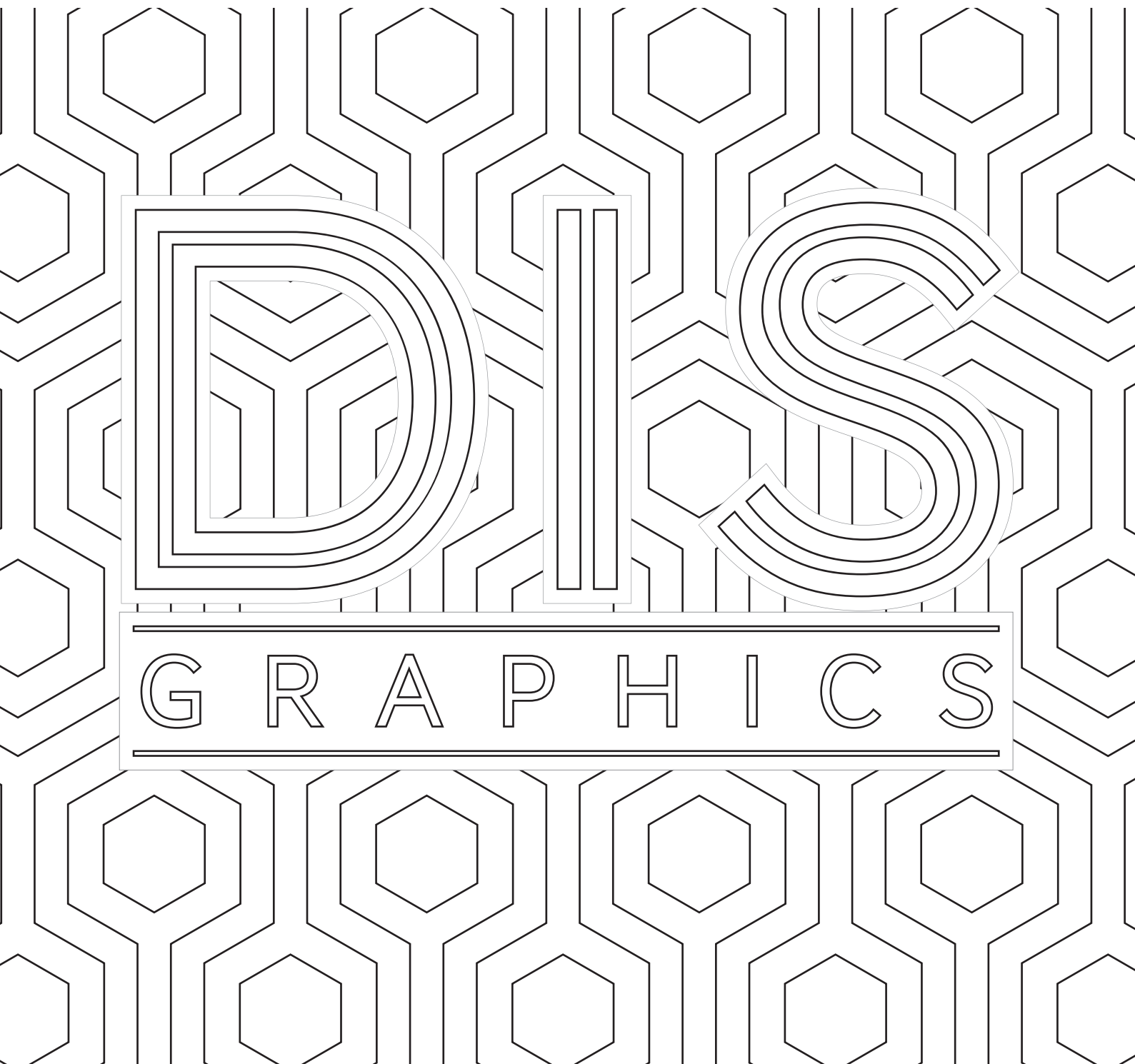
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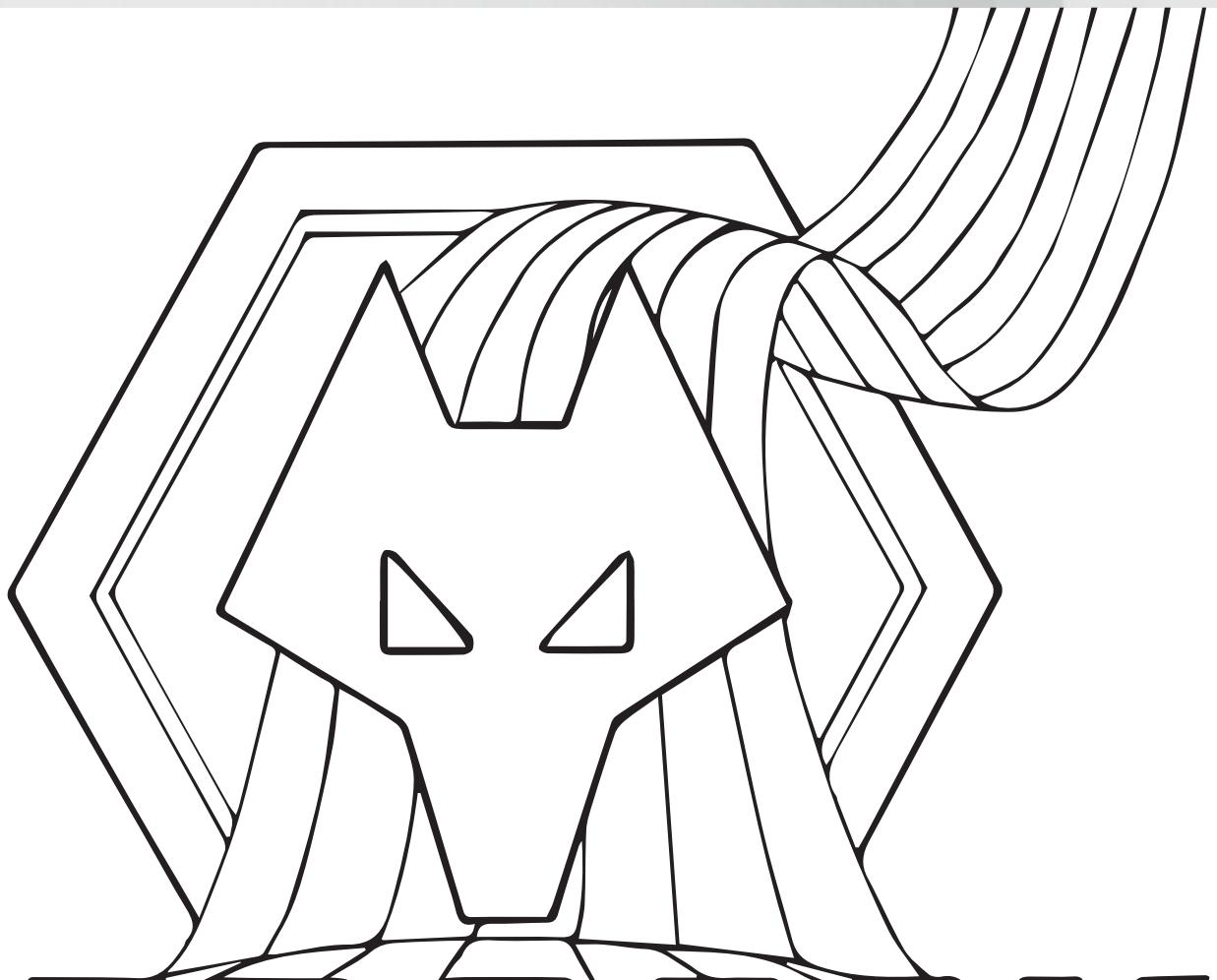
WIN A SIGNED SHIRT

Colour in the below image

Submit your entry to foundation@wolves.co.uk T&C's apply

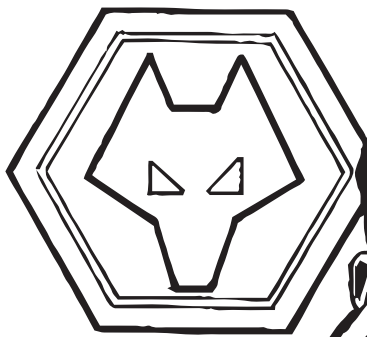


**COLOUR
ME IN!**



ONE PACK

COLOUR
ME IN!



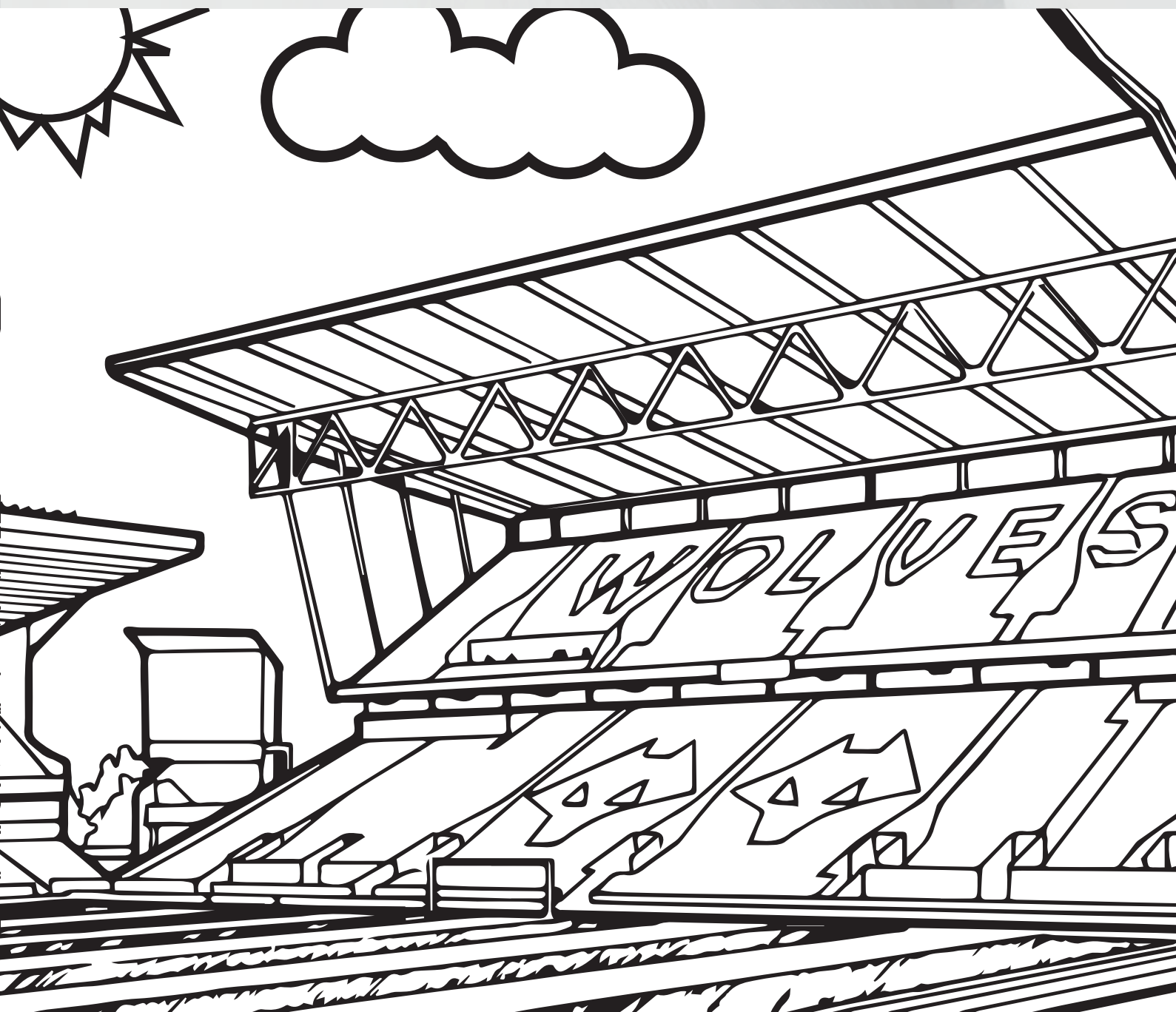
I THINK
THEREFORE
I PLAY

RUBEN NEVES

COLOUR
ME IN!

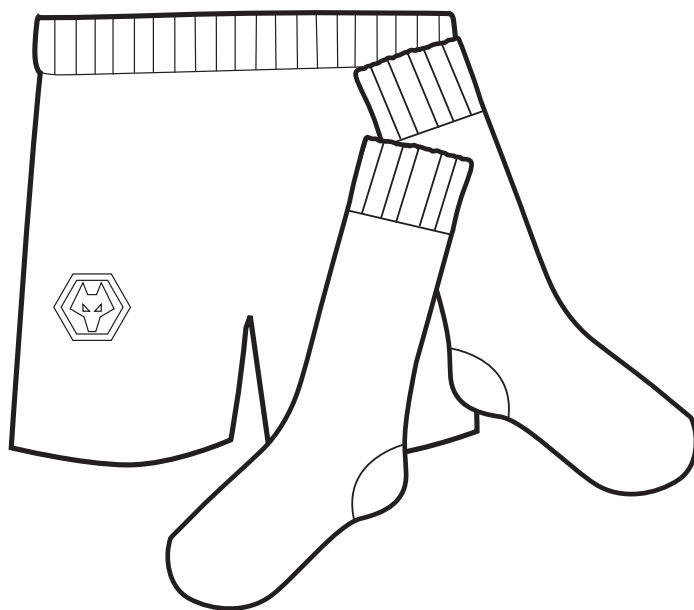
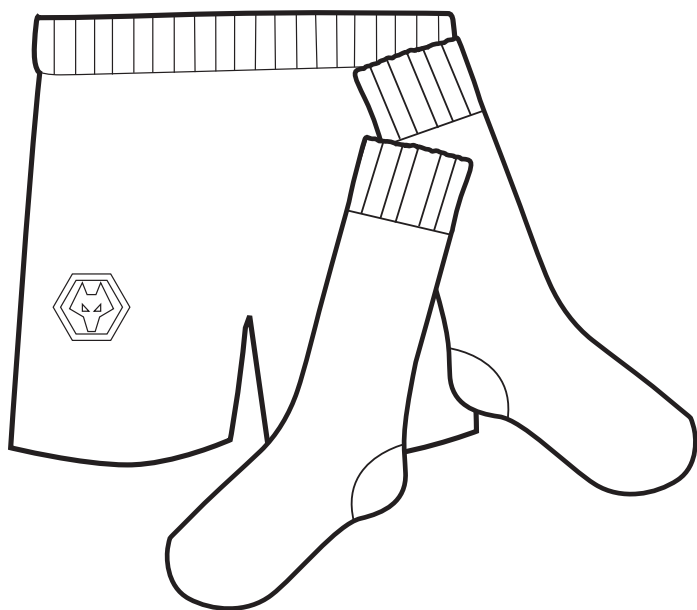
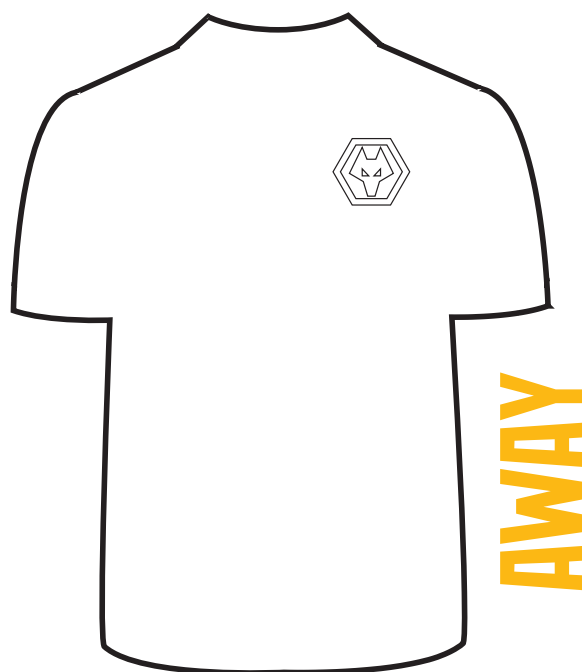


COLOUR ME IN!



DESIGN YOUR OWN..

WOLVES HOME / AWAY KITS



YOUR DRAWINGS

**Send your lovely drawings into
the Foundation so they can be
displayed on social media!**

You can either use any of the social
media platforms below:

 **Wolverhampton
Wanderers Foundation**

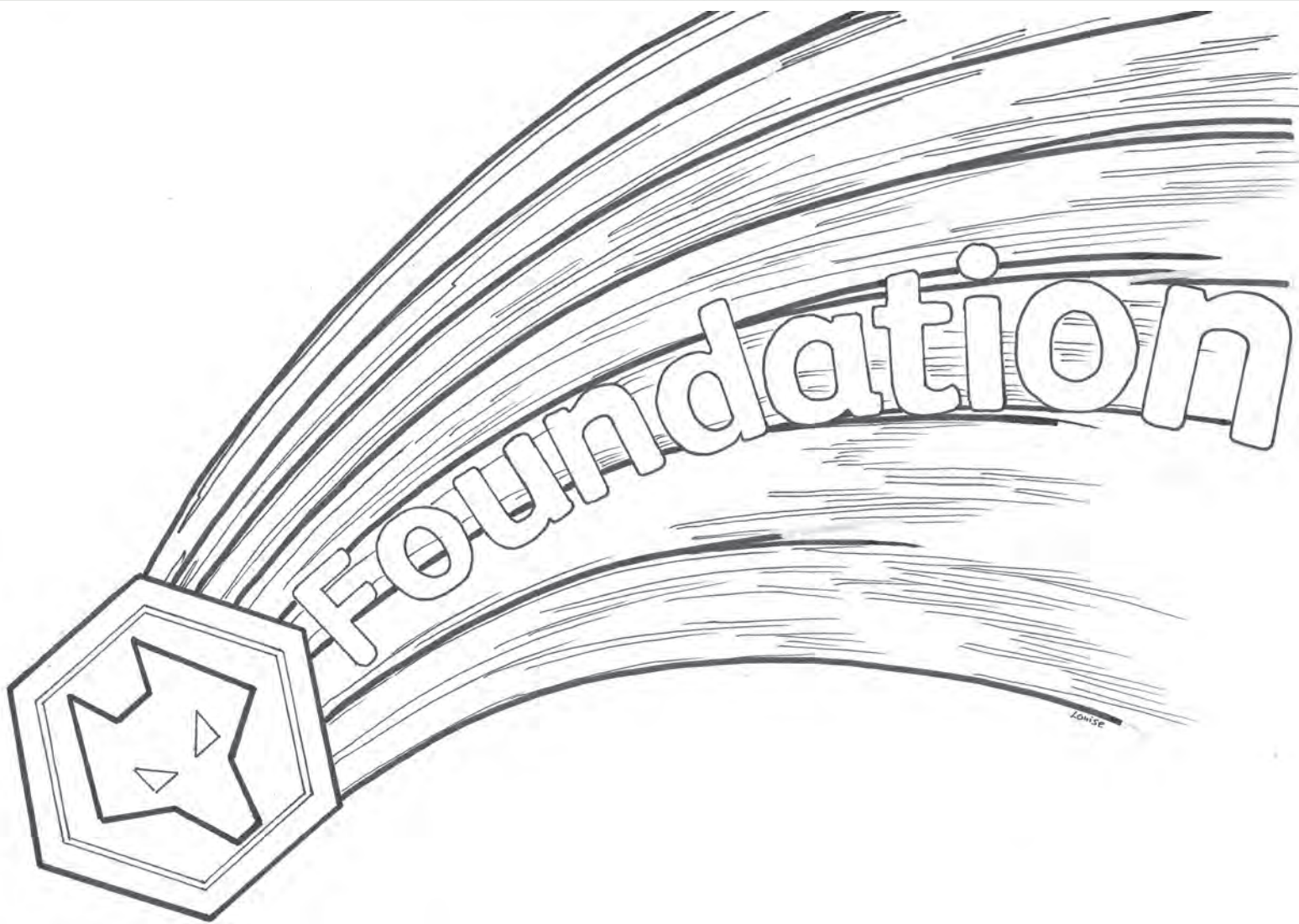
 **wwfcfoundation**

 **@wwfcfoundation**



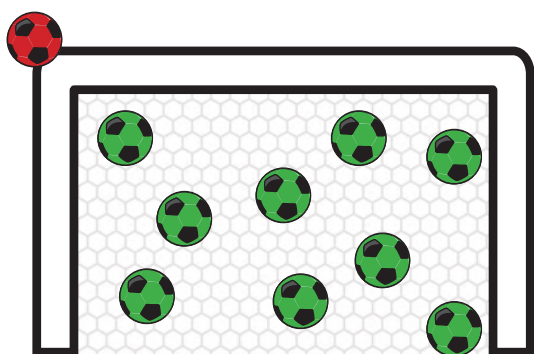
FOUNDATION RAINBOW

Louise Cobbold

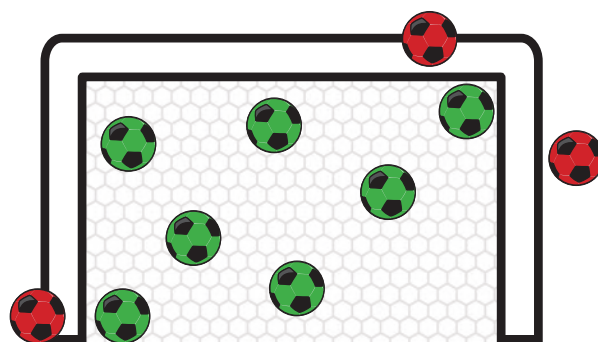


COUNTING WITH RAUL!

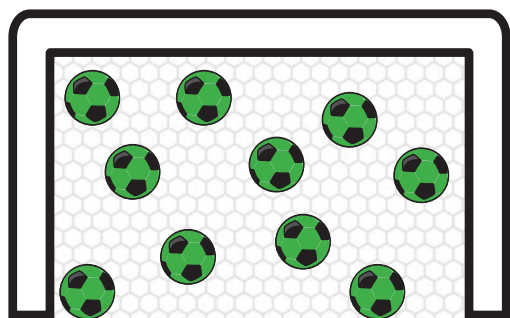
Can you count how many goals Raul has scored?



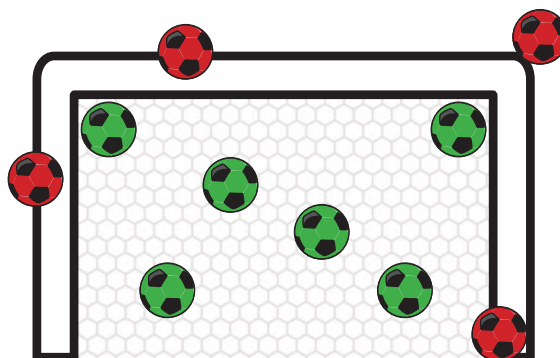
Scored: Missed:



Scored: Missed:



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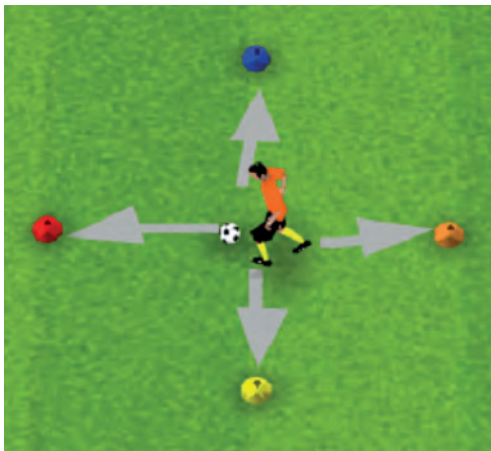
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PHYSICAL EXERCISES

For the Complete Player - Part 1

Setup: 4 Cones of a different colour, numbered 1-4. Place them a good distance apart.

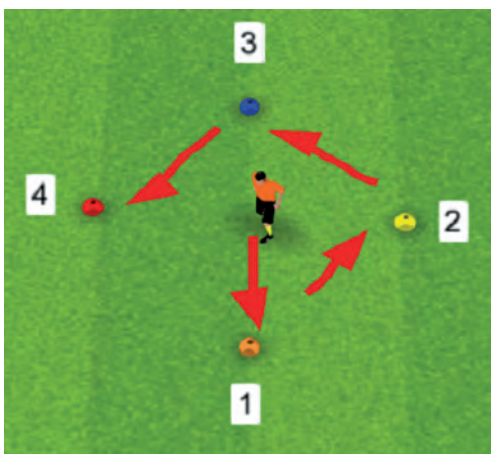
Key Factors: Speed - Agility - Close Control - Dribbling



Exercise 1

Work through 1-4, 2 sets of each - (A) Side steps (B) Jumps (C) Hopping (D) Backwards (E) Sprint as quick as you can.

Try different variations, make your own rules!



Exercise 2 – Grab your football

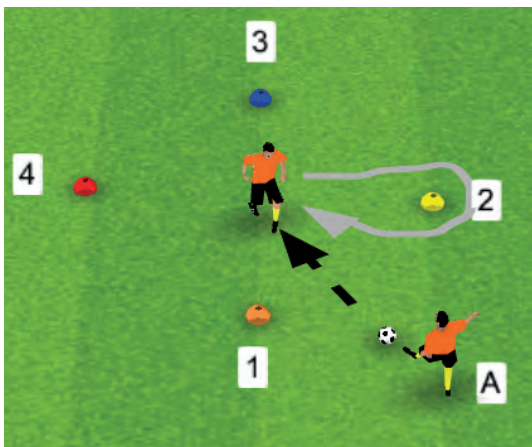
Work from 1-4 as above or random colours/numbers, 2 sets of each - (A) Right foot only (B) Left foot only (C) Sole rolls (D) as quick as you can.

Keep the ball close to feet as all times.

PHYSICAL EXERCISES

For the Complete Player - Part 2

Key Factors: Speed - Agility -
Close Control - Dribbling - Receiving



Exercise 3

Your partner (A) passes to you from outside area. Receive on the back foot and dribble around the first cone, return to the middle and pass back to your partner. Repeat this sequence around all cones. Change direction as quickly as you can whilst keeping the ball close to your feet.

Speed - Without the ball / With the ball at your feet / Into different directions

Agility - Quick movement in different directions / Being alert

Close Control - Keeping the ball at your feet / when receiving / when dribbling

Dribbling - Move the ball without losing control / Use arms and bend knees slightly for balance / Move on the front foot / Use both feet / Control ball with the laces or edge of your toes

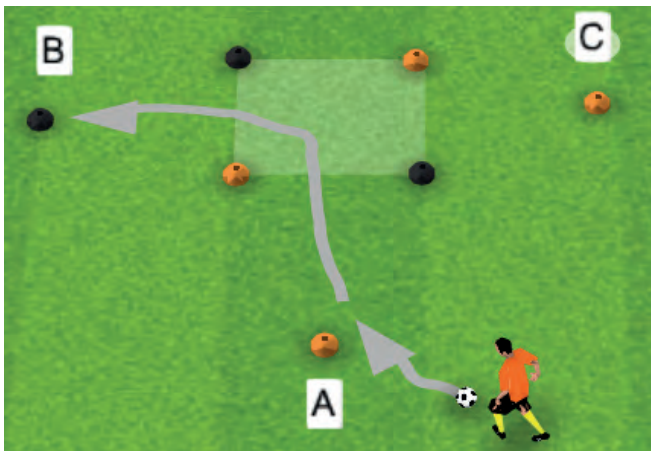
Receiving - On the back foot - Receiving foot is slightly behind standing foot
'Cushion the ball' / Turn and face the direction you are going in / Keep head up to scan around for different options / Practice with arms out to shield the ball

PHYSICAL EXERCISES

For the Complete Player - Part 3

Setup: 4 Cones of a different colour, numbered 1-4. Place them a good distance apart.

Key Factors: Speed - Agility - Close Control - Dribbling



Exercise 4

Move around A-C, going through the skill square each time. Dribble towards A, perform a 'change of direction move' and dribble into the Skills Square. Be creative and perform any skill you want inside the square before dribbling out to B and repeating the process.

Change of direction moves:

- Sole role
- Drag back turn
- Ronaldo chop
- 'Messi' body feint
- Cruyff turn
- Create your own
- L turn
- 360 turn

WOLVES PAPER CHAIN

1. Cut out all of the individual strips
2. You can make the paper chain as long as you want, just print more pages!
3. Once you've cut them all out, glue the edge and stick together creating a circle
4. To add more, feed the next strip of paper through the circle you created in the previous step
5. Keep repeating this process until you have no strips of paper left



**Wolverhampton
Wanderers**



#ONEPACK



THE STRENGTH OF THE

WOLF

IS IN THE

PACK







Feedback task:

UNDERSTANDING LEADERSHIP

Aim: Feedback

Task: In your teams you will need to work together to build a power tower. You will have a sellotape and paper and scissors to build your tower. You will have 2 minutes to discuss how you will do it before beginning.

Time: 20 minutes

Reflection: In your teams you will provide feedback on the task.

GUESS THE PLAYER...



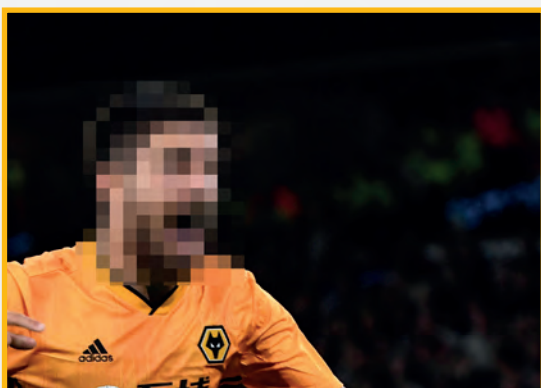
1.



2.



3.



4.



5.



6.



SQUAD NUMBER MATHS

From the use of Wolves players pictures, try to work out the Wolves players squad numbers from a series of ten maths questions. Once you have calculated the overall answer, write down the players name and squad number in the activity book.

1.



+



=

2.



+



=

3.



+



=

4.



+



=

5.



-



=

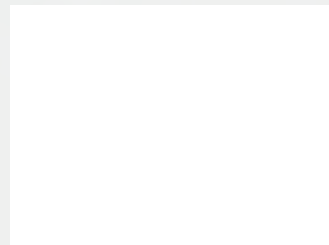
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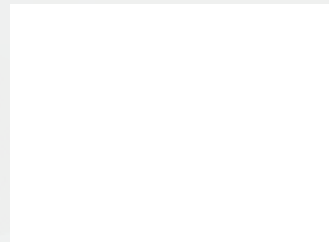
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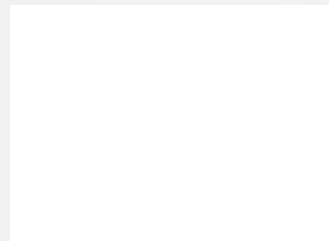
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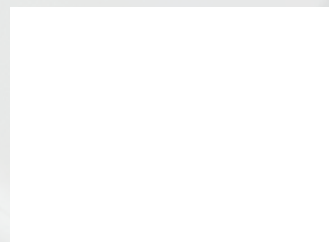
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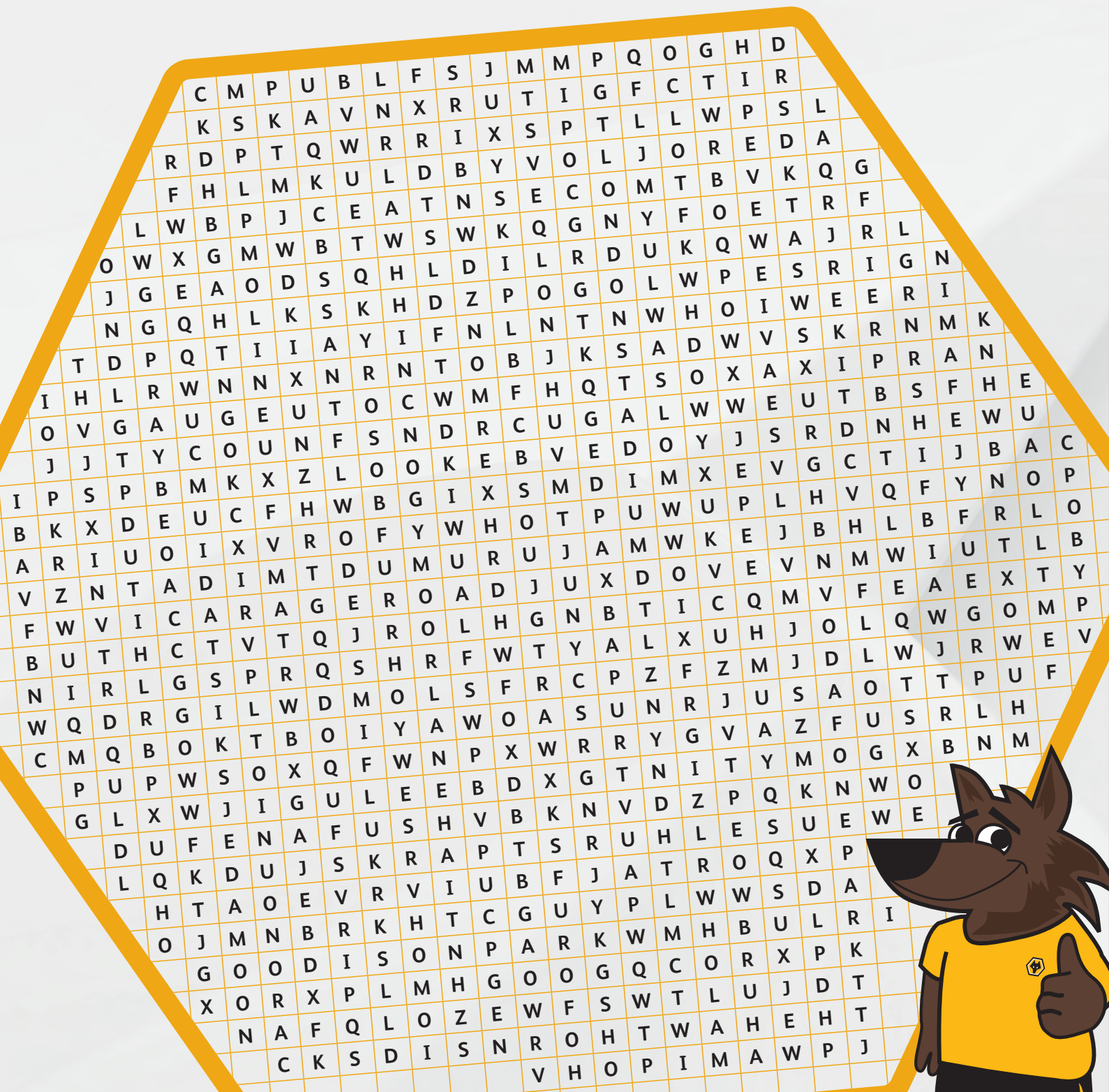
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WOLFIE'S WORDSEARCH!

Aim: Find the names of some of the places Wolves have played in recent years in the grid below.

- | | | | |
|--|---|---|---|
| <input type="checkbox"/> MOLINEUX | <input type="checkbox"/> OLD TRAFFORD | <input type="checkbox"/> LONDON STADIUM | <input type="checkbox"/> MOOR LANE |
| <input type="checkbox"/> ANFIELD | <input type="checkbox"/> SEAVIEW | <input type="checkbox"/> SELHURST PARK | <input type="checkbox"/> RCDE STADIUM |
| <input type="checkbox"/> GOODISON PARK | <input type="checkbox"/> PYUNIK STADIUM | <input type="checkbox"/> THE HAWTHORNS | <input type="checkbox"/> MADEJSKI STADIUM |
| <input type="checkbox"/> VODAFONE PARK | <input type="checkbox"/> VICARAGE ROAD | <input type="checkbox"/> WEMBLEY | <input type="checkbox"/> GLOBE ARENA |



MINI WORDSEARCH!

Aim: Find these Wolves-related words in the grid below.

☐ MOLINEUX

☐ WOLVES

☐ IKEME

☐ NEVES

☐ PATRICIO

☐ SIR JACK

☐ CROSS

☐ JENNINGS

☐ JIMENEZ

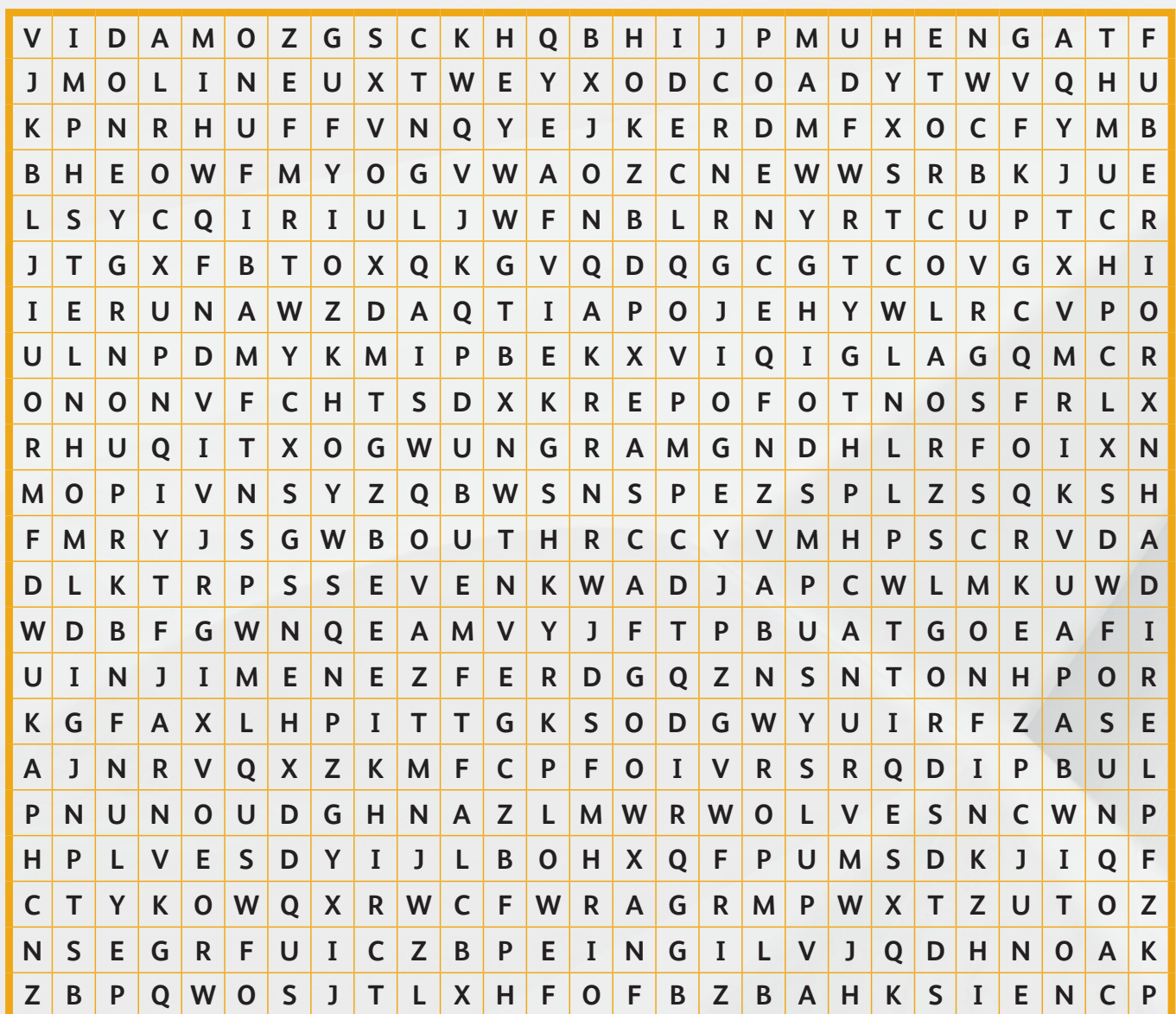
☐ NUNO

☐ FOUNDATION

☐ PODENCE

☐ COADY

☐ FOSUN



READING THE CLOCK

Task 1: Write the times digitally and in words.



:
 minutes to



:
 minutes to



:
 minutes to



:
 minutes past



:
 minutes past



:
 minutes past

READING THE CLOCK

Task 2: Who is correct?



The time is 2:05.



The time is 2:50.



It is 24 minutes to 6.



It is 24 minutes to 8.



The clock reads half past ten.



The clock reads ten o'clock.

WHO'S MISSING?



1:

.....

2:

.....

3:

.....

4:

.....



WHO'S MISSING?



1:

2:

3:

4:



? WHO'S MISSING? ?



- 1: _____
- 2: _____
- 3: _____

WOLVES COLOUR BY NUMBERS

$2+9$

$3+9$

$5+8$

$7-2$

$3+5$

$6-4$

$8-2$

$1+2$

Solve the calculations in the picture to work out what colours they should be!

Gold -	10	11	13
Black -	9		
Brown -	1	4	7
Green -	2	8	
Blue -	3	5	
Red -	6	12	

$4+3$

$2+2$

$8+1$

$9-8$

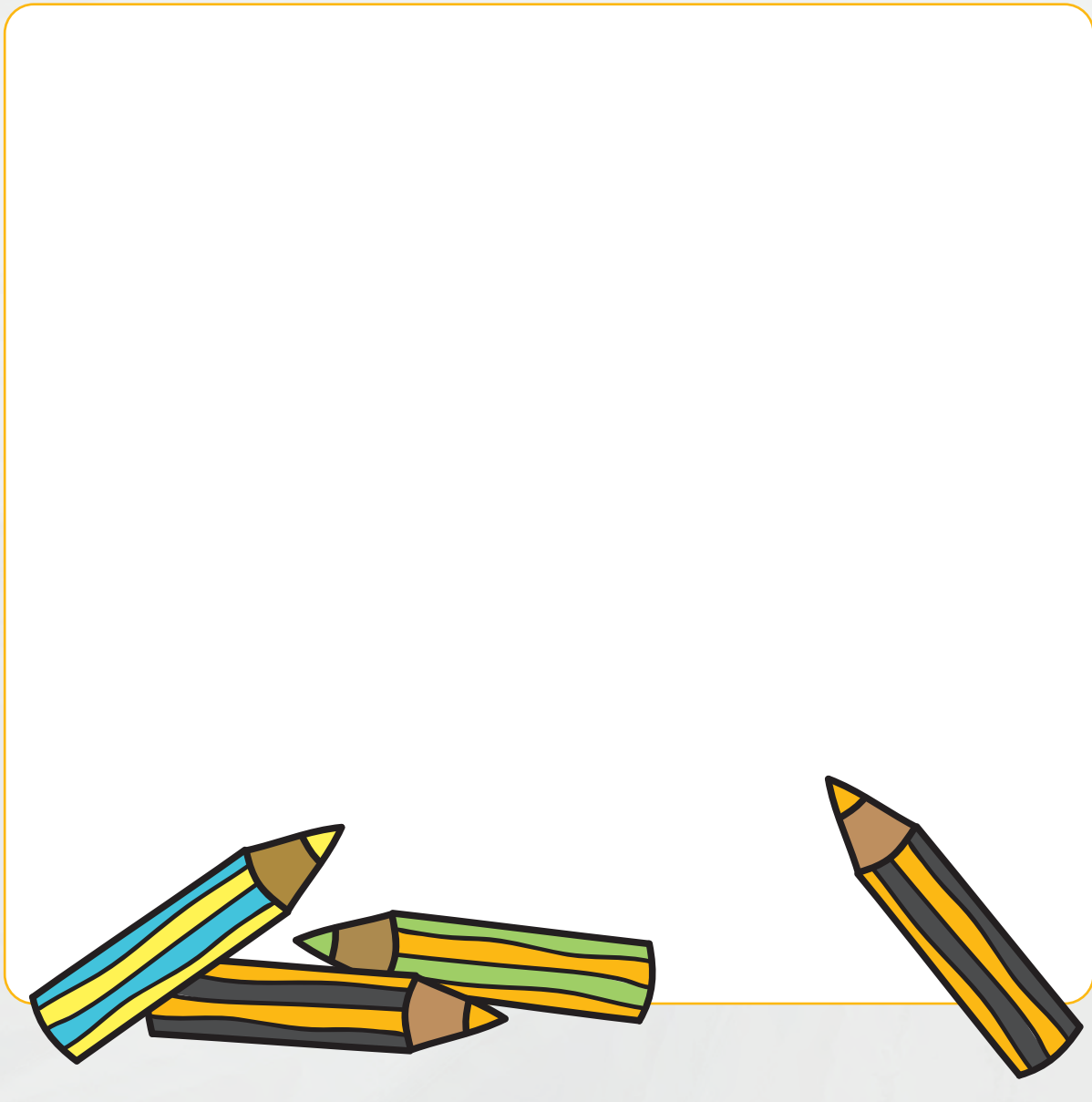
$7+3$

WOLVES PEN PALS

There are lots of people living in isolation at the moment that may not be able to see their family or friends. So why not share something from the list below with someone who lives close to you by posting it through their letterbox.

What you could do!

- Write a poem
- Tell them something you love about Wolves
- Tell them about your favourite things
- Draw them a picture (you can practise below!)
- Tell them about something that makes you smile



SPOT THE BALL

1.



2.



SPOT THE BALL



3.



4.



WHO AM I?



- I signed for Wolves in July 2017
- I have played for my national team, Portugal
- At the age of 18 I was the youngest player to captain a team in the Champions League



- My former clubs include Liverpool and Huddersfield
- I have played for England at U16 – U20 level
- I scored my first goal for Wolves, in the game we won the EFL Championship in 2017



- My previous clubs include Atletico Madrid and Benfica
- I am friends with Sin Cara
- I won a gold medal at the 2012 Olympics in London



- I signed for Wolves from Anderlecht on Deadline Day in 2018
- I can speak 5 languages
- I played in Midfield and Defence



- I have played for both Wolves and West Brom.
- I have made over 400 appearances for Wolves.
- I have represented my Country 13 times.

NAME YOUR ALL-TIME BEST WOLVES XI

Create your ultimate Wolves squad by filling in the names on the shirts on the pitch

.....



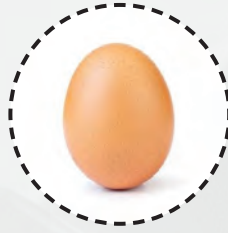
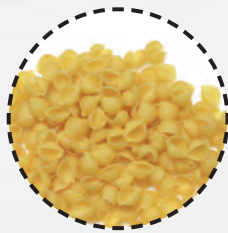
HEALTHY LIVING & DIET

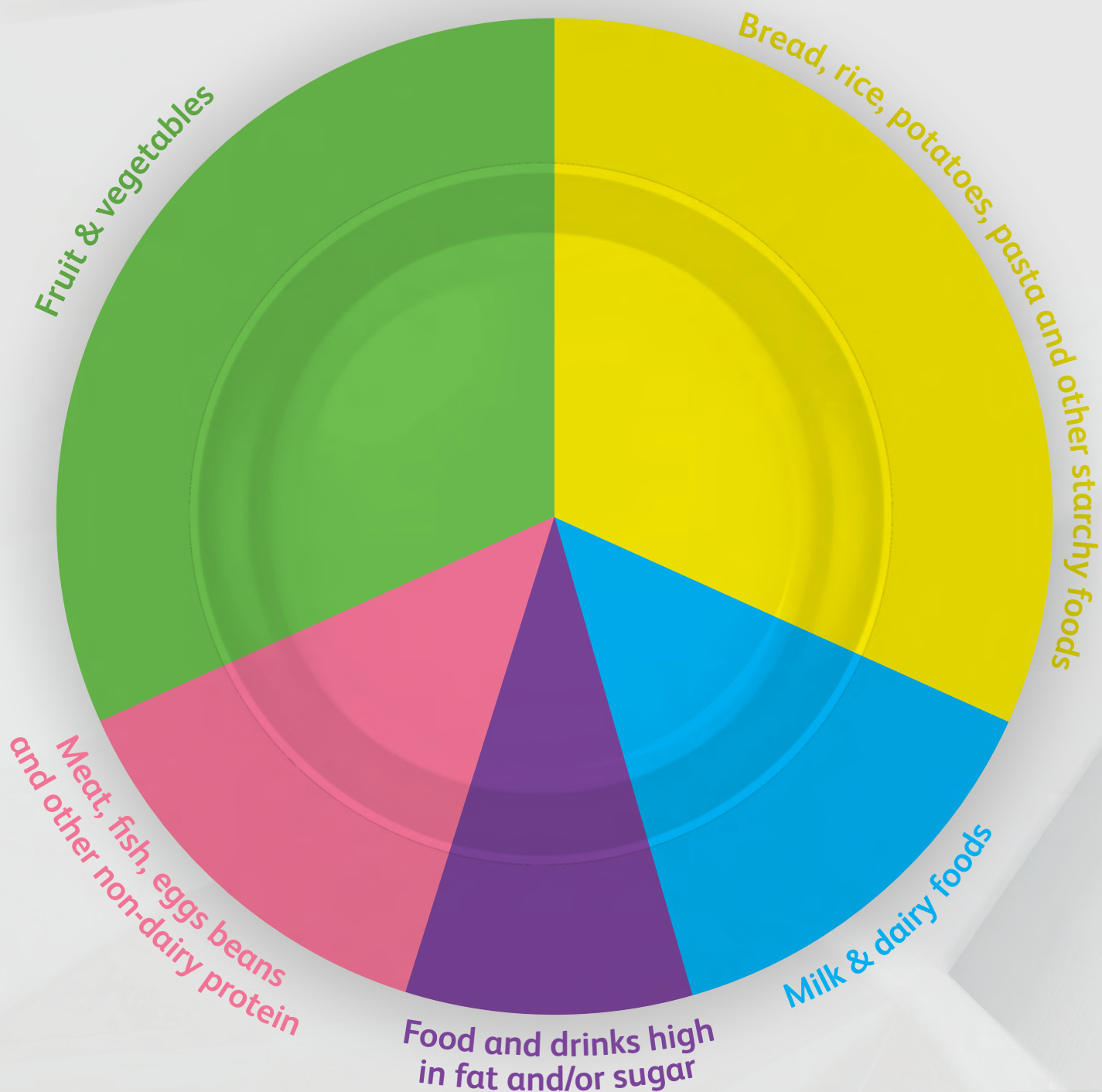
It's really important that we all eat a balanced diet to help us to stay healthy.

Eating and drinking things that are good for us help us to grow!

The plate on the next page shows a guide of how much of each thing we should eat and drink.

Can you cut and stick the foods into the correct part of the plate?





WHERE ARE THE WOLVES?



CAN YOU FIND THE 5 HIDDEN PLAYERS IN THE CROWD?

READING FOR THE MATCH!



Can you read the sentences and answer the questions below?



It was a sunny day, so Nuno put on his hat.



Raul put his boots on for the match.



Neto passed the ball with his left foot.



Wolves won the match. They scored three goals.



Adama ran down the wing.

Why did Nuno put on his hat?

What foot did Neto pass the ball with?

Where did Adama run?

How many goals did Wolves score?

CHALLENGE - can you write your answers to the questions?



Foundation

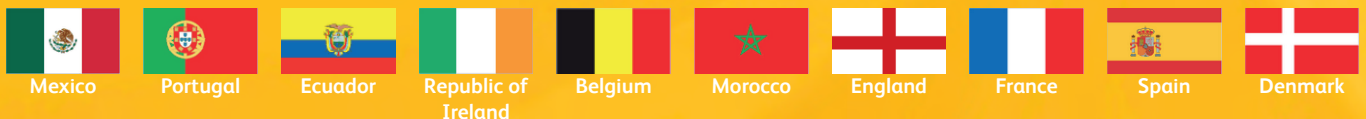
   @wwfcfoundation

WOLVES AROUND THE WORLD



Task 1 – Player Nationalities

Can you match the player, to the country they are from, then draw a line to where on the world map it is? You might need to use the internet to do some research!



Certificate of Appreciation

In partnership with



WEST MIDLANDS
LIEUTENANCY

awarded to

.....



CITY OF
WOLVERHAMPTON
COUNCIL



Foundation



Thank you for staying
home and helping to keep
the City safe.

#StayAlert

#InThisTogether

#YouthofWolvesCity

#ThankOurChildren

#YES

@WolvesPSP

WOLVES AROUND THE WORLD



Task 2 – Matches on our travels

Wolves have been to lots of different countries to play matches this season!

Can you find out the countries we have been to, then draw a line to where they are on the map? You might need to use the internet to do some research!

Match	Country
Premier League Asia Trophy	
UEFA Europa League 1st Qualifying Round	
UEFA Europa League 2nd Qualifying Round	
UEFA Europa League 3rd Qualifying Round	
UEFA Europa League Group Stage	
UEFA Europa League Group Stage	
UEFA Europa League Group Stage	
UEFA Europa League First Knockout Round	



@wwfcfoundation



Premier League
**Primary
Stars**

DIS
GRAPHICS



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THE ANSWERS...

Guess the player:



1. Adama Traore



2. Matt Doherty



3. Ruben Neves



4. Willy Boly



5. Diogo Jota

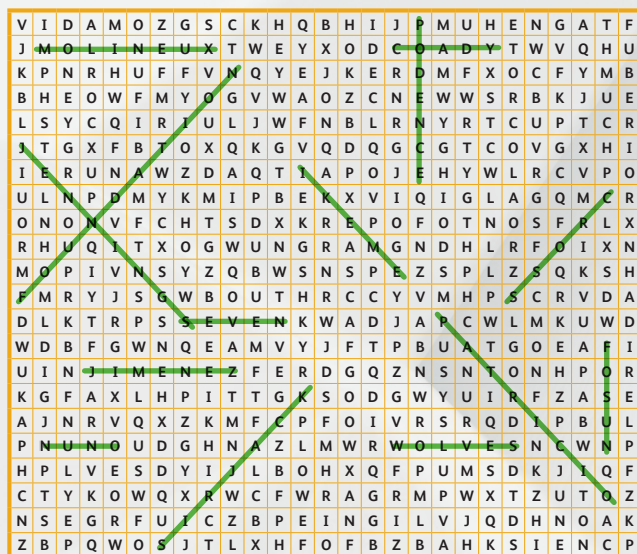
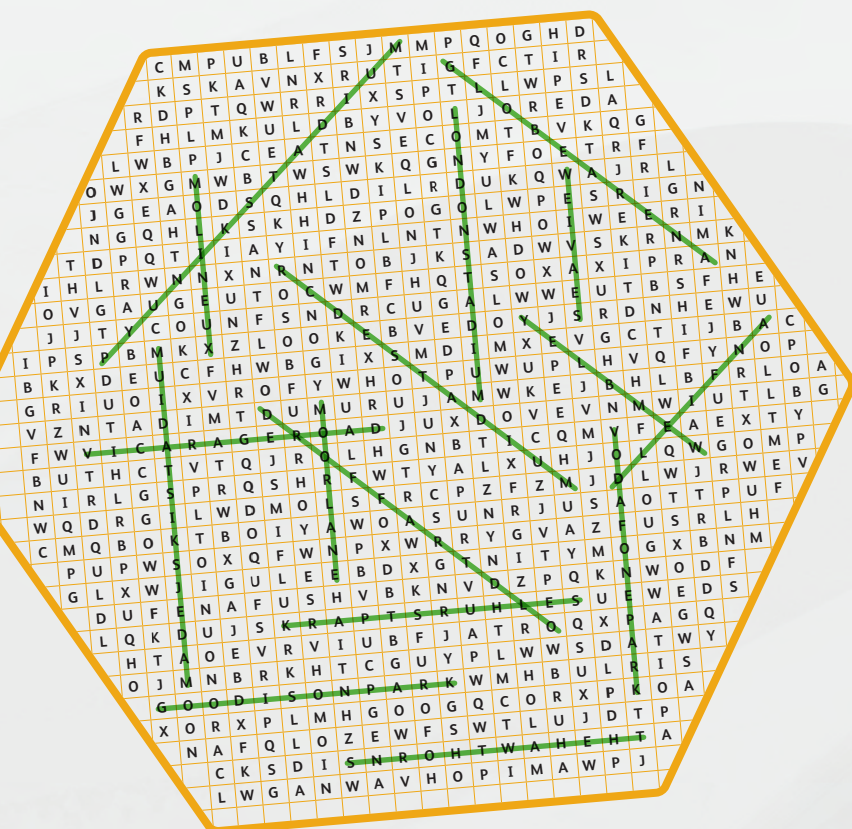


6. Max Kilman

Squad Number maths:

1. Traore 2. Moutinho 3. Jota 4. Vallejo 5. Boly 6. Ruddy 7. Patricio 8. Kilman 9. Vallejo

Wordsearches:



Who's Missing?:



1 – Willy Boly / Pedro Neto / Matt Doherty / Jonny

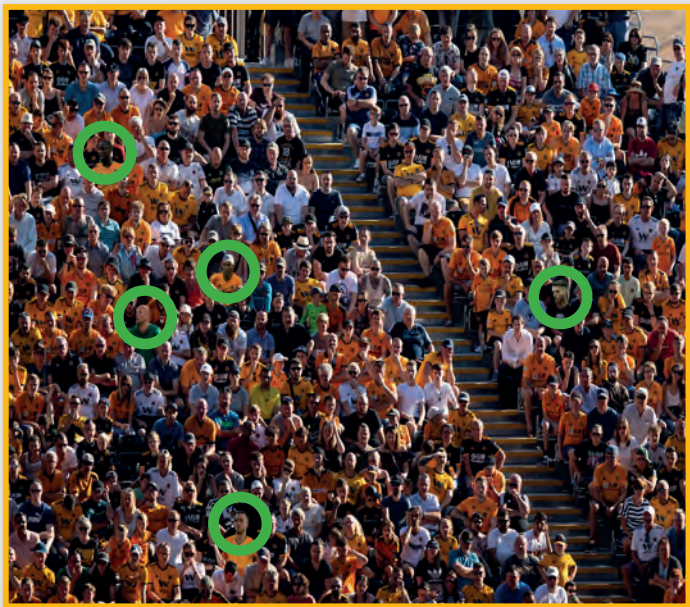


2 – Rui Patricio / Max Kilman / Ruben Vinagre / Joao Moutinho



3 – Conor Coady / Barry Douglas / Ruben Neves

Where are the Wolves?



Spot the ball:



1: A



2: C



3: C

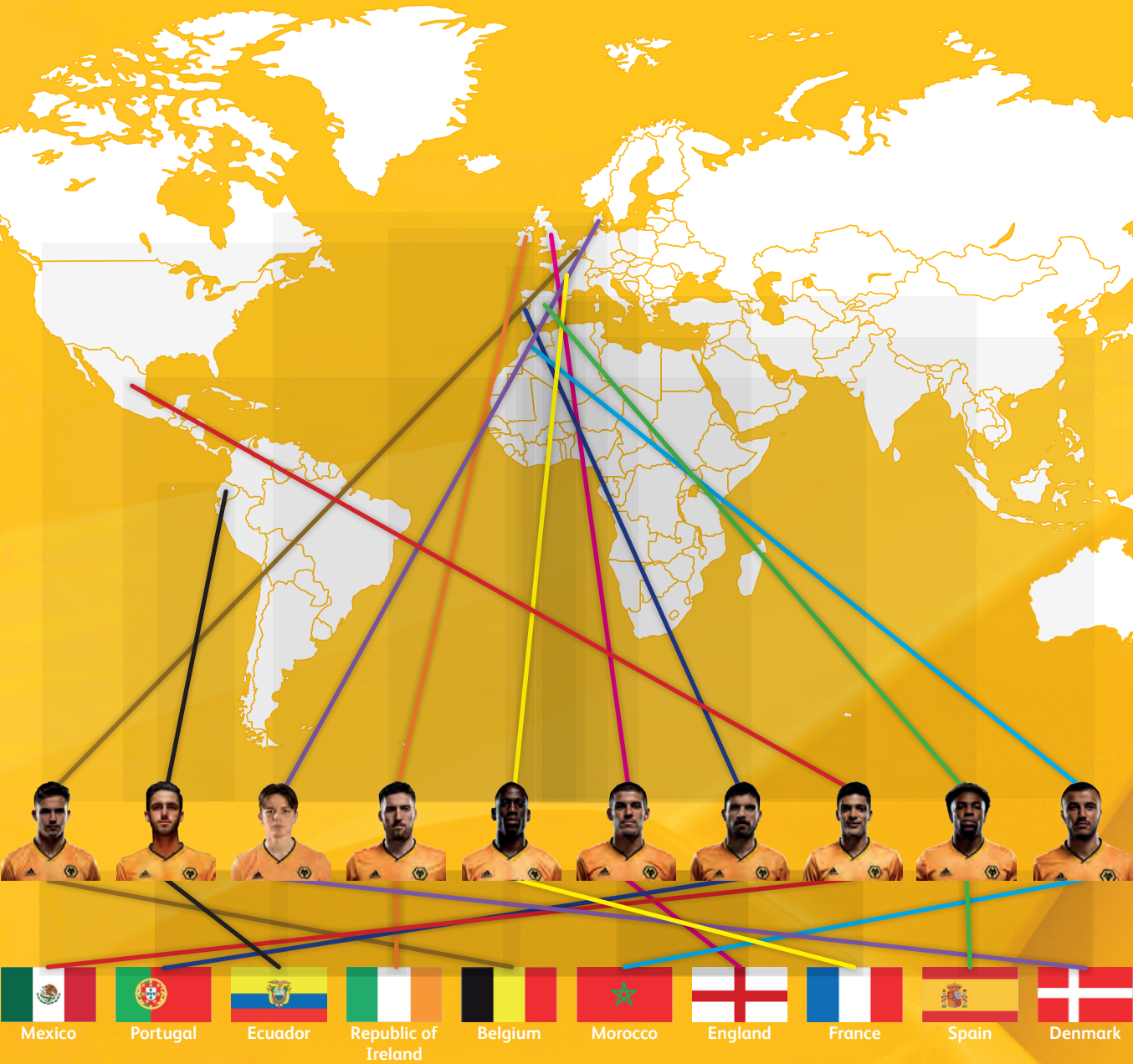


4: D

Who am I?:

- 1. Ruben Neves
- 2. Conor Coady
- 3. Leander Dendoncker
- 4. Raul Jimenez
- 5. Steve Bull

Wolves Around the World:
Task 1



Wolves Around the World: Task 2



Match	Country
Premier League Asia Trophy	CHINA
UEFA Europa League 1st Qualifying Round	NORTHERN IRELAND
UEFA Europa League 2nd Qualifying Round	ARMENIA
UEFA Europa League 3rd Qualifying Round	ITALY
UEFA Europa League Group Stage	TURKEY
UEFA Europa League Group Stage	SLOVAKIA
UEFA Europa League Group Stage	PORTUGAL
UEFA Europa League First Knockout Round	SPAIN

To access all of Wolves Foundation's COVID resources, please visit:
wolves.co.uk/foundation/wolves-covid-resources

Stay safe.

   @wwfcfoundation



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GRAPHICS

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