



Villarreal Nebraska Academy

Week 1: Dates Completed _____

NAME _____ Team _____

My Goal for the Week: _____

My Goal for the Season: _____

Google Villarreal Ladies: What Year did the Villarreal Ladies begin _____

How many Ladies teams do they have? _____

Name 1 fact about Sergio Asenjo Andres. _____

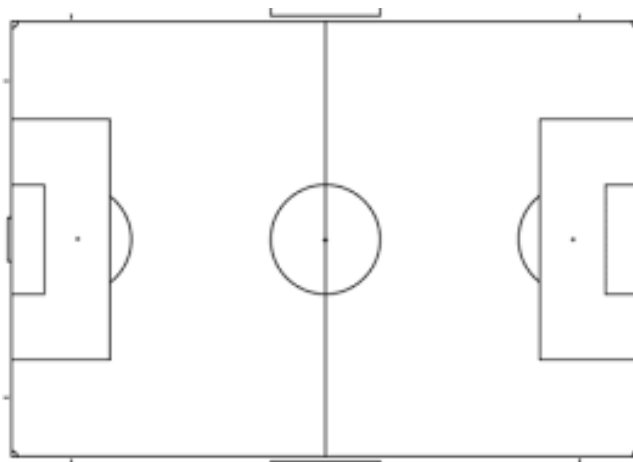
Name 1 fact about Carlos Arturo Bacca Ahumada. _____

Name the Club for each Logo:









Label the Field:

Offensive Half
4-3-3 Formation

Add the Plate and Bowl
Pathways.

Younger kids circle the GK
and Defensive Players

Circle Number Completed—Challenge Yourself and Double It (Circle 'D')

Chess Games		1	2	3	D	Step Over Right	25	50	75	100	D
25 Yard Sprints	5	10	15	20	D	Step Over Left	25	50	75	100	D
Juggles	100	200	300	400	D	Windshield Right	25	50	75	100	D
Watched La Liga Match	1	2	3			Windshield Left	25	50	75	100	D
Toe Taps	100	200	300	400	D	Sit-up/Speed Dribble	10	20	40		D
Mountain Climbers		50	100	150	D	Mountain Climbers	25	50	75	100	D
Scissors Right	25	50	75	100	D	Wall Passes Right	150	300	450	600	D
Scissors Left	25	50	75	100	D	Wall Passes Left	150	300	450	600	D

