|  |  |
| --- | --- |
| **Carly Telford - Goalkeeper** | **Karen Bardsley - Goalkeeper** |
|  |  |
| **Try to throw the ball to one of your wingers to begin an attack.** | **Try to start a counter attack at speed having caught the ball.** |

|  |  |
| --- | --- |
| **Mary Earps - Goalkeeper** | **Abbie McManus - Defender** |
|  |  |
| **Try to make 5 or more saves by catching the ball.** | **Try to pass the ball forwards as often as possible.** |

|  |  |
| --- | --- |
| **Alex Greenwood - Defender** | **Demi Stokes - Defender** |
|  |  |
| **Try to win the ball then play a forward pass into a wide position.** | **Try to combine with a player to create an overlap.** |

|  |  |
| --- | --- |
| **Leah Williamson - Defender** | **Lucy Bronze - Defender** |
|  |  |
| **Try to win 5 tackles or more during the match.** | **Try to break down corner kicks and crosses as quickly as possible.** |

|  |  |
| --- | --- |
| **Millie Bright - Defender** | **Rachel Daly - Defender** |
|  |  |
| **Try to receive the ball from your goalkeeper at least 3 times in the match.** | **Try to make forward passes to 3 different players during the match.** |

|  |  |
| --- | --- |
| **Steph Houghton - Defender** | **Georgia Stanway - Midfield** |
|  |  |
| **Try to make 5 accurate passes to a team mate during the match.** | **Try to use 3 different moves to beat players during the match.** |

|  |  |
| --- | --- |
| **Jade Moore - Midfield** | **Jill Scott - Midfield** |
|  |  |
| **Try to makes tackles and win the ball in the middle part of the pitch.** | **Try to make 5 accurate passes to at least 3 different team mates during the match.** |

|  |  |
| --- | --- |
| **Karen Carney - Midfield** | **Keira Walsh - Midfield** |
|  |  |
| **Try to receive the ball from a defender and start attacks as often as possible.** | **Try to beat opposition players by pushing the ball past them and running onto it.** |

|  |  |
| --- | --- |
| **Lucy Staniforth - Midfield** | **Beth Mead - Attack** |
|  |  |
| **Try to make 3 or more one touch passes during the match.** | **Try to receive the ball with one foot and shoot with the other foot.** |

|  |  |
| --- | --- |
| **Ellen White - Attack** | **Fran Kirby - Attack** |
|  |  |
| **Try to break into the penalty area at speed and shoot across the goalkeeper.** | **Try to be as exciting as you can with the ball to create a goalscoring opportunity.** |

|  |  |
| --- | --- |
| **Jodie Taylor - Attack** | **Nikita Parris - Attack** |
|  |  |
| **Try to have a shot from outside of the penalty area.** | **Try to beat an opponent by knocking the ball past them and winning the race.** |

|  |  |
| --- | --- |
| **Toni Duggan - Attack** |  |
|  |  |
| **Try to score a goal with a first time shot.** |  |

|  |  |
| --- | --- |
| **Horsforth St Margaret’s**  **Hurricanes – Under 11s** | **Horsforth St Margaret’s**  **Hurricanes – Under 11s** |
|  |  |