

Space Walk

Time 7 minutes

Setup

Field/space 15x15 or (20x20) with 3 areas growing in size

A and B No ball C add a ball

Kids are Space girls and boys. They are going on a soccer space walk and need to practice how to move in space.

Warm up/ Spatial Awareness

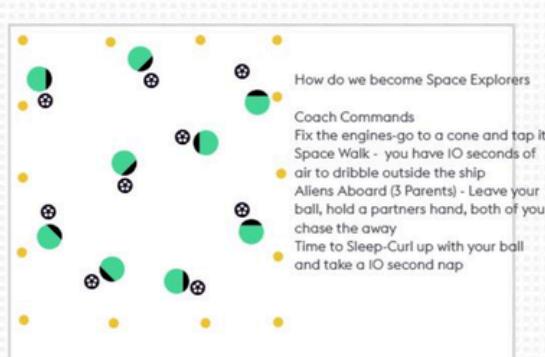
Coaching Points

A - Slow body movements, crawl, walk backward, sideways

B - Bigger space more room to move quicker. Add, skip, run, jog, side shuffles

C - Add the ball - Dribbling and ball movements in the full playing are

Water Break



Space Exploration

Time 7 minutes

Setup

Field/space 15x15

Cones laying out your grid are the ships engines

Storyline of Space Adventures is important

Dribbling/Change of Direction

Coaching Points

Keep the ball under control

When dribbling our running take a look over your shoulder before you turn

Teamwork when needed

Water Break



Fly your Ship

Dribbling at Speed

Time 10 minutes

Setup

Field/space 15x20

2 coaches or parent

All the kids on one end trying to fly their ship to the far reaches of space

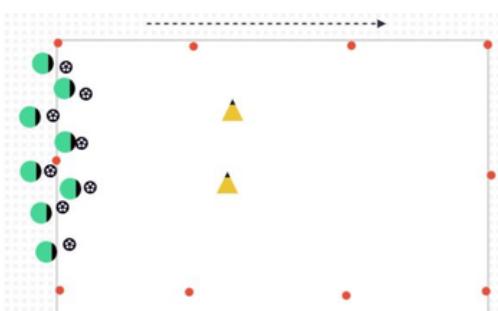
If the Coach (Alien) steals your ball you help as an Alien

Coaching Points

Fly your ship fast but under control

Don't leave our solar system or you come in and help as an Alien

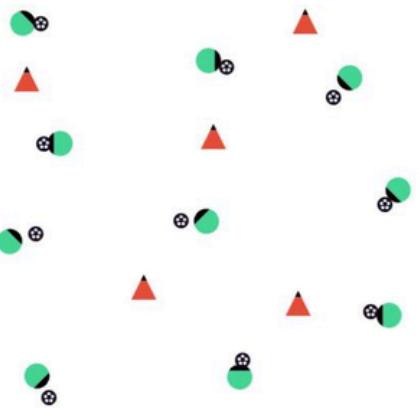
Play this game 3 times





Attack the Aliens Base

Passing on Target



Time 10 minutes

Setup

Field/space 15x15 or (20x20)

All players have a ball (laser beam)

Players use their laser beam to stop the Aliens

6+ parents are out as the Aliens

Coaching Points

Good passes when you have the Alien in range is our goal

Strike the ball as your moving

Don't over coach what surface to use. Most players will find success by themselves.

Use your laser beam to stop the alien ships!

2v2 attack

Time 10 minutes

Coaching Points

Quick attacks on goal

Whatever team gets the ball should move into the other teams half

25 second time limit and then next set of players go



2v2 Attacking Fast
Coach passes the ball out to one side and that 2 immediately attacks the defensive two

THE COACHING MANUAL

Game Time

Time 15 minutes or whatever is left

Setup

20x25 yd field with small goals

4v4

Game should start quickly

When rolling ball back in
ask "who's open?" and give the ball to a player in space

Coaching Points

No need to over-coach

Keep your commands simple and positive

Keep any coaching points to the lessons worked on today

Drag back turn

Stay under control

Find some open space