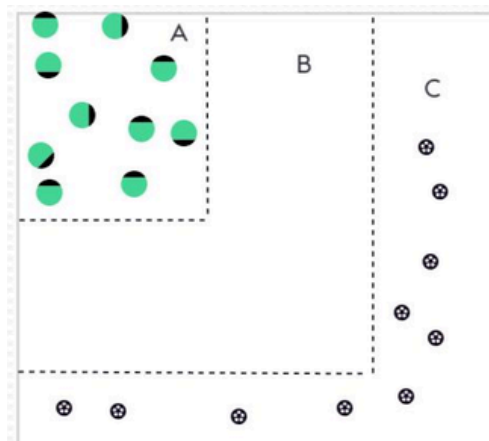




### Practice Plan: Dribbling/Passing Time 60 min.



#### 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 area

#### Water Break

#### Space Exploration

#### Dribbling/Change of Direction

**Time** 7 minutes

##### Setup

Field/space 15x15

Cones laying out your grid are the  
ships engines

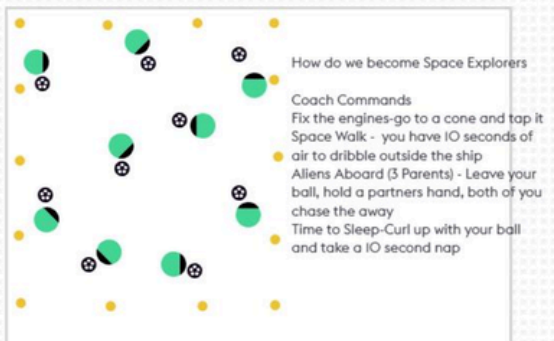
Storyline of Space Adventures is  
important

##### Coaching Points

Keep the ball under control

When dribbling or 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

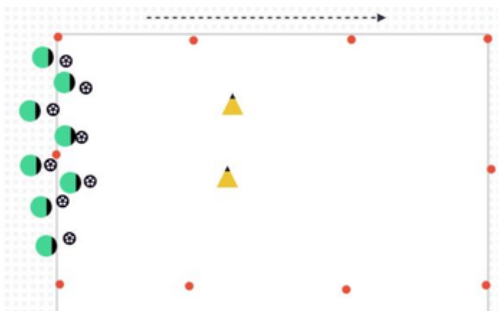
If the Coach (Alien) steals your ball  
you help as an Alien

##### 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



## Space Adventures

Time 60 min

## 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

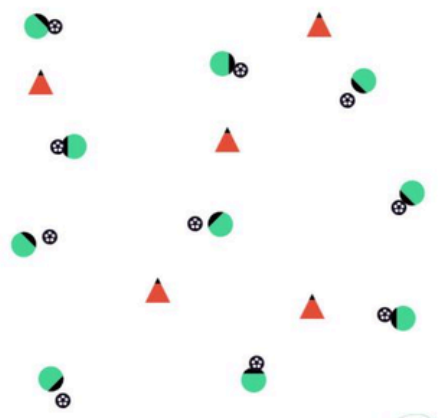
6+ parents are out as the Aliens

## 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!**

## Water Break

## 2v2 attack

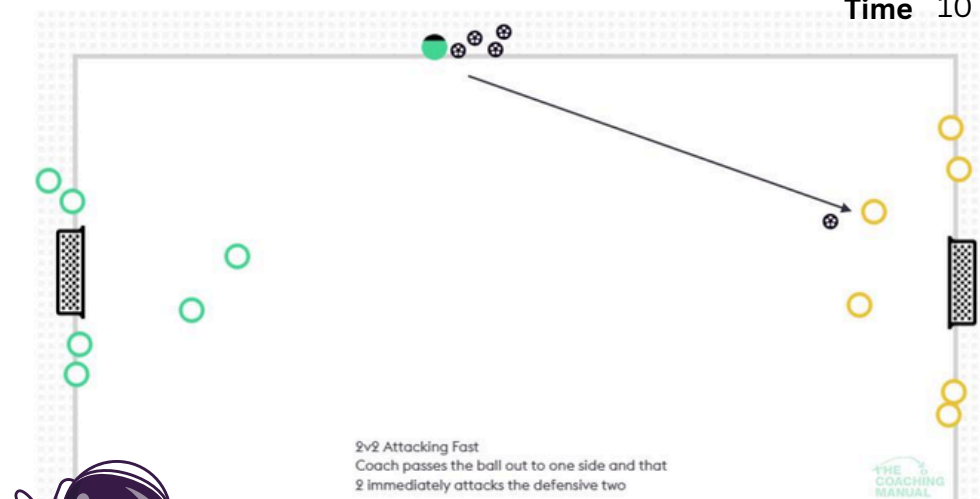
Time 10 minutes

## 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



## 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**