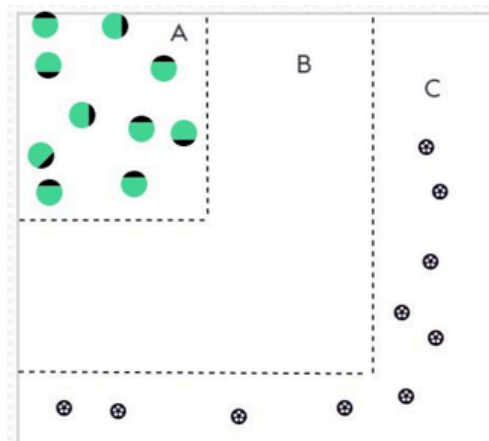


Practice Plan: Dribbling/Passing Time 45 min.



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

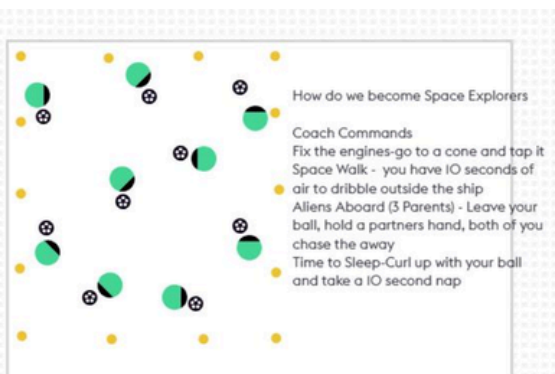
Storyline of Space Adventures is
important

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

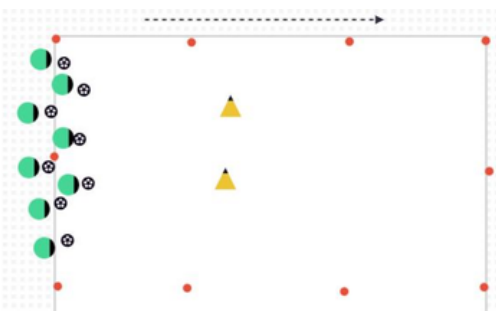
If the Coach (Alien) steals your ball
you help as an Alien

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 45 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

Numbers Up Game

Game Time

Time 10 minutes

Setup

Set up one goal both teams will score on with no goalie

Kids lined up on either side with a parent coach

There should be distinct line with the player in front going next

Coach will call out GO then roll the ball out

Coaching Points

Parent helpers move the team into position.

Players should go to goal quickly

Start with 1v1 and go to 2v2 when you feel players understand

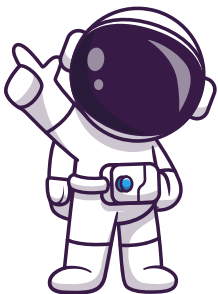
What's your ending message to players and parents? All sessions should end with an organized 1 minute finish where you do the following:

What did we learn? Make sure parents hear this!

Point out players success

Homework - kid/parent passing or a the turn we learned

Never end your session with any negative messaging



High-fives for Everyone!