



Outer Space Adventure

Active Start

45 minutes

TIME	ACTIVITY	ACTIVITY GOAL
10 - 12 Minutes	Astronaut Training School	Soccer Coordination with the Ball
10 - 12 Minutes	Galaxy Hopper	Soccer Skills in a Development Setting
10 - 12 Minutes	Spaceship Adventure	Skill Development in a Competitive Setting
10 - 12 Minutes	Game Station	



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Story - The players are attending Astronaut Training School and are learning how to become Astronauts so that they can fly through Outer Space. Each player will have a ball, that is their Spaceship and they must maneuver through the obstacles while keeping their spaceship close.

Blast off Countdown - Using Toe Taps, can countdown from 10 signaling our Spaceship to take flight.

Dodge the Astroids - Players will slalom around cones pretending they are moving through the outer space and must avoid the astroids from hitting their spaceship.

Sun Hops - At this station, players are going to perform toe taps (tapping the top of the ball with their toes) to cool their feet off because they are standing on the hot sun.

Move like a Martian - Can we move through this planet like an alien would. Allow players to get creative with their movements with or without their ball.

Moon Jumps - Can we hop on the markers pretending that we are jumping on the moon.

Land the Spaceship - move the ball from side to side as if you are landing the spaceship on the moon.

Zero Gravity Roll - Can we roll through the moon as if we have zero gravity.



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In this activity, the astronauts are learning how to fly their spaceship in Outer Space.

Every player has a ball inside a square that is 15 yards x 15 yards, with cones spread out randomly across the area. The cones are acting as Astroids and Planets that the plays must avoid as they dribble.

The players will dribble around the square while the coach gives commands for the players to perform.

Red Light = Stop, one foot on the ball

Reverse = Foot on ball, roll it backwards

Yellow Light = Go Slow

Fuel Up = Roll the ball back and forth

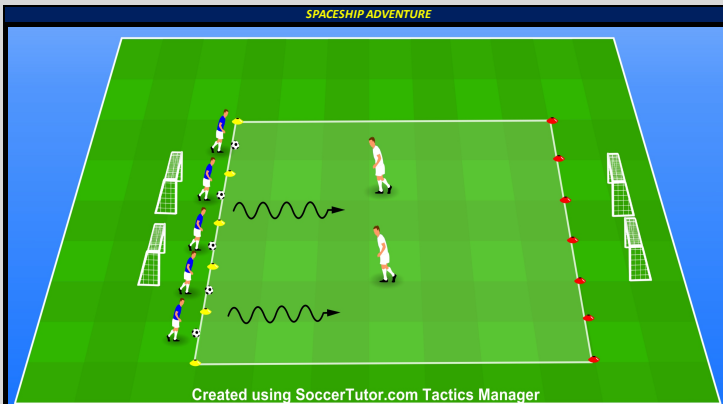
Green Light = Dribble

Around the World = Dribble around the cone in a circle

Super Green = Dribble as fast as you can

Go to the Garage = dribble around the pylons

Traffic Jam = One foot on the ball, shout "Beep Beep"



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NOTE - THIS ACTIVITY CAN BE DONE WITH OR WITHOUT NETS. This activity is played similar to British Bulldog but with levels. If using nets, the players would look to put their balls in the net to complete the round.

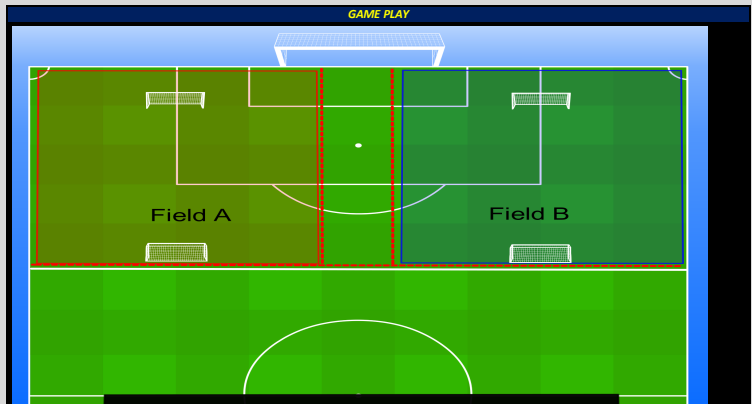
Level 1 = The players with their Spaceships go back and forth as they discover different planets. For example, the first couple times, we would go to Mars, then Saturn but then we would start to get silly with the planets and go to Planet Pizza, then Planet Meatball, then Planet Donuts. Using our imagination and including the players in on it, we would ask them what they see on this planet. Are the wheels on the tires made of Pizza? Are our Soccer balls giant meatballs?

Level 2 = The players and their spaceship go back and forth. The coach is an Alien who stands in the middle of the area and tries to catch the spaceships. If the players get caught, they owe 3 star jumps before they can join the other players on the end.

Level 3 = Same as Level 2, except if the Alien gets close to the Spaceship, the spaceship will go into hyperdrive and run as fast as they can away from the Alien before getting caught.

Level 4 = Like British Bulldog, if the Spaceship gets caught by the Alien, they become an Alien too and look to catch all of the other Aliens.

Every time the players make it to the end line, we congratulate them with high fives.



Players will be divided up into 4 teams and split between 2 game fields.

There will be no designated keeper. If a player is standing by the net encourage them to push up the field so that they are not standing directly in the net.

When the ball goes out, stop the ball on the line and have players dribble the ball back into play.

When a goal is scored, have the scoring team retreat back to their net to receive high fives from the coach. As the players are retreating back to their net, the team that got scored on can start the game up again, without waiting for the other team to get set up.

By having the team retreat back to their net, it will allow the team that got scored on to have the opportunity to dribble the ball out of their own end and advance up the field.