

Coach: Stephen Bird

Team: U5's

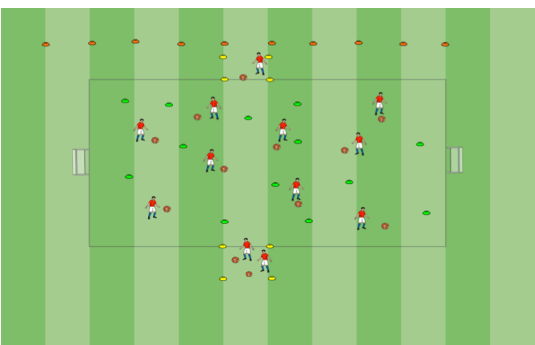
Topic: Aliens

Date: Spring



A Lifetime of Soccer

What: Changing speed and direction



Warm-Up

Work: 10-12 Mins

Players start the game in the space station and must fly their spaceship (ball) into space. Players are flying into space and must not hit the asteroids (cones). If the players hit one of the asteroids they must go back to the station and repair their ship (toe-taps/tic-tocs, etc).

Progressions- Coach can throw the asteroids and try and hit their ball.

- Players attempt to crash into as many asteroids as they can.
- Coach attempts to kick his ball into other players.

Organization: Area is 30x30, maybe bigger depending on the group size.



Skill Game

Work: 10-12 Mins

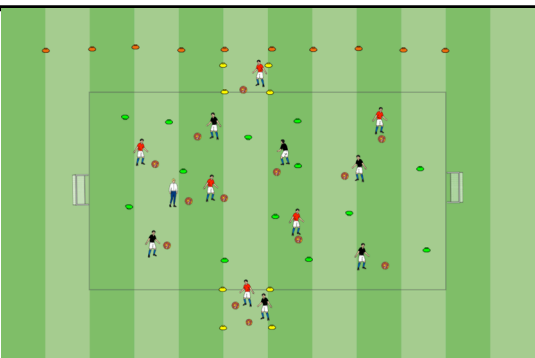
Aliens vs. Asteroids.

Split the group into two. Aliens dribble around and fix the spaceships (cones) and make sure they are fixed (cones upside down) and the asteroids attempt to break the spaceships (cones the right way up). Whichever team has the most, wins the game. Play a couple of races.

Progression – Coach attempts to slow teams down by kicking their ball into the players. Players will have to go back to their space station to do repairs.

Every time a player does 3 space ships, they must head back to the station to re-fuel.

Organization: Space Stations can be added in at the start of practice.



Scrimmage

Work: 10-12 Mins

Aliens vs. Asteroids Part II

Coach vs. kids. All the cones are placed the right way up. Players attempt to put their alien (ball) inside the spaceship. The coach attempts to put the aliens back into the space station. Make sure you have a bunch of balls spare in the space station (if applicable) so players can keep getting more aliens.

Progression – Split the group into the two if the game is working.

Organization: Finish off the practice with some goals.

Key Coaching Points:

- o Avoid the asteroids or aliens and move as quick as you can.
- o Plenty of touches on the ball.
- o Use different surfaces to evade the asteroids.
- o Have fun!