



Space Invaders.

Purpose- Introduction to passing and the timing of the pass

Organization

On Coaches command of "GO" players run around the grid trying to avoid being hit by a soccer ball that is aimed at you by the coach.

The ball must remain on the floor and hit the player under the knee

When the player is hit, they go and get a soccer ball and help the coach until all players are hit.

Coaching Points

Keep your head up so you can see the players you need to hit

Pass the ball in front of the player

Pass the ball with the inside of foot for accuracy