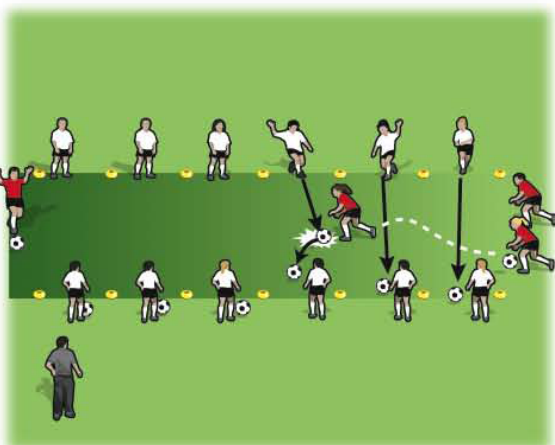
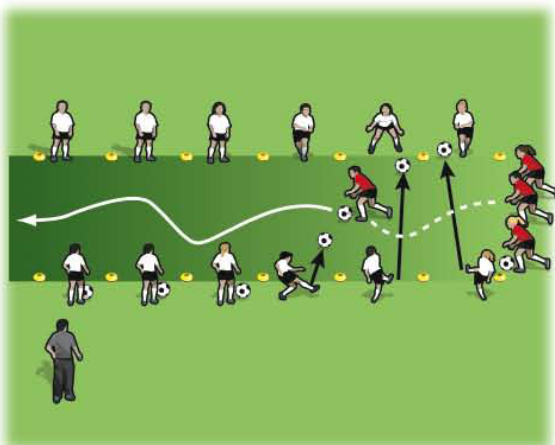
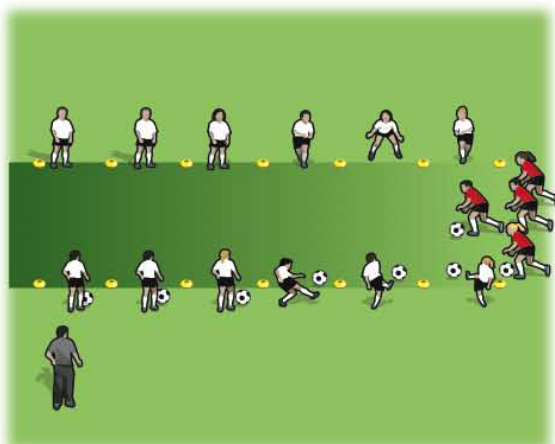


# SPACE INVADERS



\*Picture isn't exactly how it should look like\*

## Set Up

Make a grid approx. 30 x 10 yards

Make a lane just as shown in the picture. Have the players line up at one end. On command, the players leave the safety end zone and enter the danger channel. The players who make it to the other safety-zone end line continue, while the others help the coaches fire balls.

Make sure coaches and players kicking the balls always shoot on the ground.

## Progressions

Have the players dribbling perform one or two "super skills" before they end the safety zones.

Put a time limit on the players so they have to reach the other end in less than 30 seconds.

Players are safe until their ball gets struck by one of the outside shooters.

## Coaching Outcomes

- Players are forced to dribble with their heads up.
- Lots of touches and skills on the ball.
- Agility trying to dodge oncoming balls.
- Outside players work on aim.