



SOCCERTOTS ACTIVITY REFERENCE GUIDE

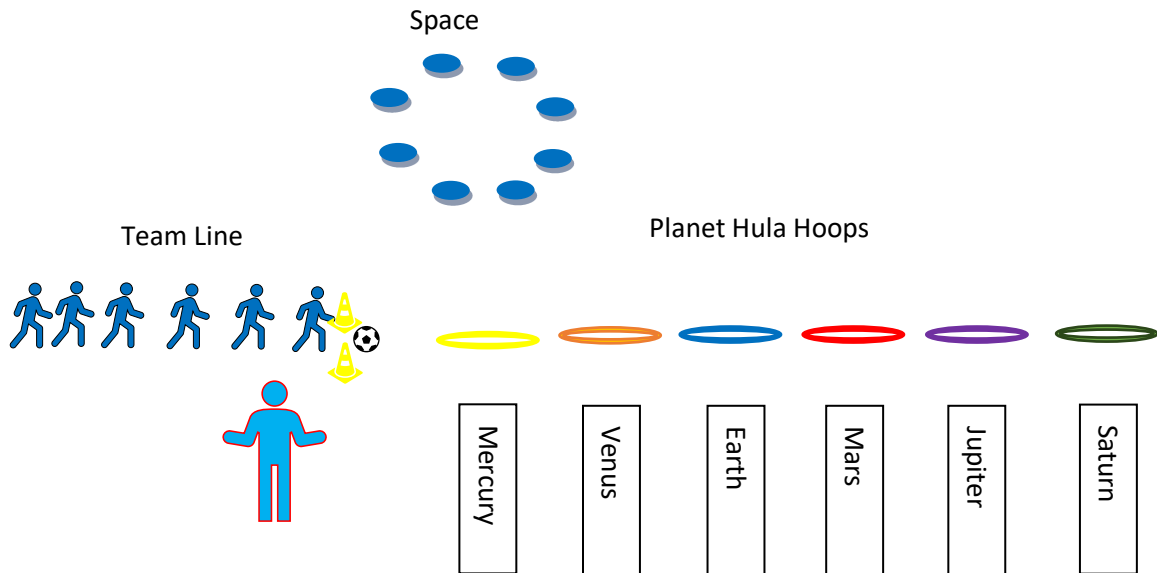


Lost in Space

Purpose: Passing

Equipment: Colored spots, Hula Hoops, Soccer Balls, Discs, Cones

Set Up: Use cones to set-up a team line gate. Have all the players line up in a single file line behind the cones. Place 6 Hula Hoops at an age-appropriate distance from the team line. Use a circle of discs/cones as your OUTER SPACE!



Execution:

- All players start in their Team Line.
- Coach calls up first player in line who tries to pass the ball onto the first planet.
- **IF THEY MAKE IT:** If the ball successfully lands inside the first hula hoop, they have successfully landed their spaceship on the planet. They get one point for the team and get in the back of the line.
- **IF THEY MISS IT:** They are LOST IN SPACE and must stand inside the blue SPACE circle.
- If a teammate successfully lands a ball on the planet, everyone who is lost in space is saved and is back in the game.
- The round ends when everyone on the team is LOST IN SPACE. The coach announces how many points the team scored, and everyone returns to the team line for round two.
- NEXT ROUND – move to the next planet and continue as time permits.
- If the games are taking too long, change the rule so that players have to make two successful passes in a row to rescue their teammates.

Advanced Variation:

- Teams: Split the players into 2-teams and have them compete to see which team can survive the longest.
- Space Exploration: Every time a player makes a successful catch on a planet, they successfully complete their mission to the planet and move back to the next planet. The objective is to successfully land on all 6 planets before all the players get lost in space.