

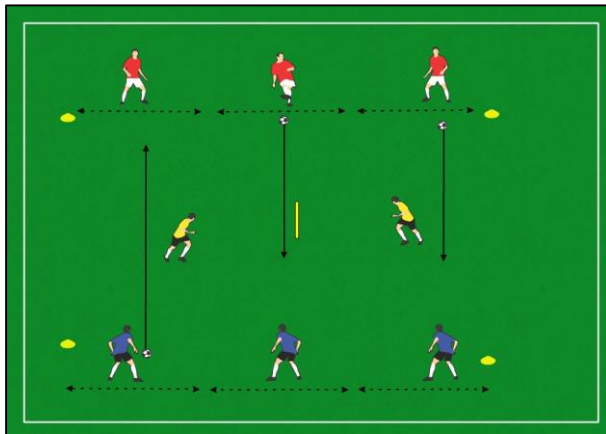


Core skill: Striking the ball

Difficulty level ★★☆☆

# SPACE INVADERS

## Beginning activity



Players form pairs with one ball between them, and stand opposite each other on either side of the grid (ASTRONAUTS)

One pair starts in the middle as defenders without a ball and are allocated one half of the area to defend (SPACE INVADERS)

The 'astronauts' count how many passes they can complete without it being intercepted by the 'space invaders.'

The 'space invaders' try to intercept the passes. Change roles every 30 - 60 seconds.

**Set Up:** In an area approx. 10m by 15m, mark out two end lines and place a marker in the middle of the grid. Have spare footballs close by.