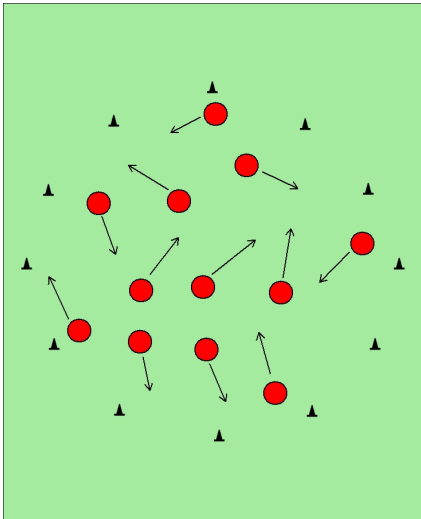




### Space adventure

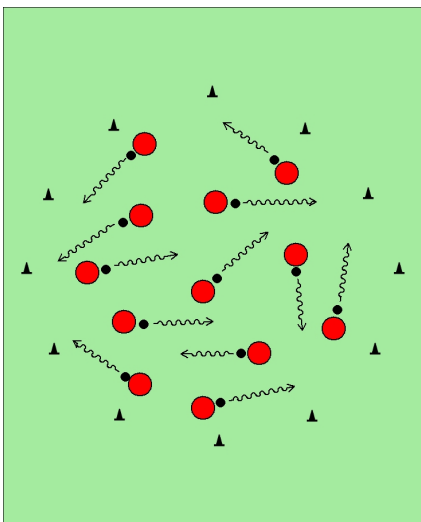


#### How it works

All players jog/run around inside the playing area trying to stay in space.

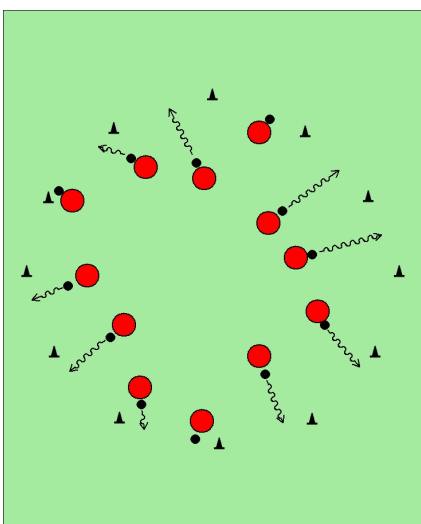
The coach calls out these phrases and the players copy the following actions:

- Warp Speed 2** - jog around inside the playing area
- Warp Speed 6** - run around inside the playing area
- Warp Speed 10** - run quickly around inside the playing area
- Space orbit** - run around the outside of the circle
- Space helmet** - run to a cone and put it on their head



Players now dribble a ball and copy the following actions:

- Warp Speed 2** - dribble around inside the playing area;
- Warp Speed 6** - dribble more quickly inside the playing area;
- Warp Speed 10** - dribble very quickly inside the playing area;
- Space orbit** - dribble around the outside of the circle;
- Space helmet** - dribble to a cone, stop the ball with their foot on top of it and put the cone on their head;
- Moon landing** - stop the ball and sit on it;
- Meteor shower** - stop the ball, pick it up and throw the ball up into the air. Players can try and catch their own ball before it bounces or after 1/2 bounces.



- Prepare for launch** - players dribble their ball and stop it at the edge of the circle;
- Countdown** - players count down from ten to zero whilst taking small steps away from their ball;
- Launch** - players run forward and kick their ball as far out from the circle as they can.

#### Possible changes

Players could pick their ball up and still take small steps back during the countdown. They then launch by moving forward and kicking the ball out of their hands.

Have a go at making up some of your own space themed instructions with different actions.