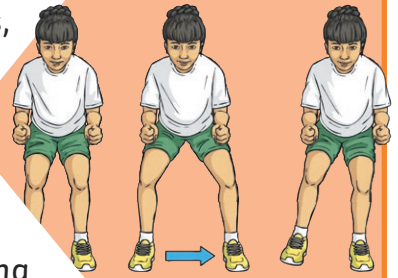


Invasion Games Activities

Moving in Multiple Directions

Being able to move in multiple directions around the court or pitch is an important part of invasion games. This includes going forwards, backwards, to either side and to all diagonals.

Set up a cross shape with some cones or markers. Start on the central cone and move between each of the other cones alternately, always going back to the central cone in between, e.g. left, centre, up, centre, right, centre, etc. You must stay facing forwards throughout.



Get into a low body position and try to keep your feet facing forwards at all times.

Dodging

Dodging is a skill used by attackers involving a quick change of direction to try and send the defender the wrong way.

With a friend or family member, take it in turns to try and hit each other below the knee with a beanbag and use your skills of dodging to avoid the beanbag. Decide on the rules, such as how large to make the area and how close you can stand to the dodger. You could even introduce a third person to pass the beanbag to so you can try and catch the dodger off guard.



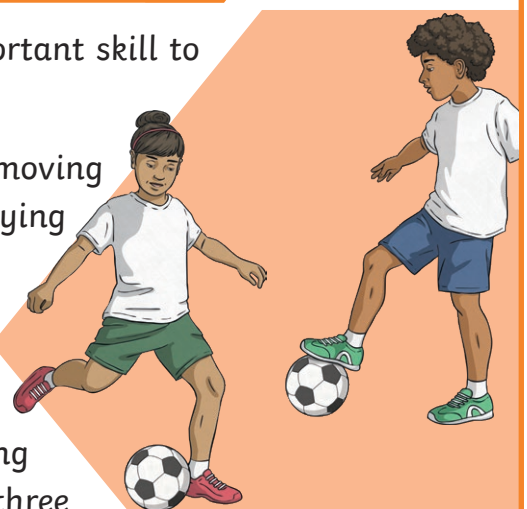
Passing and Receiving

Passing and receiving the ball in invasion games is an important skill to learn and practise for all players.

The purpose of passing is to keep possession of the ball by moving it between different players of the same team around the playing field, ideally towards the goal.

When passing and receiving a football, use the inside part of your foot.

How many football passes can you make in one minute using your dominant foot to pass and receive the ball? Stand three metres away. Repeat the activity using your non-dominant foot to pass and receive the ball. Did you manage more or fewer passes? Why do you think that is?



Passing and Moving into Space

Play Piggy in the Middle to practise passing and moving into space. You will need two other players. Two players throw the ball to one another, while the third player stands in the middle and tries to intercept the ball. If they do intercept it, the player who passed it moves to stand in the middle and the game starts again. This can also be played by kicking a football to each other. Try introducing a second piggy in the middle so that it becomes two against two.



Dribbling

Dribbling with the ball is one of the main skills needed for most invasion games.

Do you know how a player moves with the ball in any of these invasion games?

Basketball

Netball

Hockey

Rugby

Football

Lacrosse

Can you invent a new way of dribbling or moving with the ball?



Penalty Shootout

The goalkeeper is one of the major positions on the pitch and also the most specialised (specific). In football, a goalkeeper must be able to kick the ball accurately, shuffle between the goalposts efficiently and have lightning-quick reflexes.

Organise a penalty shootout with a friend or family member. Take it in turns to be the keeper and have five shots each.

Top Tip: Try to make yourself look as big as possible in the goal.

