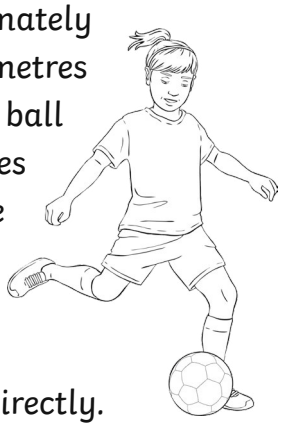
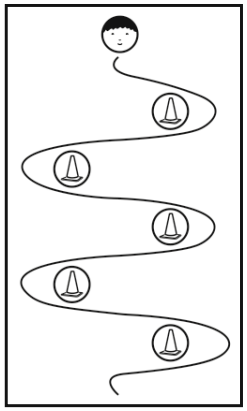
Invasion Games Activities

Football is an example of an invasion game. Practise your **kicking and shooting skills** by setting up a goal approximately 3 metres apart. Stand 5 metres away and try kicking the ball into the goal. Move the cones closer together each time you are successful until you are left with the cones on top of one another and must attempt to hit them directly.



Practise **quick movements and being light on your feet**, which is an important skill for both attackers and defenders in invasion games, by running through a series of cones or markers. Place the markers approximately 1 metre apart and zig-zagged (see diagram) and practice running through the markers as quickly as possible. You can also try side stepping from left to right through the markers and even running backwards.

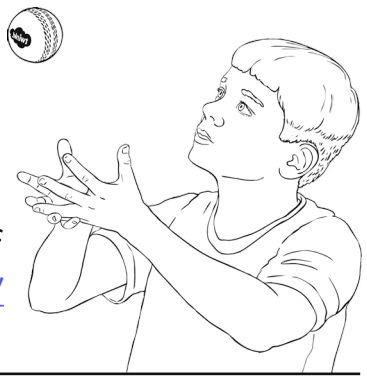


Play Piggy in the Middle to practise **passing and moving into space**. You will need two other players. Two players throw the ball to one another, while the third player stands in the middle and tries to **intercept** the ball. If they do intercept it, the player who passed it then moves to stand in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

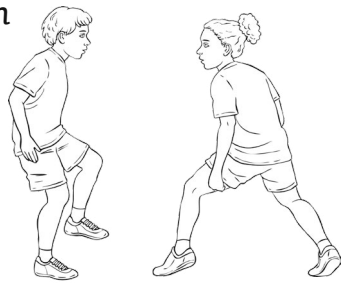




Throwing and catching are important skills for the invasion games of netball, basketball and rugby. Practise your throwing and catching skills by playing the game of sevens. Go to: goo.gl/wTRSXR



Marking is an important skill for defenders and involves trying to block or prevent an opposition player from receiving the ball from a member of their team. You will need three people for this game and a large open space. One of you is an attacker and one is a defender. The third person is the whistle blower. Attackers can go anywhere within the area and should try and get away from the defender. When the whistle (or something similar that makes a loud noise) is blown, the players should freeze. How far away is the defender from the attacker? The defender should aim to stay within 1m from the attacker. Swap roles.



Dodging is a skill used by attackers involving a quick change of direction to try and send the defender the wrong way. Play the Dodge Game as well as other fun netball based online games. Go to goo.gl/Yr6Bsz

