INVASION GAMES

Keep the ball

2 teams of 3 are distributed over the court. The team with the ball aims to make 5 passes between team-mates without the ball being intercepted.

What you need

- Indoor or outdoor playing area
- One ball for each 6 players
- 3 bibs/sashes or alternative to distinguish players
- Harder variation – hockey or softcrosse sticks

What to do

- 2 teams of 3 (see Form a group for team formation ideas)

The team with the ball

- Try to make 5 passes between team-mates – then change possession.
- Travelling with the ball is limited to 2 steps.

The team without the ball

- If the defenders prevent 5 passes being made, they score one point and become the attacking team.

Note – No contact between players. Ball cannot be taken out of the hands of a player.

LEARNING INTENTION

Keep the ball emphasises hand eye coordination and is a good introduction to volleyball skills.

Scoring

- 5 passes = 2 points
- 3 passes = 1 point
- Vary the number of passes
COACHING

> Ask the players how they can ensure all players are included.
> After letting play run, spot any children who may need assistance on the side with throwing and catching skills.

Game rules

> **Time in possession** – vary the time each player has in possession before passing it on, e.g. ‘hot potato’ (no holding) up to 5 seconds. (What variations in play may be necessary?)
> **Moving with the ball** – allow running or bouncing but a tag by a defender causes a change in possession. (When will you run and when will you try to pass?)
> **How many passes in a set time?** – possession stays with the same team for the set time limit (e.g. 45 seconds). The team without the ball counts how many times they can tag a player or intercept the ball.
> **Change the team size** – try different combinations, e.g. 3 v 4, 2 v 3 etc. (this can be a good way to promote inclusion).

Equipment

> **Use different balls** – vary size, shape and hardness.

> **Use equipment** to send the ball, e.g. hockey sticks or softsrosse sticks and an appropriate ball that is sufficiently soft.

Playing area

> Promote inclusion by designating ‘safe zones’ if required.
> Experiment with different sized playing areas.

Safety

> Ensure adequate space for number of players. If a kicking version is played, there should be sufficient space between designated playing areas.
> If a hockey stick is used, it should not be raised above waist height.
> For the kicking version, start with a soft/slow ball.

> No physical contact except for tagging, between knees and shoulders only.
> Players should have done space/player awareness activities before playing (see e.g. All in tag and Look out for others!).

ASK THE PLAYERS

**Attackers (team with ball)**

> ‘Where will you pass the ball?’
> ‘How can you get away from your defender?’

**Defenders (team without the ball)**

> ‘How can you make it hard for your opponent to make a pass?’
> ‘How can you make it hard for your opponent to receive a pass?’
> ‘How can you work together to stop a pass from getting through?’
> ‘Is it better to pressure the thrower or the receiver? Why?’
> ‘Is it better to play one-on-one or to have two defenders guarding one player with the ball?’