

# Invasion Games Activities

**Dribbling** with the ball is one of the main skills needed for most invasion games. Place markers approximately 1 metre apart and practise your football dribbling skills through the cones. Start at a walking pace and see if you can build up the speed you dribble through the cones. Remember to look up to see where you are going!



You can move the cones closer together to make it more challenging!



**Throwing and catching** are also very important skills needed in invasion games, such as netball and basketball. With a netball or ball of a similar size, practise your throwing and catching skills by throwing the ball against the wall. What happens if you throw it harder at the wall? Stand at different distances away from the wall and see how it affects how hard you must throw the ball. Can you bounce pass the ball against the wall, so that it bounces before and after it hits the wall?

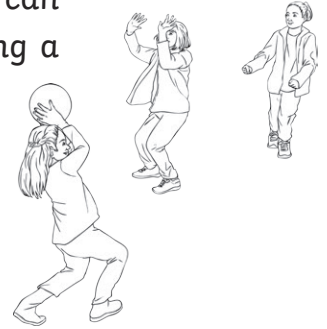


Have a game of **Newspaper Hockey** by using a newspaper as a stick to move, hit and control a soft ball.

- Make the sticks out of rolled-up newspaper (rolled diagonally will give you longer sticks), stuck together with tape.
- Use a soft ball and narrow goals.
- Pass, stop, hit and score – that's it!



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. Try introducing a 2nd piggy in the middle so that it becomes 2 v 2 (2 against 2).



Play a game of **Knee Tag** with a friend or family member. Face your partner and try to touch each other's knees, whilst trying to avoid having your own knees touched. Each knee touch is worth a point. How many points can you score in 1 minute? This game encourages you to stay light on your feet with your knees bent, which is a similar stance used by defenders when marking and attackers when dodging to get free from their marker.



What is a **Keepy-Uppy**? It is a bit like ball juggling without using your hands! The aim is to keep a football in the air for as long as possible by bouncing it off any part of the body except the hands and arm. How many keepy-uppies can you do? Play it with others and see how many you can do together.

