Invasion Games Activities

What Is an Invasion Game?

Invasion games are team games that involve passing and moving with a ball. The players must work together to attack and defend a zone and aim to score more goals or points than the other team. How many invasion games can you list?
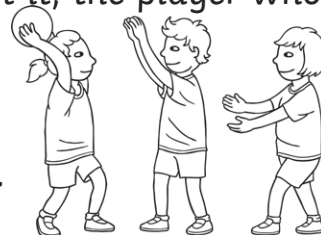
Catching and Throwing

Practise your throwing and catching skills with a friend or family member. Start by standing close together, using an underarm throw. As you get better, move a little further apart. How far apart can you stand and still get the ball to one another?
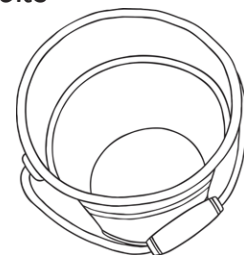
Play Piggy in the Middle

Practise passing and moving into space by playing this popular game. 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.

Scoring

With a rolled-up pair of socks (in a ball), practise your shooting skills! Find a bucket (or similar) and try to throw the balls of socks into it. Try standing at different distances away from the bucket.

Teamwork

Have a go at group juggling. You will need at least four people for this activity, but the more people you have, the better.

Stand in a circle. Facing inwards, throw a juggling ball or beanbag amongst the group in a specific order. After a couple of rounds of doing this, introduce more balls or beanbags.

Dodging and Changing Direction

When a team is attacking, players must try to get free from the defenders to receive a pass or to avoid being tackled. One way they can do this is by dodging (quickly changing direction).

Practise your dodging skills by tucking a tea-towel into the back of your trousers so that it hangs down like a tail. Other members of your family or friends can do the same. Move around a big enough space trying to collect other tails, whilst avoiding having yours stolen. Remember to:

- keep a low body position;

- change direction quickly;

- keep your head up.