



Ladder Knowledge

controlling the ball before sending it will help you to get it to the

right place or person.

Sending & receiving:

defenders are.

Dribbling:

keeping your moving into space head up will help away from defenders you to see where helps you to pass and

Space:

receive a ball.

possession of the ball vou are an attacker

and we can score.

Attacking:

when your team is in when your team is not in possession of the ball, you are a defender and need to try to get the ball. Standing

Defending:

between the ball and the attacker getting the ball.

## **About this Unit**

Invasion games are games where there are two teams and two goals. Teams try to score in the opposite team's goal. Examples include football, handball, rugby, netball, basketball, hockey.

In invasion games, the team that is in possession of the ball (the team that has the ball) are the attackers. The team that is not in possession of the ball ( the team that does not have the ball) are the defenders.



score

shoot

tactic

teammate

dribble

- throw
- catch
- kick
- receive
- run
- · change speed
- change direction

This unit will also help you to develop other important skills.

communication, kindness, support others, cooperation, respect, collaborate

empathy, perseverance, honesty, integrity,

creativity, select and apply, comprehension, problem solving, provide feedback

Know how to score points for each game and follow simple rules.

### Attacking tactics

- Move into space towards goal
- · Make quick decisions to pass
- Communicate with each other to let a teammate know you are free.

## **Defending tactics**

- Mark an opponent
- · Stand in between the attacker and the ball
- · Have someone take on the role of goalkeeper.

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

## Protect the gate

What you need: 2 players min, three objects and a ball or pair of rolled up socks.



### How to play:

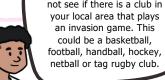
- · Place three objects in a triangle formation.
- · One player (the defender), begins next to the triangle.
- . The other player (the attacker) begins with the ball 4m away from the triangle.
- · The attacker can move anywhere as long as they remain 4m away from the triangle. The attacker scores points by rolling the ball through the triangle.
- · Six attempts then change roles.

What was your score /6?



www.getset4education.co.uk

If you enjoy this unit why not see if there is a club in your local area that plays an invasion game. This could be a basketball, football, handball, hockey,



# This unit will help you to:

Make sure any

equipment not used is

stored out of the way.

- · change direction quickly
- balance
- · move different parts of your body at the same time
- · be faster
- move for longer

Head to our youtube channel to watch the skills videos for this unit.



@getset4education136

**Key Vocabulary** 

opponent

possession

receive

send

attack

defend

defender

goalkeeper

mark