

# Invasion Games Activities

## Dribbling

Dribbling with the ball is one of the main skills needed for most invasion games. Design a course to dribble a football through, making sure it involves lots of turns and changes in direction. Time yourself dribbling through the course and then try to beat that time. Are you quicker at dribbling with your left or right foot? Remember to keep your head up to see where you are going and try to keep the ball as close to your feet as possible by making lots of little touches to it.

## Football Skills and Tricks

Do you want to learn some cool football tricks? Have you ever heard of the 'Rabona', 'Cruyff Turn' or 'Around the World'? There are many football tricks and skills you can learn to improve your ball handling skills as well as impress your friends. One of the best ways to learn is by watching a video or tutorial online that gives you step-by-step instructions. You can start by going to the [BBC Football Skills link](#) to find out how to do some fancy turns with the ball.



## Shooting Practise

Use a bin or box to practise your shooting skills. Try throwing or kicking a ball into the bin from different distances and angles. Get one point for hitting the bin with the ball and two points for getting it in.

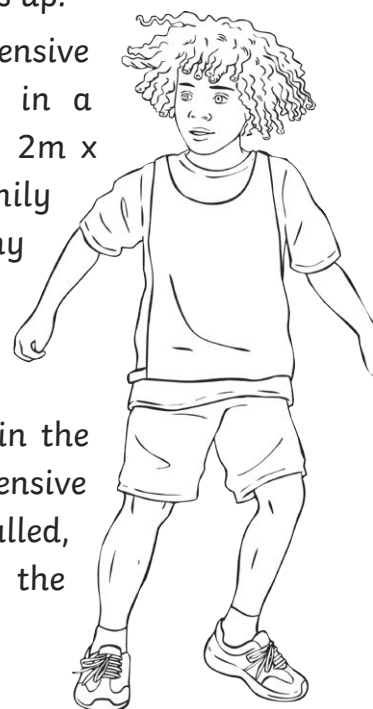


## Defensive Stance and Shuffle

The defensive stance is a defending technique used in invasion games such as netball and football when marking an opponent. Here's what it involves:

- Knees bent and feet shoulder width apart.
- On the balls of your feet.
- Upper body upright.
- Arms by side and relaxed.
- Head up and eyes up.

Practise the defensive stance and shuffle in a space of approximately 2m x 2m. Get a friend or family member to call any of the five following commands - front, back, left, right or up (an explosive jump in the air). Take quick defensive steps in the direction called, then shuffle back to the centre again.



## Penny Football

Have a game of penny football! This is a coin game played upon a table top with the aim being to score more goals with your pennies than your opponent.

- Holding three coins in your hands, shake them like dice and let go of them.
- The object of the game is to move a coin (the ball) up the table by flicking one of the coins through the other two coins.
- If the coin falls off the table or fails to pass through the other two coins, it becomes the opposing player's ball and is placed at the end of the table.
- You continue to flick any of the three coins through the other two until you are close enough to the goal to shoot.
- At this point, the opposition player holds out their little finger and index finger and places them flat on the table to make a goal, so that the middle two knuckles of the hand are flat with the table edge.
- You then shoot, while still moving a coin between the other two coins. The coin must go between the opponent's index and little finger for it to count as a goal.



## Invent Your Own Game

Invent a new invasion game that includes the following elements:

- attacking/invading;
- defending/protecting;
- a scoring system.

Give your game a name and write out the rules of the game, including the equipment needed to play it.

