

Invasion Games Learning Guide

Learning Targets

Skills – I can consistently and safely send and receive an object while being sport specific.

Strategies and Rules – I can safely apply knowledge of rules and strategies of games/activities.

Participation – I can participate consistently and safely on a regular basis.

Fitness – I can safely apply speed, agility, flexibility, cardiovascular fitness, and strength to an activity.

General Information

Invasion games are team games in which the purpose is to invade the opponents' territory while trying to score points and keeping the opposing team's points to a minimum. This encompasses a wide range of sports one must participate in on a regular basis, such as:

- Football
- Rugby/speedball
- Basketball
- Lacrosse
- Hockey
- Soccer
- Ultimate Frisbee
- Handball
- Field Hockey

Transferable Skills

The following is a list of some transferable skills that are common among most, if not all, Invasion/Territory games.

- Sending an object
- Receiving an object
- Dodging
- Change of direction
- Traveling in multiple directions
- Speed & Agility
- Spatial awareness
- Change of speed
- Anticipation
- Footwork

Strategies/Tactics Common to All Invasion Games

Offense

- Maintain Possession
- Avoid defensive players
- Create space for team mates
- Create space for yourself
- Attack goal
- Teamwork/cooperation

Defense

- Defend goal
- Defend space
- Gain Possession
- Defensive positioning
- Playing area coverage
- Predicting opponent's move
- Teamwork/cooperation