

Mastering the Field: A Guide to Invasion Games

Think fast, move faster, and play as a team!

- How can maintaining possession of the ball help your team control the pace of the game?
- Why is it essential to use 'spatial awareness' to find open space when your team is attacking?
- In what ways does constant communication between teammates prevent the opposition from scoring?
- What is the tactical difference between shadowing an opponent and attempting an interception?
- How does transitioning quickly from a defensive position to an attacking position surprise the other team?

Did you know? Did you know that the oldest invasion games were played thousands of years ago? Civilisations across the globe developed ball games to improve agility and strategic thinking. Today, whether you are playing netball, tag rugby, or football, the goal remains the same: navigate the field, outsmart the opposition, and protect your territory!

Key vocabulary: Possession · Spatial awareness · Attacking · Defending · Interception · Tactical · Communication