

Mastering the Field: A Guide to Invasion Games

Think fast, move together, and outwit your opponents!

- **Attacking** involves moving into open space to receive a pass and create scoring opportunities.
- **Defending** means closing down the space and shadowing the opponent to stop them from advancing.
- **Effective communication**, such as calling for the ball or warning teammates of danger, helps the team work as one.
- **Spatial awareness** is the skill of knowing where you, your teammates, and your opponents are located on the pitch at all times.
- **Pivoting** allows a player to keep their balance and change direction quickly to avoid a defender while holding the ball.
- **Fair play and sportsmanship** are the most important rules, ensuring that everyone stays safe and enjoys the game.

Did you know? Did you know? In almost all invasion games, the team with the ball is in 'possession'. The secret to winning isn't just speed; it is using your eyes to scan the field to find the gaps in the other team's defense before you make your move!

Key vocabulary: Spatial awareness · Pivoting · Intercepting · Attacking · Defending · Communication · Possession