

Mastering the Field: A Guide to Invasion Games

Think like Max the Monkey: Strategy is the key to victory!

- **Attacking players must maintain spatial awareness to create passing lanes and avoid being marked by the opposition.**
- **Defensive transition occurs the moment your team loses possession, requiring an immediate shift from attacking positions to protecting your target area.**
- **Effective team communication helps players signal their intent, coordinate defensive shapes, and support teammates under pressure.**
- **Pivoting allows a player to protect the ball from an opponent while maintaining balance and scanning for a teammate to pass to.**
- **Using the full width and length of the playing area stretches the opposition's defence, making it harder for them to intercept passes.**

Did you know? Did you know? The most successful teams in invasion games spend more time communicating and moving into open space than they do actually handling the ball or equipment. By creating 'width' on the pitch, you force the opposition to spread out, which creates gaps for your team to exploit!

Key vocabulary: Spatial awareness · Pivoting · Interception · Possession · Tactical formation · Defensive transition · Agility