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# Invasion games

## Passing caterpillar

### How to play

- Spilt your group into teams of six. Each team stand in a line facing the person in front of them.
- Each team must pass a ball along their line from front to back without it touching the ground.
- If a team drops the ball and it touches the ground, they must start again.
- When the last participant receives the ball, they move to the front of the line and start passing the ball again.
- Each participant must use a different type of movement when they move from the back to the front of the line. E.g. walk, side steps, hops, jumps.
- The game continues until each team crosses the finish line. The first team to do so wins the game.
- Teams can count how many successful passes they complete.



### Equipment

-  Large playing area
-  Cones or markers for start and finish lines
-  Balls or objects for teams to use



# 1. Invasion games: Passing caterpillar

## Using STEP

	Easier	Harder
<b>Space</b>	<ul style="list-style-type: none"> <li>Reduce the distance between participants.</li> </ul>	<ul style="list-style-type: none"> <li>Increase the distance between participants.</li> </ul>
<b>Task</b>	<ul style="list-style-type: none"> <li>Participants can turn around to pass the ball to the next player.</li> </ul>	<ul style="list-style-type: none"> <li>Participants must pass the ball overhead, through their legs, or using their non-dominant hand only.</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>Use a large ball. E.g. a beach ball, or balloon.</li> </ul>	<ul style="list-style-type: none"> <li>Use a tennis ball.</li> </ul>
<b>People</b>	<ul style="list-style-type: none"> <li>Reduce the number of participants in each team.</li> </ul>	<ul style="list-style-type: none"> <li>Increase the number of participants in each team.</li> </ul>



## Impairment specific considerations

### Blind and visually impaired participants

- Use an audible ball.
- Use high visibility bibs for teams with visually impaired players.
- Encourage the team to use sounds and communication to direct participants to the front of the line.

### Participants with a learning disability

- Give a practical demonstration.
- Encourage participants to communicate with each other to indicate when to move to the front of the line.

### Deaf and hearing-impaired participants

- Demonstrate instructions visually.
- Use skill or picture cards to communicate instructions.
- Use visual signals or cues to start and finish the activity.

### Participants with a physical impairment

- Use lighter objects or balls that are suitable for an individual's ability.
- Participants can stand sideways in the line so they can pass and receive the ball more easily.



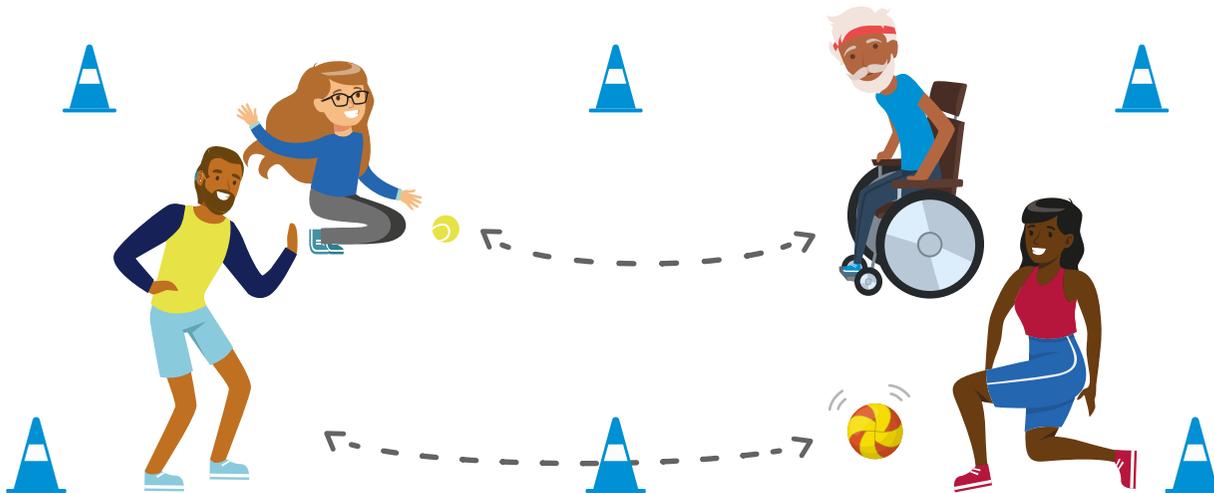
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# Invasion games

## Roll 'a' tennis

### How to play

- Mark out a playing area and divide the area into two equal halves using cones.
- Group participants into pairs (2s).
- Position one participant from each pair in each half of the playing area.
- Participants take turns to roll the ball into the other side trying to achieve the highest number of consecutive successful passes.



### Equipment



Playing area



Cones or markers or a pop-up tennis net



Range of balls. E.g. tennis ball, netball, football, audible ball

### Challenge yourself - Support your peers by:

1. Thinking about what your team did well and what areas you could improve on.
2. Suggesting different ways to propel the ball.
3. Creating a new game using the skills from this one.



## 2. Invasion games: Roll 'a' tennis

### Using STEP

	Easier	Harder
<b>Space</b>	<ul style="list-style-type: none"> <li>Reduce the size of the playing area.</li> </ul>	<ul style="list-style-type: none"> <li>Increase the size of the playing area.</li> </ul>
<b>Task</b>	<ul style="list-style-type: none"> <li>Participants can play sitting down.</li> </ul>	<ul style="list-style-type: none"> <li>Participants can throw the ball over to the opposition.</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>Use a larger or softer ball. E.g. beach ball or balloon.</li> </ul>	<ul style="list-style-type: none"> <li>Use a smaller ball. E.g. tennis ball.</li> </ul>
<b>People</b>	<ul style="list-style-type: none"> <li>Reduce the number of participants on each team.</li> </ul>	<ul style="list-style-type: none"> <li>Participants can only use their non-dominant hand to propel the ball.</li> </ul>



### Impairment specific considerations

#### Blind and visually impaired participants

- Use a high visibility ball and / or audible ball.
- Each team to wear high visibility or brightly coloured bibs.

#### Participants with a learning disability

- Break down the game into step-by-step instructions.
- Encourage participants to focus on accuracy rather than scoring points.

#### Deaf and hearing-impaired participants

- Give a visual demonstration before starting the game.
- Use skill or picture cards to support verbal communication of instructions.

#### Participants with a physical impairment

- Reduce the throwing distance between the two teams.
- Enable participants to propel the ball across a raised surface. E.g. table.



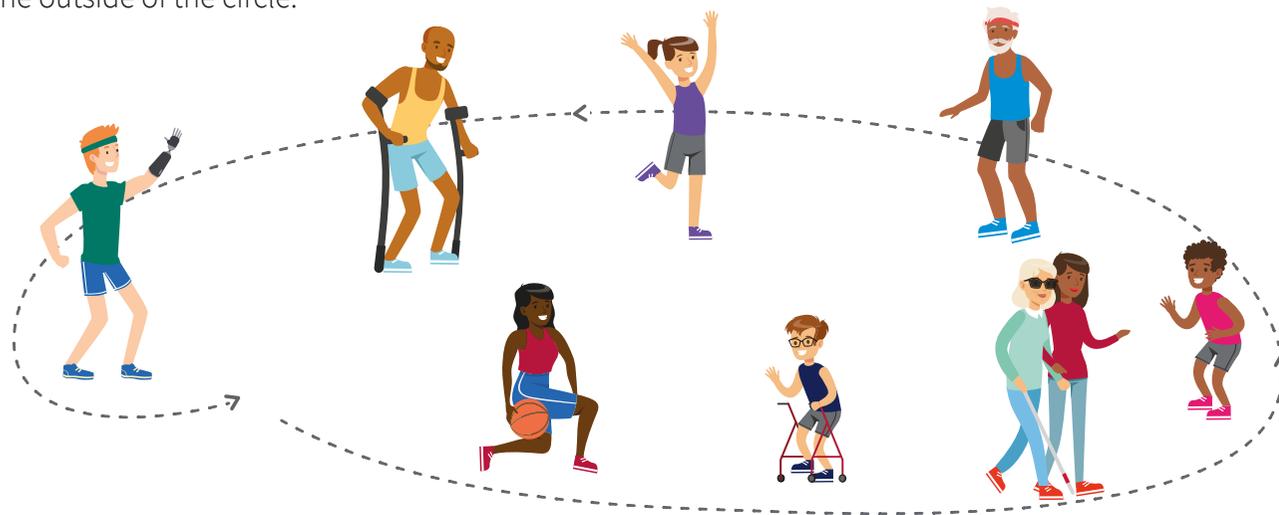
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# Invasion games

How fast can you pass?

## How to play

- Organise your group into a large circle with around 1 metre between each player.
- Give a ball to one participant in the circle. This player will become the runner.
- The runner passes the ball to their right or left before beginning to run around the outside of the circle.
- The other participants then try and pass the ball around everyone in the circle before the runner gets back to their original position.
- Once they arrive back to their position, the next participant in the circle passes the ball and sets off.



## Equipment



A large playing area



One large ball

## Challenge yourself - Have a go at:

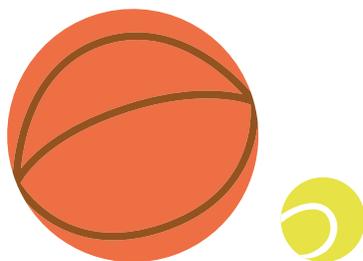
1. Timing your run around the circle. Can you beat it next time around?
2. Showing the group how to play the game using different communication methods.
3. Changing the equipment or task. How else could you play this game?



### 3. Invasion games: How fast can you pass?

## Using STEP

	Easier	Harder
<b>Space</b>	<ul style="list-style-type: none"> <li>Reduce the size of the circle.</li> </ul>	<ul style="list-style-type: none"> <li>Increase the size of the circle.</li> </ul>
<b>Task</b>	<ul style="list-style-type: none"> <li>Participants stand close together and hand the ball to each other.</li> <li>Allow the ball to bounce between participants.</li> </ul>	<ul style="list-style-type: none"> <li>Introduce two balls and two runners.</li> <li>Change the direction of ball movement for each runner.</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>Use a lighter or softer ball. E.g. beach ball.</li> </ul>	<ul style="list-style-type: none"> <li>Use a smaller ball. E.g. tennis ball.</li> </ul>
<b>People</b>	<ul style="list-style-type: none"> <li>Split the group into smaller circles.</li> </ul>	<ul style="list-style-type: none"> <li>Add more participants to the circle.</li> </ul>



## Impairment specific considerations

### Blind and visually impaired participants

- Use a high visibility ball and / or an audible ball.
- Introduce a running buddy to guide players around the circle.

### Participants with a learning disability

- Break down each activity into step-by-step instructions.

### Deaf and hearing-impaired participants

- Demonstrate the instructions visually.
- Use visual cues. E.g. picture cards or signals to indicate the start and end of the activity.

### Participants with a physical impairment

- Participants can be seated or standing when receiving the ball.
- Pass the ball around the circle more times to cater for different levels of ability and mobility.



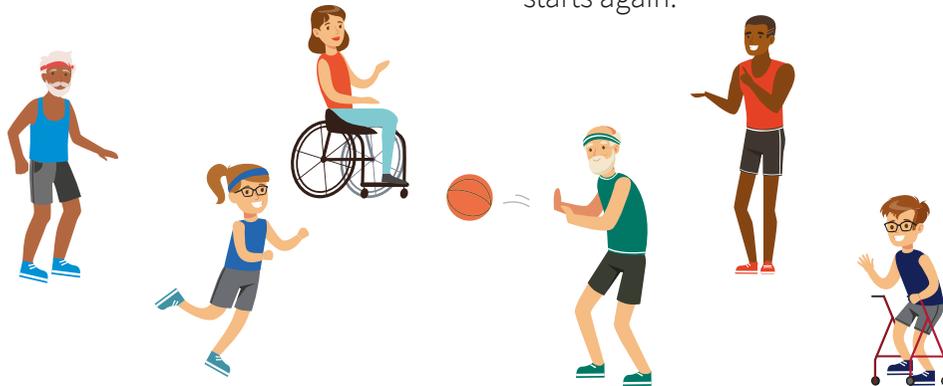
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# Invasion games

## Pass and move

### How to play

- Split your group into smaller groups of six. Each group will have five attackers and one defender.
- Attacking participants pass the ball between them in a marked-out area. The aim is to keep the ball moving and away from the defender.
- The defender attempts to intercept a pass and catch the ball.
- If the defender catches the ball, they swap positions with the attacker who threw the ball.
- When the attacking team achieves 10 consecutive passes, the defender swaps positions with an attacker and the game starts again.



### Equipment



A large playing area



Two sets of bibs



Cones to mark out the playing area for each group



One ball per group

### Participant corner - Challenge your peers to:

1. Use different passing skills to move the ball around. Try a bounce pass, underarm pass, or overhead pass.
2. Adapt the game to be suitable for a wheelchair user or person with limited mobility.
3. Think about what sports this game could be used for. Have a go with your peers.



## 4. Invasion games: Pass and move

### Using STEP

	Easier	Harder
<b>Space</b>	<ul style="list-style-type: none"> <li>Increase the size of the playing area.</li> </ul>	<ul style="list-style-type: none"> <li>Reduce the size of the playing area.</li> </ul>
<b>Task</b>	<ul style="list-style-type: none"> <li>Remove the defender and concentrate on attackers passing the ball accurately.</li> </ul>	<ul style="list-style-type: none"> <li>Increase the number of defenders.</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>Use a lighter ball.</li> </ul>	<ul style="list-style-type: none"> <li>Add another ball into the game.</li> </ul>
<b>People</b>	<ul style="list-style-type: none"> <li>Increase the number of participants in a group.</li> </ul>	<ul style="list-style-type: none"> <li>Decrease the number of participants in a group.</li> </ul>



### Impairment specific considerations

#### Blind and visually impaired participants

- Use a high visibility ball and / or an audible ball.
- Participants wear high visibility / colourful bibs.

#### Participants with a learning disability

- Demonstrate each instruction clearly.
- Participants wear coloured bibs to help reinforce which team everyone is on.

#### Deaf and hearing-impaired participants

- Demonstrate the instructions visually.
- Use visual skill cards to support verbal instructions.

#### Participants with a physical impairment

- Provide individuals with more space, defenders cannot go within one metre of a player who has possession of the ball.
- Use a lighter ball or object. E.g. balloon.



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# Invasion games

Pass to score

## How to play

- Split your group into two equal teams. One team are the attackers, and the other team are the defenders.
- The attacking team aims to make 10 successful passes without losing or dropping the ball. If they achieve 10 passes, they are awarded one goal.
- The defending team aims to intercept the pass and catch the ball.
- If the defending team gain possession of the ball, the teams swap roles and they now become the attackers.
- Every time a pass is intercepted, the pass tally restarts back at zero.



## Equipment



A large playing area



Two sets of bibs



Cones or markers for the area



One ball

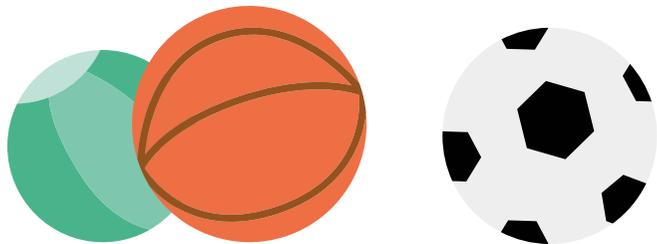
## Challenge yourself:

1. Create team tactics to improve your chances of scoring.
2. Think about how to adapt the activity to include a disabled person and cater for their needs.
3. Create new rules which help everyone to get involved.
4. How did you feel whilst playing this activity? Is there an area you could improve on?
5. Speak with peers to evaluate each other's performance and offer constructive advice.



## Using STEP

	Easier	Harder
<b>Space</b>	<ul style="list-style-type: none"> <li>Increase the size of the playing area.</li> </ul>	<ul style="list-style-type: none"> <li>Reduce the size of the playing area.</li> </ul>
<b>Task</b>	<ul style="list-style-type: none"> <li>Participants must stay a minimum of one metre apart from each other when passing the ball.</li> </ul>	<ul style="list-style-type: none"> <li>Introduce new a rule - only certain types of passes can be used. E.g. bounce passes.</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>Use a lighter ball.</li> </ul>	<ul style="list-style-type: none"> <li>Add another ball into the game.</li> </ul>
<b>People</b>	<ul style="list-style-type: none"> <li>Reduce the number of participants on each team.</li> </ul>	<ul style="list-style-type: none"> <li>Add more defenders, so the attacking team has to work harder to get free.</li> </ul>



## Impairment specific considerations

### Blind and visually impaired participants

- Use a high visibility ball and / or an audible ball.
- Participants wear high visibility / colourful bibs.

### Participants with a learning disability

- Demonstrate each instruction clearly.
- Participants wear coloured bibs to help reinforce which team everyone is on.

### Deaf and hearing-impaired participants

- Demonstrate the instructions visually.
- Use visual skill cards to support verbal instructions.

### Participants with a physical impairment

- Provide individuals with more space, defenders cannot go within one metre of a participant who has possession of the ball.
- Use a lighter ball or object. E.g. balloon.
- Introduce zones for specific participants to stay within.