**6 Invasion Games**

**With Innovative Targets**

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1. **Yuki Ball**

**Objective:**

* For one team to steal the other team’s flag

**[](https://www.youtube.com/embed/sEhWnpD2B-Q?feature=oembed)**

**Fundamental Movement Skills:**

* Locomotor
  + Dodge
  + Run
* Manipulative Send​
  + Throw​
* Manipulative Receive​​
  + Catch​
* Manipulative Retain​
  + Carry​

**Equipment List:**

* Yuki ball set

**Setting Up:**

* Set up the barricades, flags, and teams, as shown on the illustration below.
* Give each team a bucket of balls.
* Give each team their colour pinnies.

**Instructions:**

* On the signal to begin players 1-4 go on to the court and try to move forward to steal the other team’s flag.
* The remaining players must remain behind the end line.
* If a player beyond the end line gets hit by a “snowball” that player must do ten jumping jacks and then return to the back of their line. The player in the front of their team’s line now enters the playing area.
* The first team to successfully (not hit by a snowball) steal the other team’s flag and bring it past centre scores a point for their team.
* Reset and go again.

**Notes and Questions for Understanding:**

* Questions for understanding:
  + What are some of the best offensive strategies to consider? Positioning? Support?
  + What are some of the best defensive strategies to consider? Positioning? Support?
  + What might the above say about leadership?

1. **Dragon Tail Ultimate**

**Objective:**

* Score points by catching a ball (or disc) in the end zone without losing your dragon tail.

[](https://www.youtube.com/embed/lMzbJ-wxoEM?feature=oembed)

**Fundamental Movement Skills:**

* Locomotor
  + Dodge
  + Run
* Manipulative Send
  + Throw​
* Manipulative Receive​
  + Block
  + Catch​

**Equipment List:**

* One dragon tail per player—a different colour for each team
* One ball (or disc)

**Setting Up:**

* Use a volleyball court (or play outdoors on soccer field)—the end of the volleyball court is the end zone.
* Each team begins on their half of the court.

**Instructions:**

* Give the ball to a player from one of the two teams.
* Players with the ball can only pivot and cannot otherwise travel while holding the ball.
* Players pass the ball to each other in efforts to move the ball closer to their end zone.
* Players score by catching a ball in the end zone.
* When the ball lands on the floor or is intercepted or after a point is scored or if a ball carrier’s tail is removed, the other team gets possession of the ball.

**Notes and Questions for Understanding:**

* Safety
  + Make sure there is sufficient room in the end zone so players do not run into a wall.

**3.** **Tri-Bound Five-Pass**

**Objective:**

* After five passes, for a team to score a point by ultimately throwing a ball against the rebounder and having a teammate catch it.

[](https://www.youtube.com/embed/MqdZ2jQ9uK8?feature=oembed)

**Fundamental Movement Skills:**

* Locomotor
  + Dodge
  + Run
* Manipulative Send​
  + Throw​
* Manipulative Receive​
  + Block
  + Catch​

**Equipment List:**

* One Tri-Bound rebounder
* One ball

**Setting Up:**

* Place a Tri-Bound rebounder in the centre of the playing area.
* Divide approximately 14 to 24 players into two teams.
* Players are in a scattered position in the playing area.
* One player is given the ball.

**Instructions:**

* On the signal to begin players attempt to make five consecutive passes to their teammates.
* Players with the ball can only pivot and not otherwise move with the ball.
* Once a team has completed five consecutive passes, they may toss the ball against the rebounder and have a teammate attempt to catch the ball off of the rebounder bounce. A successful catch counts for one point.
* If a ball is intercepted by the other team or lands on the ground, the other team gets the ball.

**Notes and Questions for Understanding:**

* Questions for Understanding:
  + How can offensive teams most efficiently get five passes?
  + How can offensive teams most effectively get near the rebounder?
  + How can defensive teams most effectively prevent the other team from completing their passes?
  + How can the defensive team most effectively prevent the other team from throwing and catching a ball of the rebounder?
* Thanks to Gopher's Jordan Stolp for demonstrating this game at New York Shape 2019.

**4.** **Basketball Controlled Dribble**

**Objective:**

* To not lose contact of your ball when dribbling

[](https://www.youtube.com/embed/VcmgQhw7hCQ?feature=oembed)

**Fundamental Movement Skills:**

* Manipulative Retain
  + Dribble

**Equipment List:**

* One basketball per player.

**Setting Up:**

* Players stand in a scattered formation inside a defined playing area.
* Each player holds one basketball.

**Instructions:**

* On the signal to begin all players begin dribbling their basketball and attempt to knock other players' balls away.
* When a player stops dribbling, goes outside the playing area, or loses their ball they start a line outside the playing area.
* When there are three players in line the first player rejoins the game.
* Continue for a preset time and determine who did not lose their ball during the entire game.

**Notes and Questions for Understanding:**

* Variation:
  + Use soccer balls and dribble with your feet, or ice hockey sticks and pucks...
* Questions for understanding:
  + What are techniques helpful in losing possession of your ball.​
  + What are techniques helpful in getting other players to lose their balls.

**5. Basketball Robin’s Nest**

**Objective:**

* To be the first team of three players to get three basketballs in your hoop

[](https://www.youtube.com/embed/0p446FpzfFs?feature=oembed)

**Fundamental Movement Skills:**

* Locomotor
  + Run
* Manipulative Retain
  + Dribble

**Equipment List:**

* For four teams of three players:
  + 4-5 basketballs​
  + 5 hula hoops

**Setting Up:**

* Place 4 hula hoops in a square 10-15 paces apart from each other.
* Place one hula hoop in the middle of the square.
* Place the basketballs in the middle hula hoop.
* Teams of three players each stand behind their hula hoop.

**Instructions:**

* On the leader's signal to begin the first player from each team runs to the middle hoop, selects a basketball, and dribbles it back to their team.
* One the ball has been placed in the team's hoop the next player goes to retrieve a ball.
* If there are no more balls in the middle then teams get balls from the other team hoops.
* The first team to get three balls in their hoop is the winner.

**Notes and Questions for Understanding:**

* Questions for understanding:
  + What technique is best use to dribble the basketball quickly and with control?
  + What are the best strategies to win at this game?
* Source: Modification from CIRA Ontario’s Everybody Move, Robin Nest

**6. Hoop Toss from Scooters**

**Objective:**

* For teams to score by tossing a ball through a hanging hoop

[](https://www.youtube.com/embed/Y5LItqdmZ_c?feature=oembed)

**Fundamental Movement Skills:**

* Manipulative Send
  + Throw
* Manipulative Receive
  + Catch

**Equipment List:**

* Two hula hoops
* One ball
* One scooter per player

**Setting Up:**

* Set up two teams of 5-8 players on a small basketball court
* Hang a hula hoop on each basketball goal at either end
* Give one team the ball.

**Instructions:**

* On the leader's signal to begin players attempt to pass the ball to their teammates in efforts to move closer to their goal and shoot the ball through the hula hoop.
* Players may not move with their scooter when in possession of the ball.
* If there is an incomplete pass the other teams take posssession of the ball.

**Notes and Questions for Understanding:**

* Questions for Understanding:
  + What are keys to successfully moving the ball towards the hula hoop and scoring?
  + What are keys to successfully preventing the offensive team from passing and scoring?
  + How does riding on scooters change your experience?