



# INVASION and TERRITORY GAMES

Teaching Games for Understanding

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Promoting fun, active participation for all

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# RUGBY KABADDI



## Game Objective

To tag as many defensive players as possible with one breath.

## Skills and Concepts

- ❖ Dodge, change direction, change speed, and anticipate
- ❖ Speed, agility, spatial awareness, and footwork

## Strategies and Tactics

- + **Offence:** Avoid defence and create space.
- + **Defence:** Defend space, cover the area, and predict.

## Equipment

- Four pylons
- One rugby ball

## Set Up

- ❑ Divide players into two equal teams.
- ❑ The playing area needs to be a smaller area (approximately half the size of a small gym).
- ❑ One team is scattered about the playing field and may not simply stand on the exterior.
- ❑ The second team is lined up along one sideline.

## **RUGBY KABADDI** *continued...*

### **Instructions**

- ☛ When the whistle blows, one player enters the playing field at a time and attempts to tag as many players as possible while repeating the word "Kabaddi" over and over until he runs out of breath and may not continue.
- ☛ Players who are tagged must hold a hand in the air and may try to get out of the zone by crossing the field to the other side that is protected by the remaining players. If a player gets out successfully, she may re-enter the playing zone.
- ☛ Players who are tagged and do not escape are eliminated from the game for that round.
- ☛ One player at a time may enter from the sideline to tag the players who are trying to escape the zone before these players can escape. If two players are tagged, then three players enter to tag.
- ☛ After a player runs out of breath, a new player enters and tries to tag the remaining players.
- ☛ Continue until the entire team has had a try or the defensive team is eliminated.

### **Questions for Understanding**

- ? How do you move to get away from a defender?
- ? How do you create space between yourself and the defenders?

# SMACK A MOLE



## Game Objective

To throw objects in order to knock down the mole (pin) in the centre of a hole (hula hoop).

## Skills and Concepts

- ✦ Send an object, change direction, change speed, and anticipate
- ✦ Speed, agility, spatial awareness, and footwork

## Strategies and Tactics

- ✦ **Offence:** Avoid defence, create space, and attack the goal.
- ✦ **Defence:** Defend the goal, defend space, gain possession, cover the area, and predict.

## Equipment

- One hula hoop and one pin for each pair
- Fifteen to thirty foam balls

## Set Up

- Partner all players up and give each pair a pin to place in a hula hoop in a location of their choice.
- Each player begins with a foam ball.

## **Instructions**

- When the whistle blows, players pick up foam balls and throw them at the pins placed in the hoops.
- Players can only pick up one foam ball at a time.
- Players may not move with a foam ball.
- Players who have their moles knocked down must move their hoops beside the team that eliminated them to create a larger team that has multiple hoops and pins.
- Players may team up with players from other teams.

## **Questions for Understanding**

- ? What does your team have to do successfully to knock down a pin?
- ? How do you successfully attack the goal or complete a pass to a target?
- ? How do you successfully defend the goal or intercept a pass?
- ? How can you deceive the guard to create an opportunity for attacking the goal?
- ? How do you create space between yourself and the defenders?



# HOOP INVASION NATION



## Game Objective

To invade the other team's territory and steal one piece of treasure.

## Skills and Concepts

- ✦ Evasion, spatial awareness, speed, and agility

## Strategies and Tactics

- ✦ Create space while evading an opponent.
- ✦ Move and create open space.
- ✦ Protect space while the opponent is invading.

## Equipment

- Hoops to designate the jails and treasure chests
- Pylons to designate boundaries
- One flag or strip of material per player (Note: There is no need to use the flag football belts, only the flag portion.)
- Forty beanbags or "treasure" objects (dollar store items) for each team

## Set Up

- ❑ There are two teams, and each team has one side of the playing area.
- ❑ Each team has a jail on their side (identified by pylons) where captives go when their flag is pulled.
- ❑ All players place the flag on one of their hips. At least two thirds of the flag must be exposed and players' shirts needs to be tucked in on that side.
- ❑ Two hoops are located at each end and twenty pieces of treasure are located in the hoops. The treasure hoops and jail hoops have four pylons around them which represent a safe zone.

## Instructions

- ☛ The other team is trying to pull their opponent's flags. If a player's flag is pulled, he gets his flag back and goes to jail. To be rescued from jail, one of his teammates must come by jail and tag him.
- ☛ When freed from jail, players are allowed to return to their side or capture a piece of treasure by invading their opponent's area. In round one, no one can pull a player's flag if she is on her side of the playing area.
- ☛ If a player makes it to the treasure chest, he may stand inside the four cones and his flag can't be pulled in this safe zone. Players may only be in the treasure chest for thirty seconds.
- ☛ Each invader may only bring back one piece of treasure at a time. If upon return a player's flag gets pulled, she must return the treasure and go to jail.
- ☛ The game ends if everyone from one team is in jail or if there is no treasure left.

## Variations

- \* The leader can call jail break at any time, and everyone is free.
- \* Eliminate the centre line. Players may pull an opponent's flag anywhere in the play area except within the safe zones.
- \* An opposing player may challenge another player to a flag-pulling duo. They compete one-on-one, and if a flag is pulled, the loser reports to jail and the winner gets to keep the treasure.

## Questions for Understanding

- ? How did your team decide who attacked and who defended?
- ? What was the best way to get an opponent's flag?
- ? How did your team's strategy change when the rules changed?

# TCHOUKBALL



## Game Objective

To score by rebounding the ball off the net and having it hit the ground over the centre.

## Skills and Concepts

- ❖ Send an object, receive an object, change direction, change speed, and anticipate
- ❖ Speed, agility, spatial awareness, and footwork

## Strategies and Tactics

- + **Offence:** Maintain possession, avoid defence, and create space.
- + **Defence:** Cover the area and predict.

## Equipment

- One Tchoukball
- Two tchoukball nets

## Set Up

- ❑ Divide players into two equal teams.
- ❑ Set up one net at each end with a three metre semicircle for a crease.

*continued...*

## **TCHOUKBALL** *continued...*

### **Instructions**

- ☛ When the whistle blows, players attempt to score by bouncing a ball off either net and having it hit the ground.
- ☛ No defence is allowed.
- ☛ Teams may score at either end.
- ☛ Ball must land outside the semicircle.
- ☛ Only two shot attempts allowed at each end in a row.

### **Questions for Understanding**

- ? What does your team have to do successfully to score a point?
- ? How do you successfully attack the net or complete a pass to a target?
- ? How do you successfully catch a rebound?
- ? How do you successfully move from zone to zone?