

# Games – Invasion Sports – football, hockey, basketball

<b>Control</b>	Know where the ball is at all times when in possession.
<b>Dodge</b>	Move away from other players e.g. side stepping or changing direction.
<b>Dribble</b>	To move a ball using small touches from point A to point B.
<b>Invasion</b>	The aim of the game is to attack the other teams territory to score a goal/point.
<b>Pass</b>	Successfully send and receive a ball to a teammate.
<b>Pitch</b>	Area in which games, such as football, rugby and hockey, are played.
<b>Possession</b>	When your team have the ball.
<b>Receive</b>	Take possession of the ball from a teammate W / Target Hands important for Basketball
<b>Send</b>	Using your feet/hands or a stick push the ball to a teammate.
<b>Space</b>	An area of the pitch/court where you are not next to your teammates or opponents.
<b>Turn</b>	Change direction with or without the ball.

## Sending the ball

**Football**—move towards the ball—non-striking foot planted to the side of the ball and swing striking foot at the ball.



**Hockey**— using the front of the stick line the ball up in the middle and push/strike towards your teammate.



## Receiving the ball

**Football**—watch the path of the ball and move to it—use the side (inside or outside) of your foot to cushion the ball to stop it.



**Hockey**— cushion the ball with the stick—try to receive the ball in a side on position.



## Moving with the ball

It is important to be in control of the ball when you are moving with it as you may need to change direction, stop or accelerate with it quickly.

### Football

Lots of small touches with your foot using either the inside, outside or top of your foot. Try to keep your toe pointing slightly down when touching the ball.



### Hockey (Uni-hoc)

In uni-hoc you can use either side of the stick to move the ball. Keep the ball a comfortable distance from your body and take little touches on the ball to move it forwards.



### Basketball

One hand only on the ball, push the ball with fingertips so the ball bounces to around hip height.