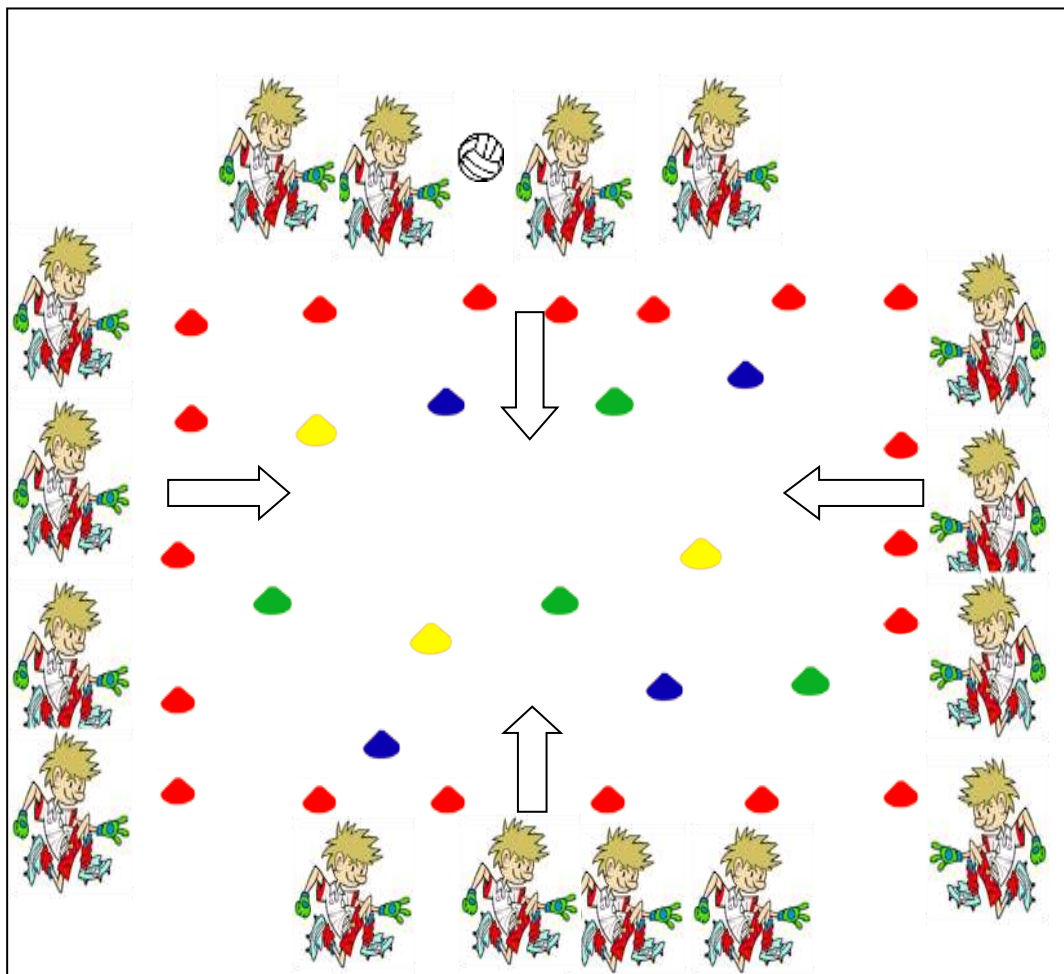


NON-INVASION: Game 1 Game- Landmines



FOCUS To develop spatial awareness in a non invasion game.

RULES – HOW TO PLAY

- Randomly place domes in a grid
- Challenge children to move forwards, backwards and sideways without touching domes
- Teams of 4
- Place groups at each side of grid. e.g., group 1 moves forward across minefield without touching domes or each other
- Repeat, passing the ball to each other.



HARDER

- More domes (Mines)
- Add defenders to the grid to make passing harder
- Make space smaller.
- Have all groups moving in the grid at the same time

EASIER

- Make space (grid) bigger
- Decrease numbers in grid at one time
- Reduce number of domes (landmines)
- Take out the ball

COACHING POINTS

HEAD

- Eyes looking up to scan the area. Watch the ball all the ways into hands.

HANDS

- Big hands to catch the ball. Fingers spread wide.

FEET

- Quick agile feet. On Balls of feet when moving around.

EQUIPMENT

- Balls
- Coloured domes/
markers
- Marked out grid
- (Bibs to show
different groups)