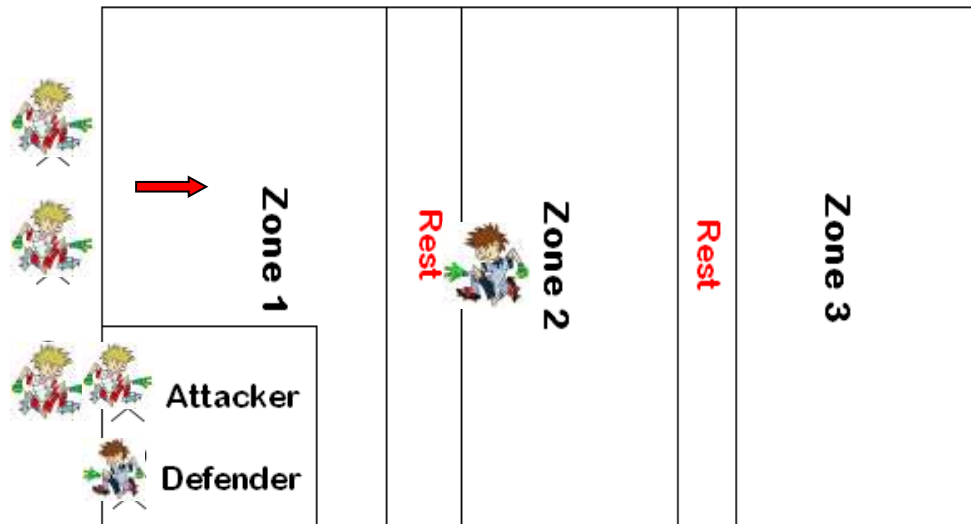




## PART-INVASION: Game 1 Space Invaders



### FOCUS

- To encourage forward play

### RULES - HOW TO PLAY

- Three attackers and one defender (3v1).
- Attacking team attempt to move through the zones to score.
- Defender must stop attackers moving through zones.
- Points are awarded for passing successfully through each zone.
- You may score a bonus point by passing ball to receiver over end line.



## **HARDER**

- Make grid narrower and shorter
- Add in extra defenders in free zones
- Increase number of passes/time in zone.
- Decrease rest period between grids

## **EASIER**

- Make grid wider and longer
- Add in extra attacker (eg 4v1;)
- Increase rest period between grids

## **COACHING POINTS**

- Use available space.
- Encourage support for player on ball.
- Encourage near hand tackle.
- Challenge children not to carry ball into tackle.
- Encourage off the ball running.

## **EQUIPMENT**

- Multiple Cones
- Bibs
- Football/small ball  
x1
- Small/large bats  
hurling sticks