

# Y2 Invasion Games

## Glossary



## Aa

### **Attack/ Attacking/ Attacker\***

The team who have possession of the ball are the attacking team. The main aim for the attacking team is to keep possession of the ball and to score.

## Cc

### **Catching\***

Catching is a tricky skill where you must keep your eye on the ball and move your body and hands to the right place before catching it. The technique for catching:

- stand with your feet shoulder width apart and be on your toes ready to move towards the ball if necessary;
- hold your hands at chest height ready to receive the ball;
- look at the ball and keep watching it until it is safely in your hands;
- cup your hands around the ball as you catch it and bring it into your chest.



\*Attack/Attacking/Attacker



\*Catching

Dd	
<b>Defend/ Defending/ Defender</b>	The defending team are the team not in possession of the ball. Their main aim is to stop the attacking team from scoring and to win back possession of the ball.
<b>Dodge/ Dodging*</b>	<p>Dodging involves a quick change of direction to try and get free to receive a pass, get around an opponent or avoid being tackled or losing the ball. The technique for dodging:</p> <ul style="list-style-type: none"> <li>• keep your head up;</li> <li>• keep a low body position (knees bent);</li> <li>• plant one foot and quickly change direction.</li> </ul>
<b>Dribble/ Dribbling</b>	Dribbling is a way of moving with the ball and is one of the basic skills needed for invasion games.
Ii	
<b>Intercept</b>	Anticipating a pass made by the other team and blocking the ball to regain possession.



\*Dodge/Dodging

<b>Invasion Game</b>	<ul style="list-style-type: none"> <li>• A certain group of sports that involve attacking and defending a zone and scoring goals or points.</li> <li>• Football, American football, netball, rugby, basketball and hockey are types of invasion games.</li> <li>• They are all team games that involve passing and moving with a ball.</li> </ul>
<b>Mm</b>	
<b>Marking</b>	<p>The skill of marking involves staying close to an opposition player to try and make it difficult for them to receive or pass the ball. You can do this by:</p> <ul style="list-style-type: none"> <li>• staying on your toes and keeping your knees bent, ready to move quickly;</li> <li>• looking around to be aware of the other players and the ball;</li> <li>• positioning yourself close to the attacker to give you the best possible chance of getting to the ball first.</li> </ul>
<b>Oo</b>	
<b>Overhead Pass*</b>	<p>A type of pass in netball and basketball very similar to an overarm throw. This pass is most often used when players have a defender closely guarding them, or as a long distance pass. The overhead pass enables players to pass the ball over the top of defenders.</p>
<b>Pp</b>	
<b>Passing a Football</b>	<p>The technique for passing a football:</p> <ul style="list-style-type: none"> <li>• face your body towards the player you are passing to;</li> <li>• put your non-kicking foot next to the ball;</li> <li>• use the inside of your other foot to kick the ball.</li> </ul>
<b>Possession</b>	<p>While a team has possession of the ball it means they are in control of the ball.</p>

## Rr

### Receiving a Football

The technique for receiving a football:

- use the inside of your foot to stop the ball, as this is the largest area;
- have your arms out to help with balance;
- keep looking at the ball until it's under control.

## Ss

### Space

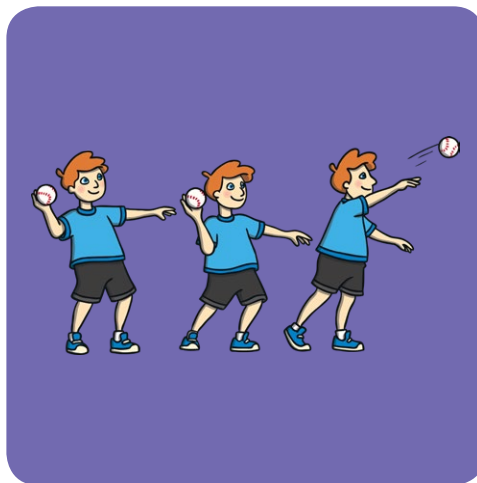
An attacker might move into space with the ball towards the goal or to get free from a defender to receive a pass from a teammate:

- keep your head up;
- look for space away from a defender or another player from your own team;
- move into space.

## Uu

### Underarm Throw

An underarm throw involves a backward-forward swing of the arm to release an object, such as a ball.



\*Overhead Pass

