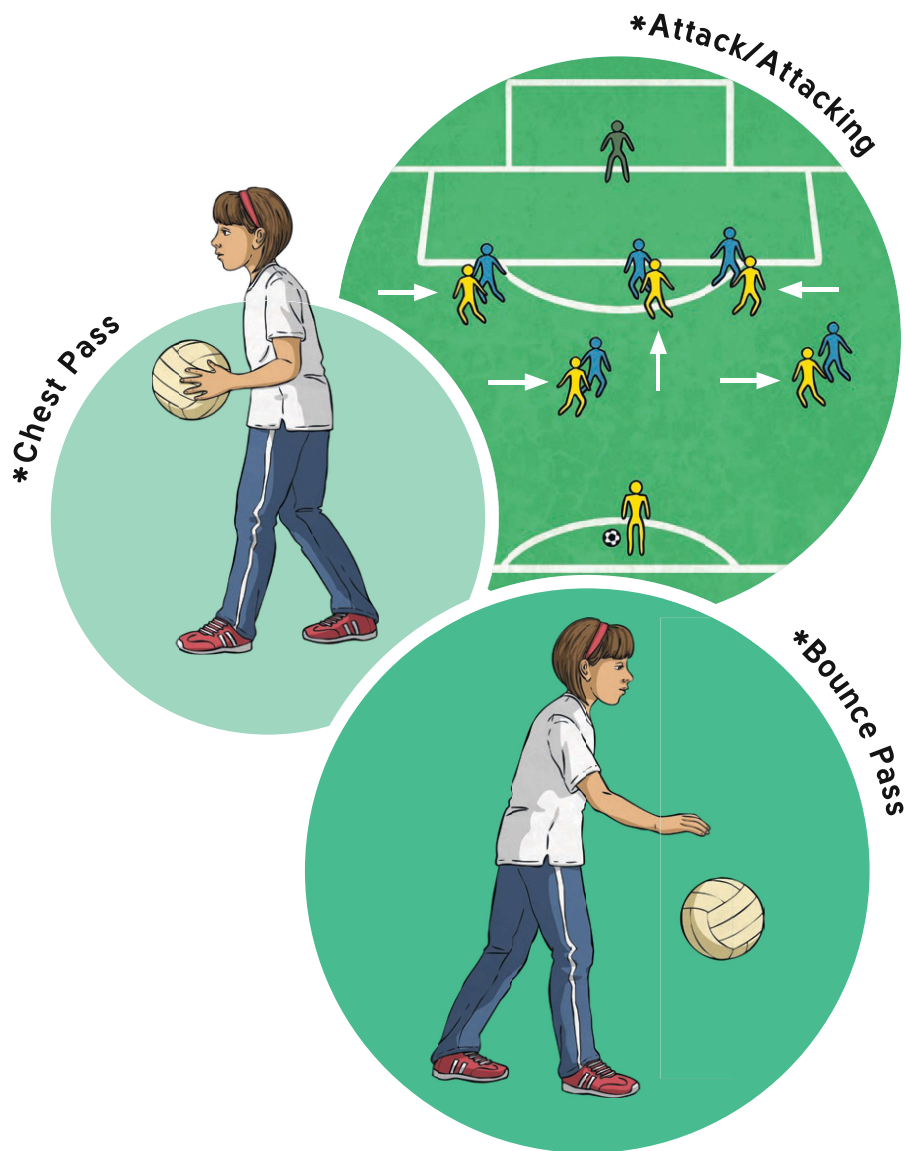


Y5 Invasion Games

Glossary





Pp

Possession

While a team has possession of the ball it means that they have control of the ball and have a greater chance of scoring.

Push Pass*

A type of pass in hockey.

The ball is pushed by the stick to build momentum rather than being hit.

The transfer of weight from the back to the front foot is what creates the power in the pass.

Useful for accurate, middle distance passes.

Ss

Straight Dribble*

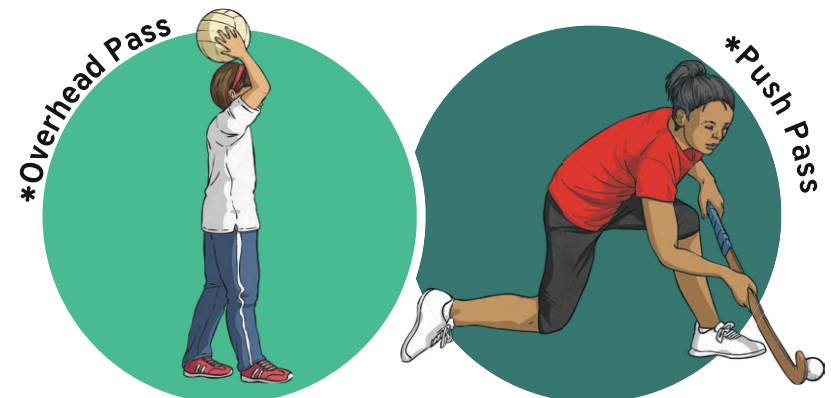
A way of dribbling with the ball in hockey.

The Straight Dribble is the most common type of dribbling used in hockey and allows you to keep control of the ball easily.

Tt

Tactics

A tactic is a game plan made before the start of the game to help you try and win. It might involve playing to your opponent's weaknesses and to your own team's strengths.



Ii	
Intercept/ Interception	The act of anticipating the pass made by an opposing player and regaining possession of the ball to set up an attack.
Invasion Game	An invasion game involves attacking an opponent's territory (zone) with the aim to score a goal or point. Examples of invasion games include netball, hockey, football, basketball, rugby, handball and lacrosse. They usually consist of teams of equal players. These fast-paced games focus on teamwork, keeping possession, attacking and defending. The players involved in invasion games are usually given a position on the field or court, such as Goal Shooter in netball. This position will require them to do a specific job for their team throughout the game. This job may be as an attacker or as a defender.
Mm	
Mark/Marking*	Marking a player involves being aware of where the ball is and where your opponent is. When marking, it is important to try to position yourself to give you the best possible chance of getting to the ball first by staying close to the attacker.
Oo	
Overhead Pass*	A type of pass in netball and basketball. A long, high pass that goes over the defenders. 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.

Aa	
Attack/ Attacking*	The main aims for the attacking team are: • to maintain possession of the ball; • to score. To ensure a team has the best opportunity to score they must: • pass the ball to someone in a goal scoring position (usually an attacking player); • move with the ball into a goal scoring position.
Attacker	The players involved in invasion games are usually given a position on the field or court. This position will require them to do a specific job for their team throughout the game. An attacker's role is to maintain possession and score.
Bb	
Bounce Pass*	A type of pass in netball and basketball. Passing the ball by bouncing it on the ground to another player. Used to move the ball over a short distance. A great pass to use when defenders are closing in and you need to act quickly or when space is restricted.
Cc	
Chest Pass*	A type of pass in netball and basketball. It involves passing the ball with two hands from your chest and aiming it for the chest of your teammate. It is most accurate way to get the ball around the court and is used for when you need to move the ball over a middle distance with control and speed.

Dd	
Defend/Defending*	The main responsibility of the defending team is to stop the attacking team from scoring and to win back possession of the ball.
Defender	The players involved in invasion games are usually given a position on the field or court. This position will require them to do a specific job for their team throughout the game. A defender's main jobs are marking and tackling.
Dodge/Dodging*	Dodging is an essential skill for an attacking player in invasion games. It involves a quick change of direction to try and send the defender the wrong way to enable a player to: • get free to receive a pass; • get around an opponent; • avoid being tackled or losing the ball. The technique for dodging: • keep your head up; • keep a low body position (knees bent); • plant one foot and quickly change direction (plant and go).
Dribble/Dribbling	Dribbling is a way of moving with the ball and is one of the basic skills needed for many invasion games.

