



Territory and Invasion

Grades 6 + 7

PiSE

You'll need: pinnies, cones, nets, foam

balls, folding mats, flags

You can play: outside, in the gym, on the blacktop

Energizer



Tit for Tat

Split the play area into two sides and lay out cones on the midline. Lay out various hoops on each side of the play area and mark out three separate areas in each end zone. The hoops will be 'safe zones' and the end zone areas are 'point zones', with each one worth a different amount (Corners - 2, Middle - 1). Split the group into two teams and assign each to a side. Teams must try to make it across the other team's territory and into one of the end zones to earn their team points. Once there, players can move from end zone to end zone, or try to help their teammates. If tagged in the opposing team's territory, players must sit down and wait for a teammate to come and save them. Once saved, both players must return to their original side before attempting to cross again.



Ricochet



Skill Practice

Split the group into two teams and set up nets on each end of the play area, facing outward. Teams must try to score points by 'ricocheting' the ball off of the wall and into the net. Play begins, and restarts after a goal, with a throw from midfield and each player on their side. Players with the ball can take up to three steps, and can hold onto it for no longer than three seconds. Players cannot touch the ball while it is in another player's hands, and must be an arms length away. If the ball is intercepted or hits the ground, it changes possession.

Group Activity



Yuki Ball

Set up barriers randomly (accordion fold mats work well for this) and spread foam balls around the play area. Split the group into two teams and assign each to a side of the play area. Teams will have about half of their players on the field at once, with the other half in line at the edge of the play area. Each team has a number of flags at their end of the play area. Players must try to make it across the playing area to the other teams flags, steal one, and then bring it back over to their side without getting hit by a ball. If players are hit, they must leave the game and join the line at the back of their teams' area. The player at the front of the line will join the game in their place.

Progressions and Modifications

Tit for Tat

- Play for timed rounds (2 minutes, 4 minutes)
- Set a limit on how many players can be in a safe zone and how long they can stay
- Make the higher point zones smaller, so less players can fit in them
- Remove the safe zones

Ricochet

- Players holding the ball can only pivot, no steps allowed
- All players must be passed to before a point can be scored
- Move the net farther away from the way to increase the distance the ball must ricochet

Yuki Ball

- Create sides and allow players to be safe in their own territory
- Set up safe zones throughout the play area
- Have more barriers set up around the play area
- Players cannot move with a ball in their hands