

Stop the Shot



Aim

- To use attacking and defending skills in a game.

Success Criteria

- I can shoot at a target when attacking.
- I can intercept or stop an object to protect a target when defending.
- I understand how to attack and defend in a competitive game.



Attacking and Defending



What does it mean to attack in invasion games?

- **Attacking** is about helping your team to **score** a goal or points.
- The team who have the ball (in **possession**) are the attacking team.



What does it mean to defend in invasion games?

- **Defending** is about **stopping** the other team from scoring a goal or points.
- The defending team are the team **not** in **possession** of the ball

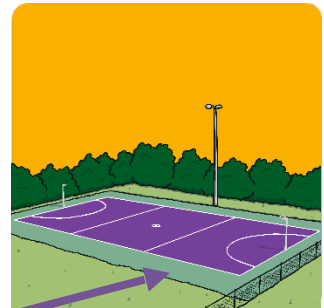
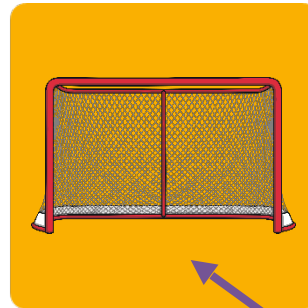
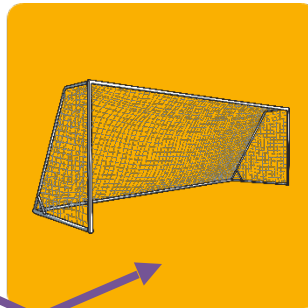
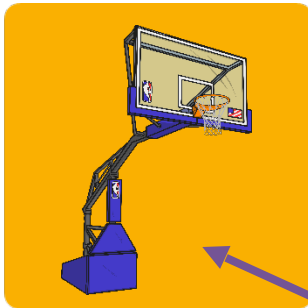
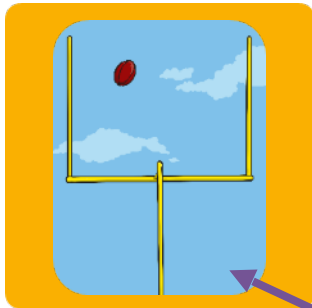
Shooting and Scoring



Do you know how a goal or points are scored in these invasion games?



Can you match the different ways of scoring with any of these invasion games?



football

netball

rugby

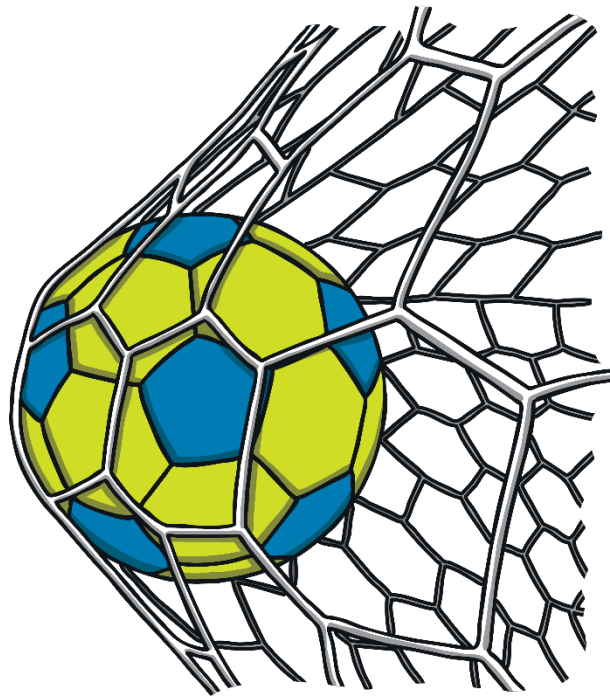
basketball

hockey

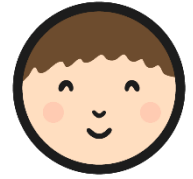
Aiming for a Target



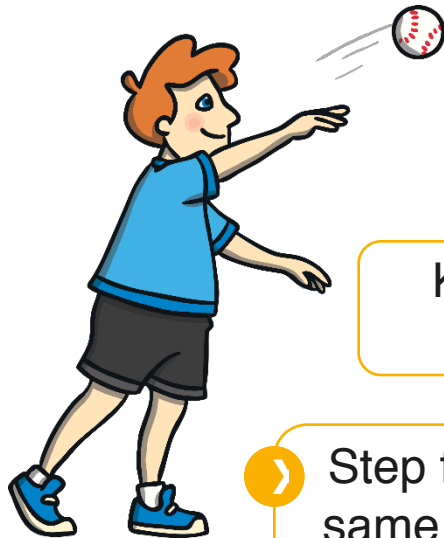
In many invasion games, a team can only score a goal or points when the ball has hit or gone through a target, such as the hoop in basketball, the goal in football or between the posts in rugby.



Aiming at a Target



In many invasion games, teams score by shooting into a target such as a goal or basket.



Keep balanced and relaxed.



Step forward with the same leg as your free arm.



Look at the target you are aiming for.

Finish with your throwing arm pointing at the target.

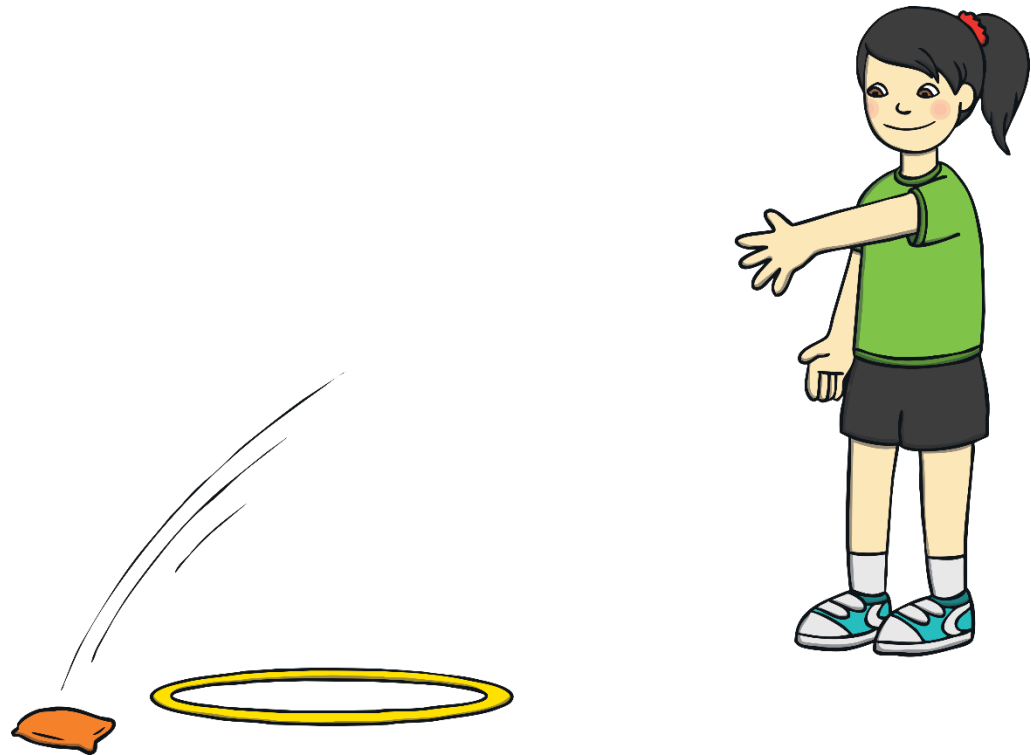
Sometimes it helps to point at the target with your free hand before your throw.



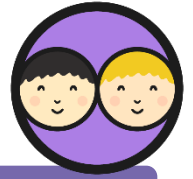
Target Practice



Set up a target, this could be a hoop, 2 jumpers on the floor, or whatever you've got! Try and throw or kick a ball into the target.



Protect a Target

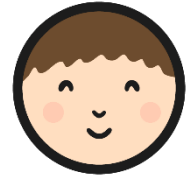


You have been shooting at open targets, without anyone defending them.

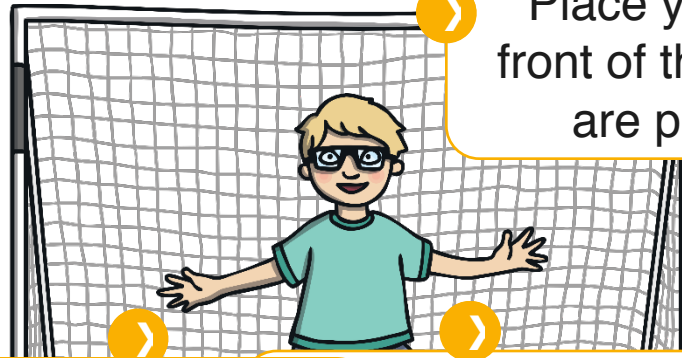
What happens when you put a defender in between you and the target, trying to protect it, for example a goal keeper in the goal?



Protecting a Target



In many invasion games, teams score by shooting into a target such as a goal or basket.



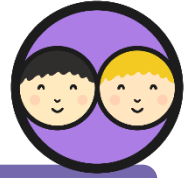
Place your body in front of the target you are protecting.

Move your hands and arms up or down to stop the ball/beanbag.

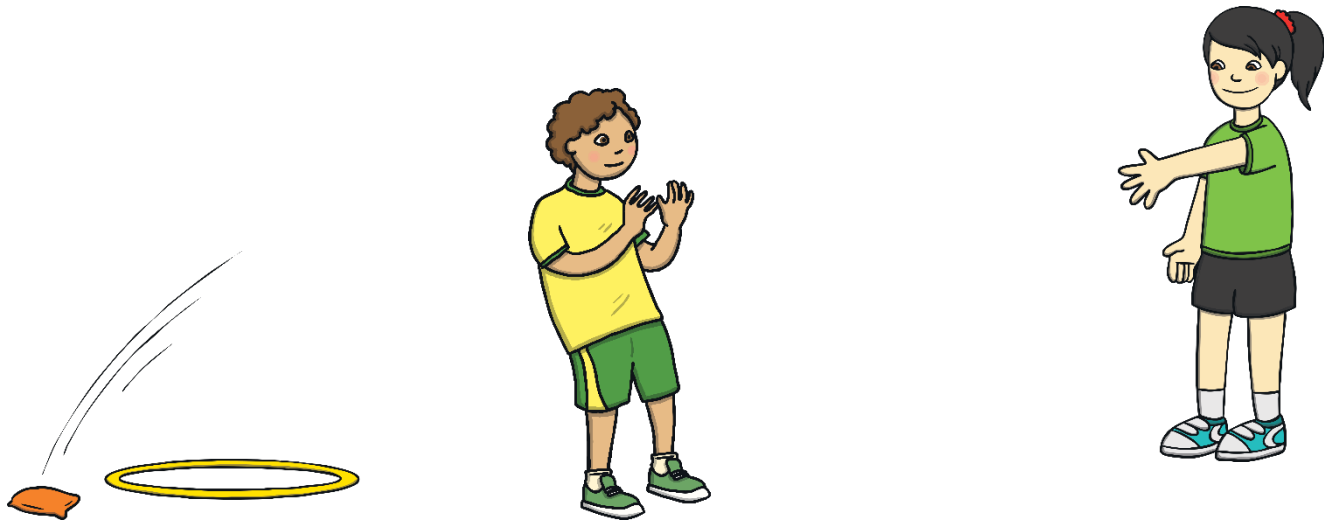
Hold your hands and arms out to the side to make yourself bigger.

Have your knees bent and be on your toes ready to move.

Target and Protect



If there is someone that can help you, they will now defend the target. You need to try and get the ball into the target while the defender tries to stop it.



Take it in turns to be the attacker aiming for the target and the defender protecting the target.

Attacking or Defending?

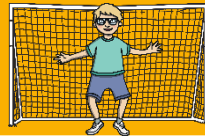


? Can you sort the skills into attacking and defending skills?

shooting



protecting a
target



marking



dodging



Attacking

Defending

Aim



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