



# Bench Ball Invasion Games

**Equipment**

- Ball**
- Pinnies**
- Benches**



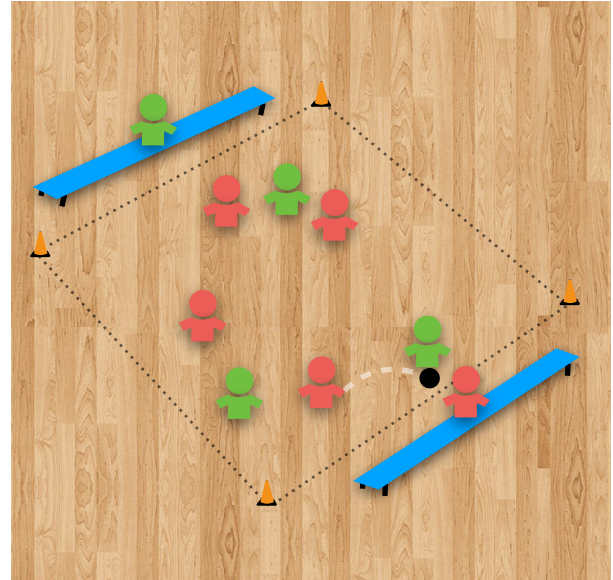
## Tactical Focus

- Maintain Possession
- Regain Possession
- Create Space
- Defend Space
- Attack the Goal
- Defend the Goal
- Set Plays



## Description

- Split into 2 even teams. One player from each team starts standing on a bench.
- Team in possession of the ball must pass the ball to their player on the bench to score. If player catches the ball and remains on bench a point is scored.
- Player who made the scoring throw replaces their team mate on the bench.
- Possession switches to opposing team.
- “Warm” defensive pressure only.



## Modifications (Change It!)



### Change it Up

Players must remain stationary when in possession of the ball. When players score they join to have 2 on the bench, reducing outfield players. Add change in possession if the ball hits the ground.



### Change It!

Allow players to move when in possession of the ball. Remove benches and create end zone with catching player in it.



### Change it Down

Give both teams a ball and make the game non-oppositional. Teams can no longer try and dispossess the opposing team. But try and score by completing a set number of passes without the ball hitting the ground before the can pass to bench.



## Assessment

**Emerging**

Player rarely gets possession of the ball, and when in possession make inappropriate decisions about what to do with it.

**Developing**

Player sometimes gets possession of the ball, and when in possession is able to pass to a player who is not being marked.

**Competent**

Player frequently gets possession of the ball, and when in possession is able to make appropriate decisions about what to do with it.

**Proficient**

Player consistently has possession of the ball, shows excellent decision making and is involved in all effective scoring and defensive plays.



## Questions

- How did you choose who was going to stand on the bench at the start of the game? Why?
- What strategies did your team use to attack/defend?
- How did the game change when the person on the bench changed?
- What happened to your team strategy when you has less outfield players?