Assist Me!
Invasion Games

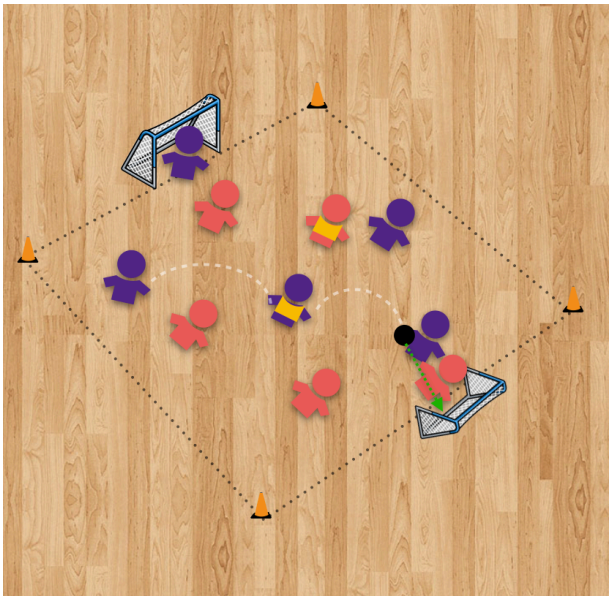
Equipment
- Ball
- Pinnies
- Goals

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 is given a different colour pinnie and designated the “Assist” player.
- Team in possession of the ball must pass the ball to their Assist player before taking a shot on the goal.
- Assist player cannot shoot, only pass the ball (Assist) their teammates for shooting.
- Only one defender mark the assist player at any time.
- After each successful scoring attempt, change the Assist player.



Modifications (Change It!)

Change it Up
Players must remain stationary when in possession of the ball.
Add change in possession if the ball hits the ground.
Reduce the size of the playing area.

Change It!
Allow players to move when in possession of the ball.
Add additional Assist Players.

Change it Down
Increase the size of the playing area.
Remove Goalkeepers from the game.
Increase the size of the goal.

Assessment

Emerging
Teams rarely get the ball to the Assist Player and when they do are unsuccessful in getting it to another player for a shot on target.

Developing
Teams sometimes get the ball to the Assist Player and when they do are sometimes successful in getting it to another player for a shot on target.

Competent
Teams get the ball to the Assist Player and when they do are successful in getting it to another player for a shot on target.

Proficient
Teams get the ball to the Assist Player and when they do are often successful in getting it to another player for a shot on target to score.

Questions

What should other players do when their own Assist Player has the ball?

What should other players do when the other teams’ Assist Player has the ball?

Where should you aim when you shoot?

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