



Switch Invasion Games

Equipment

 **Hoops**



Tactical Focus

Maintain Possession

Regain Possession

Create Space

Defend Space

Attack the Goal

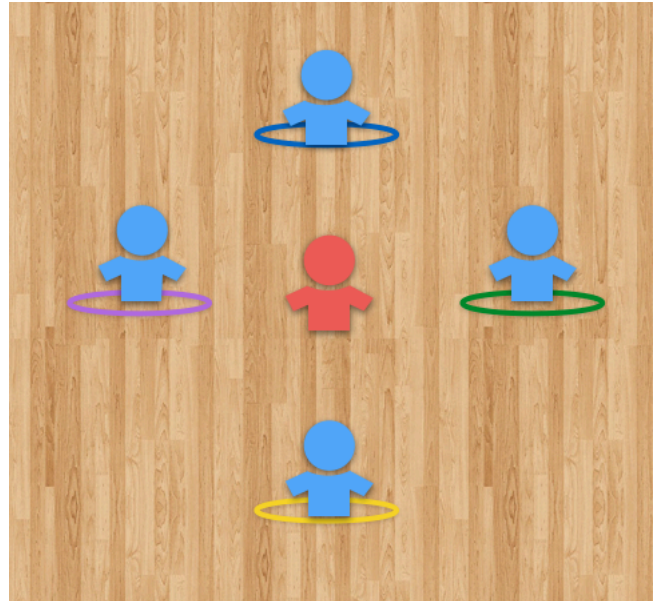
Defend the Goal

Set Plays



Description

- Four players place hula hoops around the playing area. Each player stands in a hoop. The remaining one or two players stand in the middle of the hoops.
- The players in the hoops attempt to switch hoops with one another without having a player from the middle take their hoop.
- If one of the players in the middle succeeds at taking over a hoop position, the player without a hoop becomes the player in the middle and the game continues.



Modifications (Change It!)



Change it Up

Increase the size of the playing area.
Increase the number of players in the middle.



Change It!

Play with multiple players in the hoops.
Add equipment for skill practice (dribble a basketball between hoops).



Change it Down

Have player in the middle decide when players in hoops are to switch.
Decrease the size of the playing area.



Assessment



Emerging

Players are unable to make quick decisions about when and where to move.



Developing

Players are beginning to make quick decisions about when and where to move.



Competent

Players make quick decisions about when and where to move.



Proficient

Players make quick and effective decisions about when and where to move and make it difficult for middle player to gain a hoop.



Questions

How do you keep possession of the hula hoop?

How do you know when it is the best time to switch positions with another player?

When playing in the middle, what strategy can you apply to successfully take over a spot in a hoop?