



INVASION

Invasion sports are team games in which the purpose is to invade the opponent's territory and score points, whilst keeping the opposing team's points to a minimum, and all within a defined time-period

Invade the Zone

Aim: to get the object into the other teams target zone

Space: Agree on a playing area with target zones at each end

Equipment: any object

1. Agree on a playing area with target zones at each end
2. Get into 2 teams standing at either end of the playing area
3. Number yourselves in your team so that each player has their own number
4. One player calls out a combination of numbers who then become live in play
5. The live players try and get the object into the other teams target zone
6. The other players stay in their zone but can act as defenders or goalkeepers

Treasure Island

Aim: to get as much treasure as you can and then get back to your chest without losing your tail

Space: make an area with cones divided by a centre line and on each side of the centre zone mark out 2 more areas, one is the treasure chest and the other is the island

Equipment: variety of 'treasure'/box/cones or markers

1. Get into 2 teams
2. Make an area with cones divided by a centre line
3. On each side of the centre zone mark out 2 more areas, one is the treasure chest and the other is the island
4. Make a tail for your players using a bib or rugby tag and stand with your team in your half
5. Try to collect pieces of treasure from other teams treasure chest and bring it back to your treasure chest
6. If you lose your tail you are given it back and go to the other teams island. If you lose it whilst carrying treasure you must put it back and then go to the island
7. Try to collect all the tails from the other team to put them on your island
8. Tails cannot be taken when players are in their own half. The treasure chest is also a safe zone
9. You can free players in your team from the island by tagging them

Visit our website to find demonstration videos and advice on how to make these activities easier, harder, and more inclusive

Submit your entry by 3pm on 22nd October at

www.wiltssport.org/vsg

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