



Bench Ball Invasion Games

Equipment

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



Tactical Focus

Maintain Possession

Regain Possession

Create Space

Defend Space

Attack the Goal

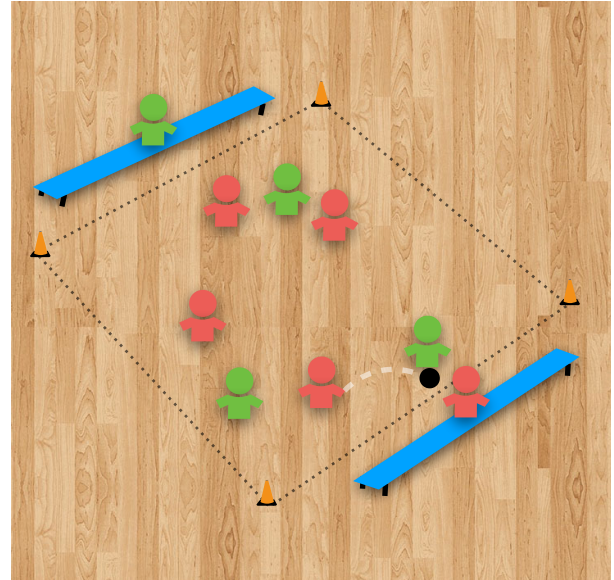
Defend the Goal

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!)



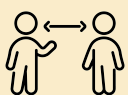
Change it Up

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 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.



Change it for Distance

Ensure players keep distance when defending.
“Defend the pass” not the player.



Change it for Home

Play with family members.
Use a couch instead of a 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 had less outfield players?