



MOVEMENT CONCEPTS

RELATIONSHIPS

When playing an invasion game, it's important to be able to perform skills such as throwing and catching. Understanding movement concepts will help you perform such skills effectively within the action of a game. During class activities, focus on 3 main movement concepts: relationships, space awareness, and effort.

Relationship to the Goal:

On offense, work to attack the goal. Passing the ball to an open teammate across the goal will force defenders to move, often giving the offense an advantage and leading to a shot opportunity.

Words to remember: Attack the goal.

On defense, work to force the offense to move and pass to the sidelines, away from the goal. Know where the goal is at all times and stay between the offense and the goal. Don't follow the offense; instead, position your body in between the person you're covering and the goal.

Words to remember: Stay in between the offense and the goal.

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Relationship to the Ball:

On offense, take care of the ball. If you have possession of the ball, your first priority is to keep it safe. Once it's safe, look for open space that creates either a shooting or passing lane.

Words to remember: Take care of the ball. Look for open lanes.

If you're moving without the ball, look for open space that would allow your team to advance (or move) the ball toward the goal. Don't rush to a teammate who is holding the ball. Doing this would allow your defender to help the defender playing the ball, giving the defense a big advantage.

Words to remember: Spread out and move to open space.

On defense, know where the ball is. If you're defending the player with the ball, stay in between the ball and the goal, forcing the player to the outside of the activity area and away from the goal. Keep your hands active, blocking and distracting the offensive player's line of vision to open spaces.

Words to remember: Back to the goal. Force the ball outside.

If you're defending a player without the ball, form a triangle between your body, the ball, and the goal. Keep your back to the goal and position your body so you can see the ball and the player you're covering. If possible, keep your hands up and in the passing lane between the ball and your offensive player.

Words to remember: Back to the goal. See the ball and your player. Hand in the passing lane.

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Relationship with Other Players:

On offense, the key to passing and shooting is spreading out. Know where your teammates are and find open space away from other players. Knowing where the defense is will also help you move to open space and/or use open passing lanes—passing to a teammate who is well-defended isn't the best option. If you're moving without the ball, try to use changes in speed and different pathways to create separation between you and the defense.

Words to remember: Spread out. Create space.

On defense, the key to stopping the offense is closing passing and shooting lanes while forcing the ball away from the goal or target area. Know where offensive players are and keep your hands and feet active. Maintaining control of your body is also important. Don't charge into offensive players or slap at the ball. Keep a distance between you and offensive players that allows you to move quickly without committing a foul or violation.

Words to remember: Close lanes. Stay active. Maintain control.

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SPACE AWARENESS

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Awareness of Open/Closed Space:

On offense, look for open space into which you can move in order to become open and create an advantage. Keeping the defense spread out is always a priority.

Words to remember: Move to open space.

On defense, look to close space by positioning your body to block either the space itself or a lane to the space.

Words to remember: Close space.

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Awareness of Levels:

On offense, passing and shooting lanes can become open over, around, and/or under the defense. Do you need to shoot over the defense, pass around a defender, or bounce the ball under an arm or hand?

Words to remember: Over, around, or under?

On defense, positioning your body to take away an advantage is the most important part of defensive movement. Which type of pass or shot is the easiest for the offense? Which is the most difficult? Many times, passing over or under you (the defense) can be difficult. Take away the type of pass or shot that can be easily thrown and caught.

Words to remember: Take away the easy pass/shot.

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Awareness of Pathways:

On offense, the key to getting open shots and passes is creating space between yourself and the defense. Straight lines to the goal or open space can be fast if they're open. If not, zigzag pathways can confuse and slow the defense, allowing you to separate. Fake one direction, then quickly change direction toward open space. You may need to move around a crowd or defender in order to find or create an open lane.

Words to remember: Create separation.

On defense, having active eyes, feet, and hands will help you stay with the offense, close space, and not fall for a fake. Stay low (in defensive position) and be alert. If the player you're defending has the ball, watch his/her hips/belly button. Don't fall for head fakes or jab steps; no one can move their bodies without taking their hips with them. Keep your body/hands in position to close easy passing/shooting angles and pathways to the goal or target and force the ball to the sidelines. If you get beat and have to recover, always take an angle that will allow you to get back in between the offense and the goal. Following and running right behind the offense is usually not the best angle to take.

Words to remember: Cut angles, watch the waist, and recover quickly.

MOVEMENT CONCEPTS**EFFORT**

When playing an invasion game, it's important to be able to perform skills such as throwing and catching. Understanding movement concepts will help you perform such skills effectively within the action of a game. During class activities, focus on 3 main movement concepts: relationships, space awareness, and effort.

Control your Effort:

On offense, understand the pace of the game. Sometimes you have a big advantage and it's good to push the ball quickly ahead. You want to be fast and pressure the defense by attacking the goal or target. Sometimes, though, you need to use a slower pace to find open space or to give your teammates time to create open space. You also need to consider the score and how much time is left in a game.

Words to remember: Control the pace.

On defense, it's almost always an advantage when you can slow the offense down. However, depending on the game situation, you may want to apply stronger or lighter defensive pressure. The amount of pressure you apply will change the way the offense must react. It will also change the flow of the game for you and your teammates, forcing you to move faster or slower in order to close passing and shooting lanes.

Words to remember: Control defensive pressure.