

Invasion Game Checklist					
Attack					
Maintaining Possession	Level				
Skill	1	2	3	4	5
Passing to a partner					
Receiving the ball					
Protecting the ball					
Moving with the ball					
Supporting the ball					
Moving off the ball					
Finding space					
Creating space					
Advancing ball into scoring area					
Passing into space					
Penetrate					
Dribble/run					
Beating a defender					
Drawing a defender					
Scoring					
Hit the target					
Strike the ball with power					
Using both feet					
Turn and shoot					
Stopping					
Defense					
Applying pressure to the ball					
Closing Down					
Slowing Down					
Track the ball					
Stealing the ball/tackling					
Supporting the on ball defender					
Seeing the player and ball					
Stopping penetration					
Intercept a short pass					
Covering					
Maintaining position					
Intercepting a long pass					
Covering space					



I Can Checklist

Using a scale rating 1-5 rank yourself on how good you feel you are at the following skills below. 1=need to improve 2=needs more practice 3=ok 4 =good 5=excellent. We will redo the checklist at the end of term to see if you feel you have improved.

Passing

I can pass the object to a team mate whilst stood still		
I can pass the object whilst moving		
I can pass the object with one hand/foot		
I can pass the object with both hands/feet		
I can pass an object using another piece of equipment		
I can pass a short distance		
I can pass a long distance		
I can control the speed of the object		
I can use different part of my body to pass the e.g. head, thigh etc.		
I can pass the object whilst moving		
I can pass different sized objects		

Catching/Receiving

I can catch the object that I have thrown		
I can catch/receive the object a team mate has passed me		
I can catch/receive the object in two hands/both feet		
I can catch/receive the object at speed		
I can catch/receive the object at different heights		
I can catch/receive different sized objects		
I can catch/receive from a short distance		
I can catch/receive from a long distance		
I can use different parts of my body to control the object		

Control and Moving with an Object

I can run with an object whilst keeping it under control		
I can jump with an object		
I can side step with an object		
I can turn with an object		

Scoring

I understand the methods of how to score in a number of games		
I can select the right skills to help me score a point		
I can look for space to give me a better opportunity		

Teamwork

I can communicate to another team mate		
I can encourage others to do their best		
I can be patient		
I can give feedback to help other improve		
I can listen to my team mates and the coach		
I can share ideas		
I can have a discussion amongst my class		
I can lead by example		

I can always try my best even if I fail

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