



Invasion Game Challenges



CHALLENGE 1 – HOCKEY

How many times can you pass a ball between two cones in 5 minutes?

Instructions

- Create two targets using anything you can find at home for example a box turned on its side or paper on the floor
- Try to sit the targets between 6-10 metres apart
- Start a 5 minute timer
- Using a hockey stick, broom or stick and a ball or rolled up socks see how many times you can hit one target, run to the ball and hit the target opposite before your time is up!

CHALLENGE 2 – FOOTBALL

How many times can you slalom in and out a line of cones in 5 minutes?

Instructions

- Create a line of 6 cones or other household items e.g. pillows, tins of beans about 2 metres apart if possible.
- Start a 5 minute timer
- See how many times you can dribble a football, rolled up socks or any other type of ball between the objects and back before your timer is up!



CHALLENGE 3 – NETBALL

How many goals can you score in 5 minutes?

Instructions

- Make a target on a wall that is above your head height. You could use a piece of paper with a cross or circle on it or just imagine a point on the wall outside. This represents the net
- Stand 2 metres away from your target
- Set a 5 minute timer
- Using a ball or a pair of balled up socks see how many times you can hit your target before your time is up!





CHALLENGE 4 – RUGBY

How many tries can you score in 5 minutes?

Instructions

- Use 4 cones or household objects e.g. tins of beans to create a square. Make it as big as you can with what space you have but no bigger than 10m by 10m.
- Choose a marker to start on.
- Set a 5 minute timer.
- See how many times you can run around the whole square with a ball, pair of balled up socks or a cushion and score a try by touching the ball to the floor at the fourth cone. How many tries can you score before your time is up?