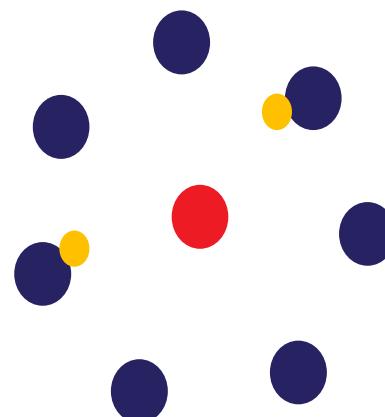


Week 1 of the British Dodgeball Dodge Five resource focuses on introducing players to some of the basic skills involved in dodgeball, having fun and encouraging those players to come back next week. To be a good dodgeball player you have got to be active, keep on your toes and be able to react quickly. The activities below are perfect as a light introduction before getting into some games of dodgeball.

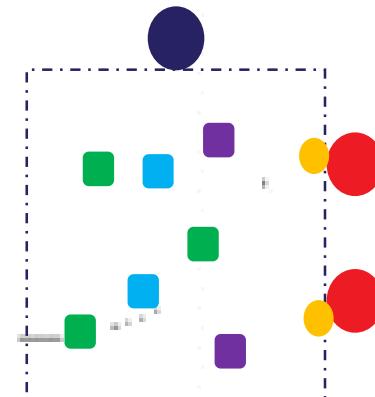
### MIND YOUR BACK

Form a circle with one or two players in the middle. The object of the game is to hit the player(s) in the middle on the back. The ball(s) can be passed around the circle to keep the dodger(s) moving.



### DODGE THIS

Can be played in small groups of 4 as follows but you can alter to suit the needs of your group. Cones are spread out within a marked area. The runners are trying to run from one end of the area to the other, one at a time, picking up a cone as they go, without getting hit by the throwers. If a player is hit then they must return to their team without a bib or cone.

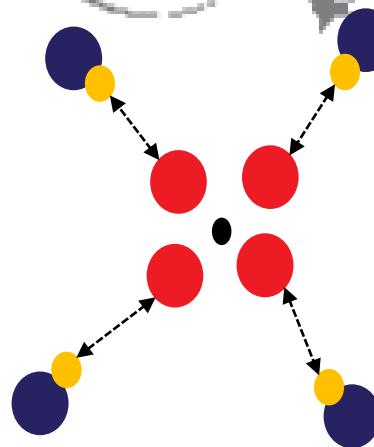


The 2 activities above can be played in your session to encourage players to be alert, improve reaction times and movement. Mastering these skills are essential for good dodgeball players. After practicing these activities play some dodgeball games, see if players dodging abilities have improved.

Week 2 of the British Dodgeball Dodge Five resource focuses on catching. Catching in dodgeball is always a challenge, whether playing the 3 or 5 ball game attempting a catch can be risky, but there is such a reward that being a good catcher can change the outcome of any dodgeball match. The activities below are perfect as a light introduction before getting into some games of dodgeball.

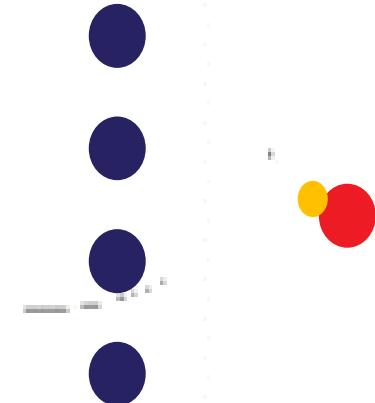
## ROUND THE CLOCK

Group is split into 2. One half of the group is the outer circle and the other half is the inner circle. Each player then pairs up and one ball is used between pairs. Ball is passed from outer to inner. Inner receives ball then touches centre spot. When outer throws ball outer moves round clockwise one position



## FAST CATCH

Players are spaced between 2 & 4 metres apart. Group is split into small groups of 4 - 7. Each group has one ball. Player A with the ball then calls any of the other players who then turn as quickly as possible and attempt to catch.

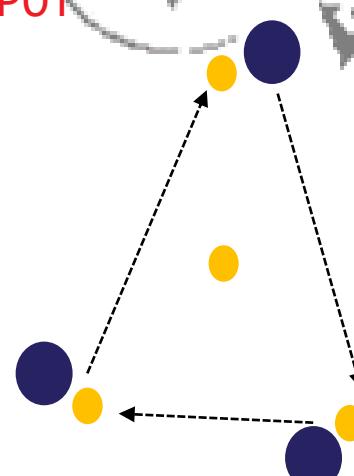


There are many routines you can adopt for practicing catching, to improve a players catching ability it is important to practice as often as possible, focus on the key components that make up a good catcher and make the activity as realistic to game play as possible. After practicing these activities play some dodgeball games, see if players catching abilities have improved. Don't forget you can always come back and practice a particular skill with your group that you want to work on.

Week 3 of the British Dodgeball Dodge Five resource focuses on throwing. Throwing is the most used skill when playing dodgeball. The majority of dodgeball players work on improving their throws on a weekly basis as a weak throw can provide an easy catch for the opposition and a strong throw can provide you with a weapon to be feared on court. The activities below are perfect as a light introduction before getting into some games of dodgeball.

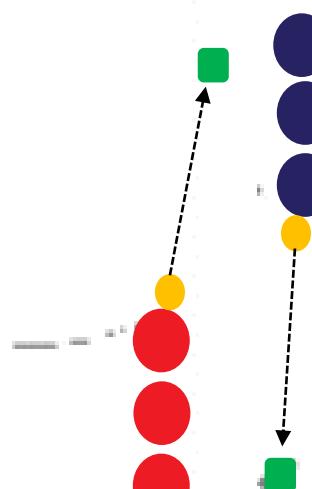
### JACKPOT

3 players are situated at a ball placed on a cone. There is a center ball sat on the cone in the middle. The aim of the drill is to be the first one to run round the outer balls and back to their own ball, throw and hit the target ball from the cone in the center. The first player to do this is the winner and shouts 'JACKPOT'. All players run round in the same direction.



### ALAMO

Group is split into 2 groups. Each group is then split into 2 single file lines with the first player holding a ball. The ball is then thrown at the target, once the ball is thrown the player then runs around the target and joins the end of the opposite line. It may be useful to have 2 volunteers to get the ball back to the start of the line.



Both of the activities above are fun ways to introduce throwing to your session. Both can be adapted to make them harder or easier or more competitive. Ensure players focus on the key aspects of a good throw, balance, aim, follow through and body position are all very important. When practicing throwing it's important to get the technique correct, repetitive throwing using a bad technique can cause injury. After practicing these activities play some dodgeball games, see if players throwing abilities have improved.

Week 4 of the British Dodgeball Dodge Five resource focuses on blocking. As the sport develops the skill of blocking is becoming more and more important in dodgeball. With the introduction of a ball being live after first contact the skill of blocking is used even more for both attacking and defending. It's not just about preventing that ball from coming towards you but controlling where the ball goes after impact. The activities below are perfect as a light introduction before getting into some games of dodgeball.

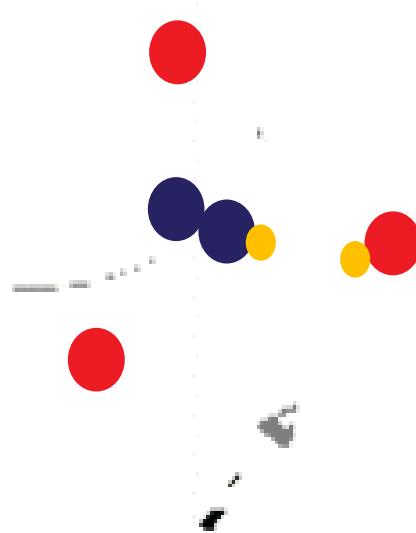
## BODYGUARD

In small groups of 4 to 6. 2 Throwers. 1 Blocker. 1 to 3 other players. Thrower is positioned between 4 & 8 metres away. The thrower attempts to hit the other players with the ball whilst the blocker attempts to defend the players. If a player is hit behind the blocker he/she is out and the blocker receives a point, player with the least points is the winner. Players rotate.



## V.I.P

Carried out in a group of 4 or 5. The aim of the game is for the blocker to protect a teammate in the middle of a circle from the attackers who are positioned on the outside. The throwers are allowed one dodgeball between them. Only the blocker in the centre is allowed a ball from the defending team. Extra points can be awarded for downward blocks that safely nullify a live ball.

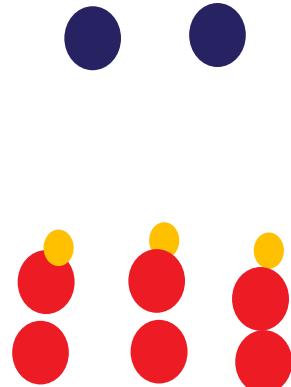


Both of the activities above are fun ways to introduce the importance of blocking. Practicing these activities will also enable players in the group to improve their throwing accuracy and teamwork. Both can be adapted to make them harder or easier or more competitive. Remember a player must keep a strong grip on the ball when blocking as to lose control in a match will mean they are out. After practicing these activities play some dodgeball games, see if players blocking and indeed throwing accuracy and teamwork has improved.

Week 5 of the British Dodgeball Dodge Five resource focuses on tactics. Any team that works hard on incorporating strong tactics increases their chances of success. Keeping things simple to begin with on a dodgeball court will enable you to introduce both attacking and defending tactics with success. The two activities below will enable you to introduce basic tactics that can be used again and again before getting into some games of dodgeball.

## THREE PLAYER SHOT

Depending on size of group, either use one court or two areas of the court. Choose 2 or 3 players to act as targets and split the rest of the group into 3 lines. The front 3 players have 1 ball each and throw at a target of their choice in their own time or on the coaches command. Players rotate through the drill so that each has had sufficient time at each practice. Introduce a calling system when ready that works for your team.



Put simply, attacking in dodgeball is when you or your team is throwing at the opposition. Defending is when the opposing team are throwing towards you. Playing the game will get you and your players thinking about how you can make it as difficult as possible for your opponents. Encourage your players to think of new tactics, put these into a game situation and see what works. British Dodgeball's Dodge Five resource has been designed to give you a starter into the wonderful sport of dodgeball. We hope you enjoy introducing dodgeball to your group. Good luck!

## COUNTER

A counter attack is a very commonly used tactic in dodgeball. As teams are always able to hold on to 1 ball there will be many opportunities that present themselves to counter attack the opposition throw. Have players practice during game play different techniques to counter. When is the correct moment to counter? when is it best to hold? what position of the court works best to counter? could you pass to a teammate in a better position?

