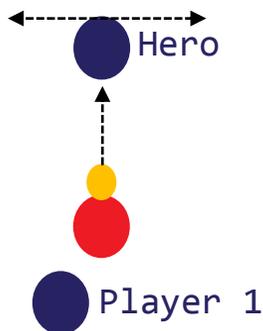


Week 1 of the British Dodgeball **Dodge Five Remixed** resource focuses on dodging, having fun and encouraging new players to come back next week. To be a good dodgeball player, you have got to be able to dodge in a variety of ways and be unpredictable. The activities below are perfect for introducing new dodging techniques, whilst both static and in motion.

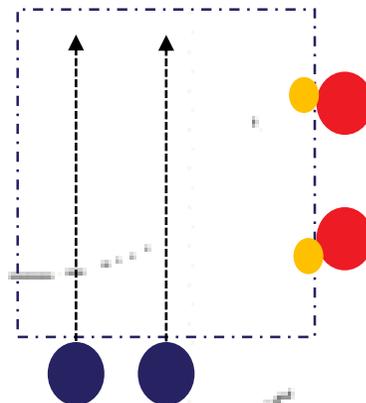
VIDEO GAME DODGEBALL

Player 1 points up/down/left/right, and the Hero must dodge that way when the thrower throws at them. Player 1 can add in multi-direction dodges (e.g. jumping sideways) or fakes by quickly changing the way they are pointing.
Dodge types: duck, jump, sidestep



CROSS THE RIVER

Runners must try to cross the river without being hit by the throwers. Throwers can be placed on one or both sides of the river bank depending on your group.
Dodge types: leap, sudden stop, leg lift, upper body weave

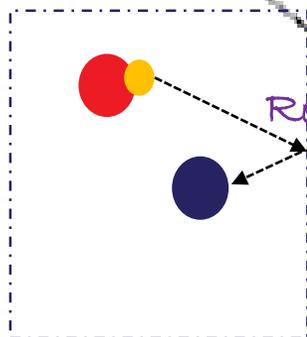


The 2 activities above can be played in your session to encourage players to be alert, improve dodge timing and practice new dodge types. Mastering a variety of dodges is essential for good dodgeball players. After practicing these activities, play some dodgeball games and see if players' dodging abilities have improved.

Week 2 of the British Dodgeball **Dodge Five Remixed** 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 great reward to being a good catcher; you can change the outcome of any dodgeball match. The activities below are perfect to practice catching technique before getting into some games of dodgeball.

WALL CATCH

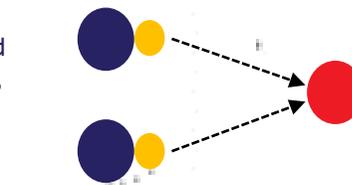
The catcher must face the wall whilst the thrower must move around them and throw at the wall. Upon seeing the ball bounce against the wall, the catcher must react and try to catch it. Progress this drill by having the catcher turn around and take a direct catch from the thrower when their name is called.



Remixed

SLOW MOTION CATCHING

In groups of 3, two throwers must throw slow balls at the catcher. The catcher must either try to catch the first ball to reach them and dodge/block the second ball, or even try to catch both balls. Progress by speeding up the balls and throwing some off target to improve decision making.

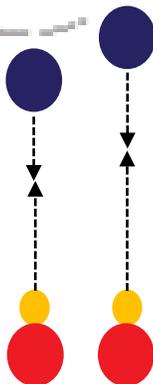


There are many routines you can adopt for practicing catching. To improve a players catching ability, it is important to practice as often as possible and focus on the correct technique. Players must use their whole body to catch in dodgeball, not just their hands, in order to absorb the force of the ball. After practicing these activities, play some dodgeball games and see if players' catching abilities have improved.

Week 3 of the British Dodgeball **Dodge Five Remixed** resource focuses on throwing. Throwing is one of the most frequently used skills in dodgeball. The majority of dodgeball players work on improving their throws on a weekly basis in terms of both power and accuracy in order to be able to effectively hit out their opposition. The activities below are perfect as a light introduction before getting into some games of dodgeball.

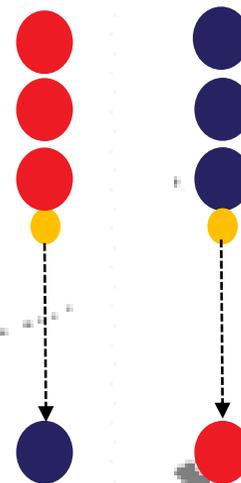
ZOMBIE

Zombies must shuffle towards the throwers. Throwers must hit the zombies in 5 different areas (both arms, both legs and torso) before the zombie reaches them in order to win. Encourage accurate throws from a distance.



SURVIVOR

Group is split into 2 groups. Each group sends one survivor to dodge the other team's throws. Once the survivor is hit, they must swap with another member of their team. The winning team is the one to hit all members of their opposition first.



Both of the activities above are fun ways to develop throwing skills in your session. Ensure players focus on the key aspects of a good throw: power generation from the entire body, arm position, follow-through and accuracy are all very important. After practicing these activities, play some dodgeball games and see if players' throwing abilities have improved.

Week 4 of the British Dodgeball **Dodge Five Remixed** resource focuses on blocking. As the sport develops, the skill of blocking is becoming more and more important in dodgeball. Players must now consider directional control as well as keeping themselves safe when blocking. The activities below are perfect as a light introduction before getting into some games of dodgeball.

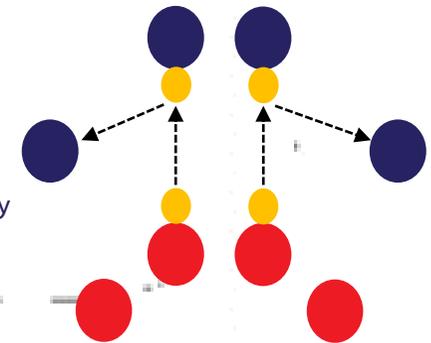
BLOCK UPS

In pairs or small groups, players must try to keep a ball in the air by blocking it with held balls. See which group can get the highest score. Make it a game - last one to touch a ball before it hits the floor loses a life.



DEFLECTION SECTION

Split the group into 2 teams; blockers and throwers. The blocking team must try to make as many block-catches as possible before getting hit out. Block catches can be made by either blocking to live players or to teammates who have been hit out (who can then stand at the side in the 'deflection section').

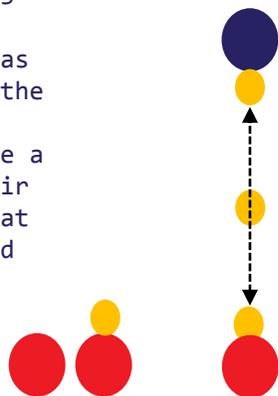


Both of the activities above are fun ways to develop the skill of blocking. Players must not only keep themselves safe, but also develop control over thrown balls when blocking. Practicing these activities will also enable players in the group to improve their throwing accuracy and teamwork. After trying these activities, play some dodgeball games and see if players' blocking, throwing accuracy and teamwork skills have improved.

Week 5 of the British Dodgeball **Dodge Five Remixed** resource focuses on tactics. Teams that work hard on incorporating strong tactics increase their chances of success. The two activities below will enable you to introduce new basic tactics, avenging and pre-throwing, that can be used again and again before getting into some games of dodgeball.

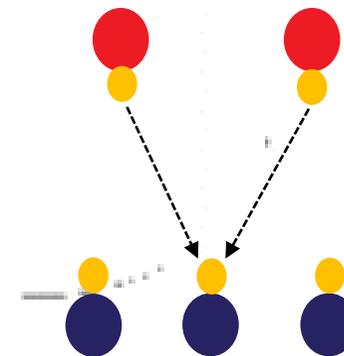
KING OF THE COURT

2 players play 1v1 using 3 balls until there is a winner. Once one player has been hit out the next in the line can come immediately onto court and try to make a quick avenging hit on their opponent whilst they are at the front of the court and vulnerable.



PRE-THROW

A pre-throw is a very commonly used tactic in dodgeball. As throwers prepare to throw, there is a moment when their ball is positioned behind their body and they are vulnerable. Players should aim to hit their opponents whilst they are in this position. Have players practice different scenarios - when is the most effective time to pre-throw? Are there any other advantages or drawbacks to pre-throws?



After learning these 2 new tactics, it is time to start applying them in games. Challenge your players to think about when is best to use these, and how to use them in combination with group throws and counter attacks in order to become a force to be reckoned with on court.

The British Dodgeball **Dodge Five Remixed** resource has been created to give coaches new ideas to develop skills in order to enhance player enjoyment and to improve the quality of dodgeball teams across the UK. Good luck!