

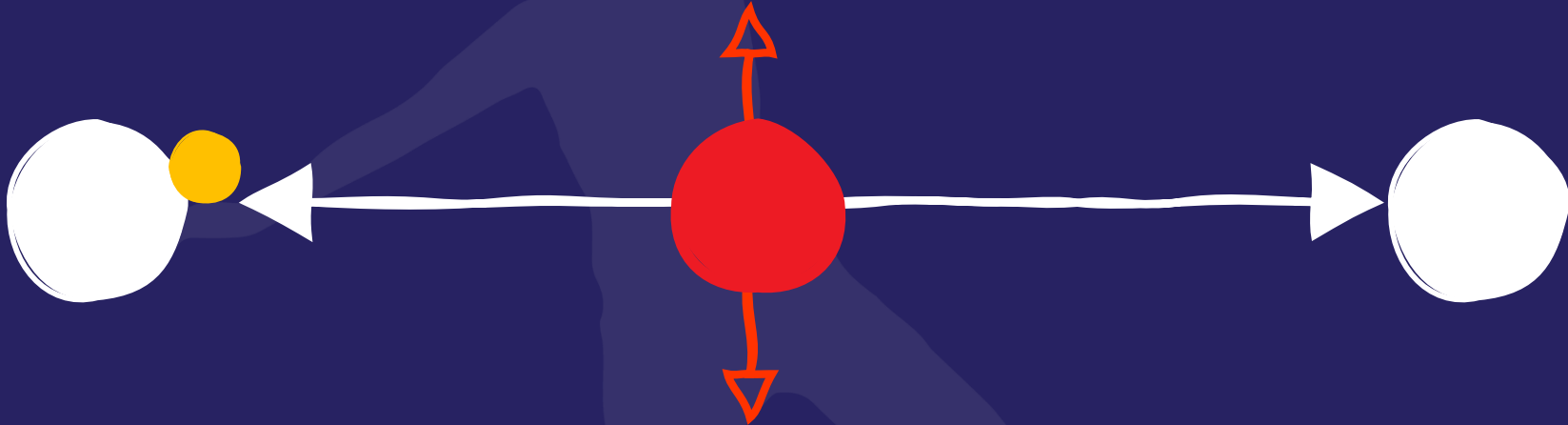


BRITISH  
DODGEBALL

DODGEFIVE  
@Home

Our DodgeFive @Home resource gives you a new way to play – in a safe space at home! All you need are some people to join in the fun, a suitable space (we don't want any breakages!) and a dodgeball (get them from our shop [here](#)). These games have been designed to be suitable for those of all ages so get involved and have fun!

## GAME 1: DODGER IN THE MIDDLE



### The game:

- 🕒 Two throwers and one dodger in the middle
- 🕒 The throwers must pass the ball and hit the dodger
- 🕒 Once the dodger is hit, swap roles

### Things you need:

- 🕒 Dodgeball (Don't have one? Use bundled-up socks instead!)

### Make it harder or easier by:

- 🕒 Standing closer or further away
- 🕒 Changing throw speeds
- 🕒 Giving the dodger a life

### More fun:

- 🕒 Count how many throws the dodger can avoid. Who can get the highest score?



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## GAME 2: BALANCE CATCH



### The game:

- 🕒 One thrower and one catcher
- 🕒 When the catcher catches 5 throws, the thrower can add an item which catcher must balance on themselves
- 🕒 Swap once the catcher drops a ball or an item falls off

### Things you need:

- 🕒 Dodgeball (Don't have one? Use bundled-up socks instead!)
- 🕒 Items to balance (anything which isn't breakable!)

### Make it harder or easier by:

- 🕒 Standing closer or further away
- 🕒 Changing throw speeds
- 🕒 Giving the catcher a life
- 🕒 Giving the catcher harder items to balance

### More fun:

- 🕒 Count how many items the catcher can balance at one time. Who can balance the most and still catch a ball?

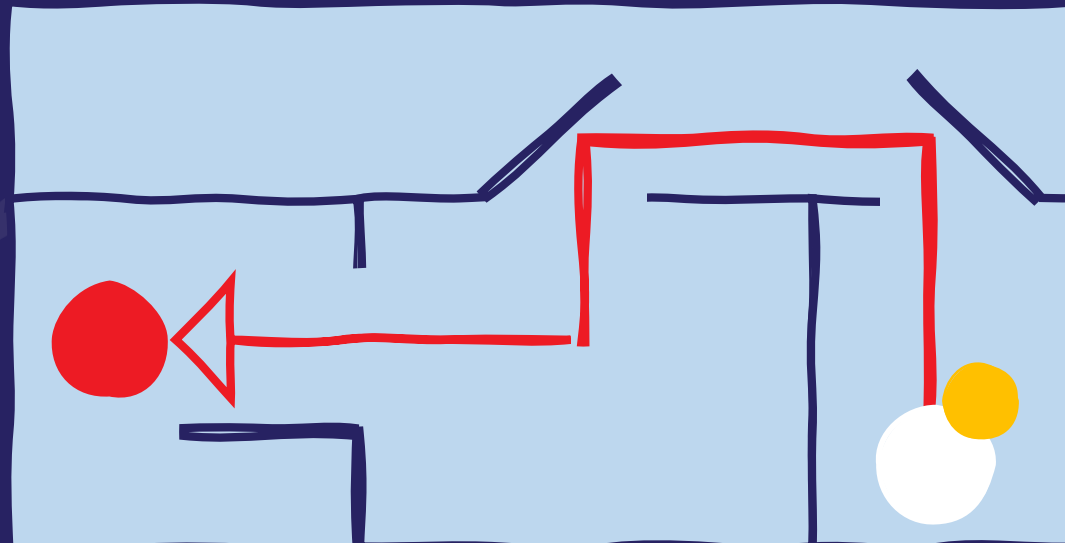


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## GAME 3: DODGE ROUND CORNERS



### The game:

- 🕒 One person is the target and waits at a chosen spot.
- 🕒 The thrower must reach them by throwing a ball. Once the ball has been thrown, the thrower must not touch it until it has stopped moving. Then they pick up the ball and throw again. Aim carefully to move around corners!
- 🕒 Swap once the thrower hits the target.

### Things you need:

- 🕒 Dodgeball (Don't have one? Use bundled-up socks instead!)

### Make it harder or easier by:

- 🕒 Choosing trickier to reach spots (upstairs?)

### More fun:

- 🕒 Play a hide and seek version!
- 🕒 Use a static target and both players have a race to reach it first!

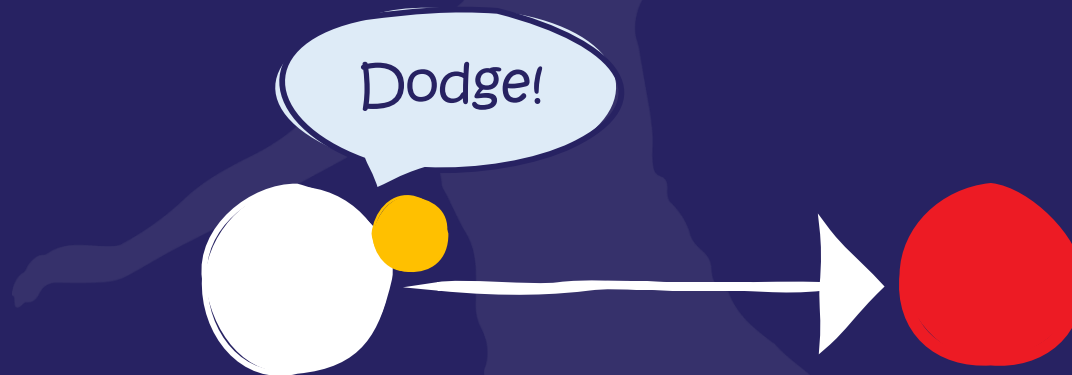


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## GAME 4: DODGE/CATCH



### The game:

- 🕒 One thrower and one receiver
- 🕒 The thrower says 'Dodge' or 'Catch' when they pass the receiver the ball. The receiver must do the opposite of what is said
- 🕒 Swap over if the receiver is hit or does the wrong action

### Things you need:

- 🕒 Dodgeball (Don't have one? Use bundled-up socks instead!)

### Make it harder or easier by:

- 🕒 Standing closer or further away
- 🕒 Changing throw speeds
- 🕒 Giving the receiver a life
- 🕒 The receiver must clap before they do the right action

### More fun:

- 🕒 Count how many times the receiver can do the right action!

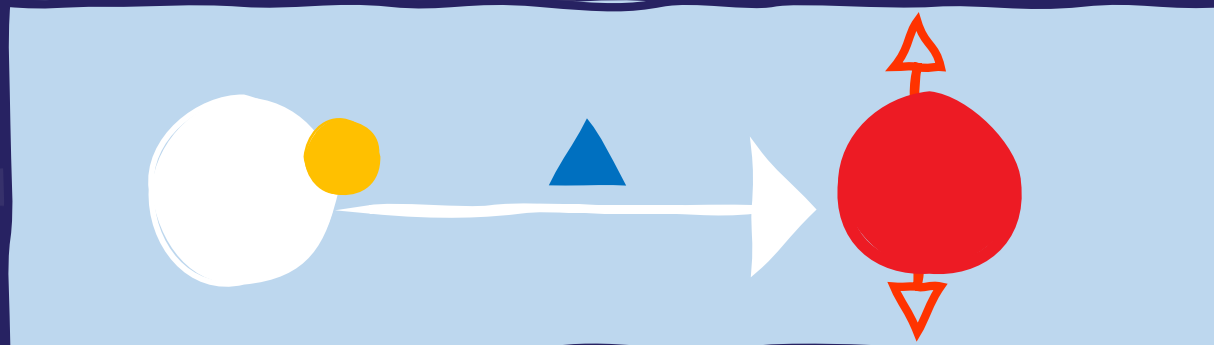


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## GAME 5: 1v1 Dodgeball



### The game:

- 🕒 Two players
- 🕒 Both players take turns trying to hit each other with a dodgeball. One point per hit or two points for a catch
- 🕒 Best done where there is nothing breakable nearby

### Things you need:

- 🕒 Dodgeball (Don't have one? Use bundled-up socks instead!)
- 🕒 A marker for the centre line (Use a jumper if needed!)

### Make it harder or easier by:

- 🕒 Underarm throws only
- 🕒 Move the centre line into one player's half
- 🕒 One player wins when they reach a lower number of points

### More fun:

- 🕒 Make up your own scoring system!
- 🕒 Use more than one ball!
- 🕒 Zombie rules – a player cannot use any limbs which get hit!



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## HOME ALONE?

### GAME 1: THROWING TARGETS

- 🕒 Set up targets which you must hit as quickly as possible
- 🕒 How quickly can you knock over all targets?

### GAME 2: SPIN CATCH

- 🕒 Throw a ball high into the air, spin around and catch it
- 🕒 How many spin catches can you complete before dropping a ball?

### GAME 3: BLOCK UPS

- 🕒 Keep one dodgeball in the air by blocking it upwards with another dodgeball
- 🕒 How many block ups can you do before dropping the ball?

### GAME 4: WALL CATCH

- 🕒 Throw a ball against a wall and catch it before it touches the floor
- 🕒 How many wall catches can you complete with just your weak hand?

### GAME 5: CLAY PIGEON SHOOTING

- 🕒 Throw one ball high into the air. Try to hit this moving target with another ball.
- 🕒 How many times can you make the hit out of ten attempts?