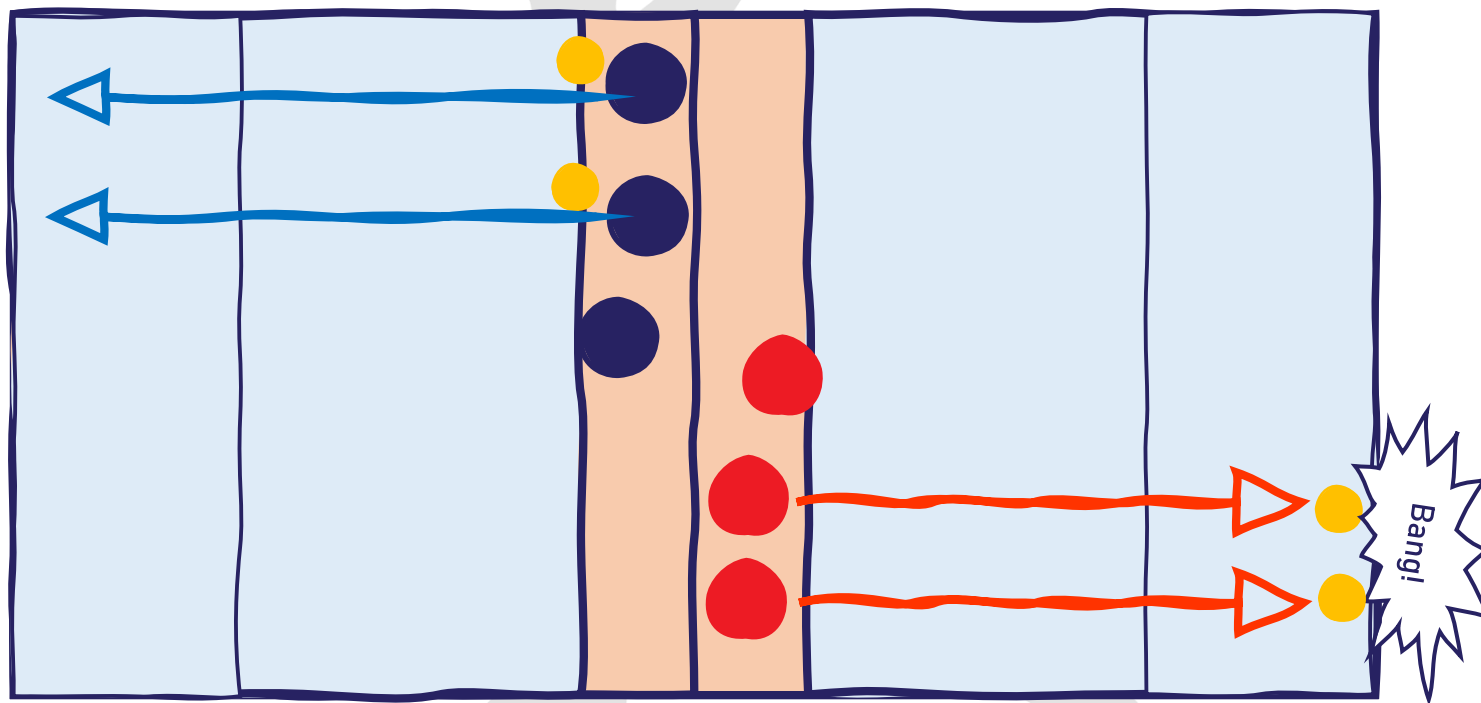


Week 1 of the British Dodgeball Dodge Five *Dodgefit* resource focuses on cardio, recovery rate and muscular endurance. It's a throwing-based activity which is easy to adapt to suit the needs of players with different levels of fitness.

MAKE A BANG!



Task:

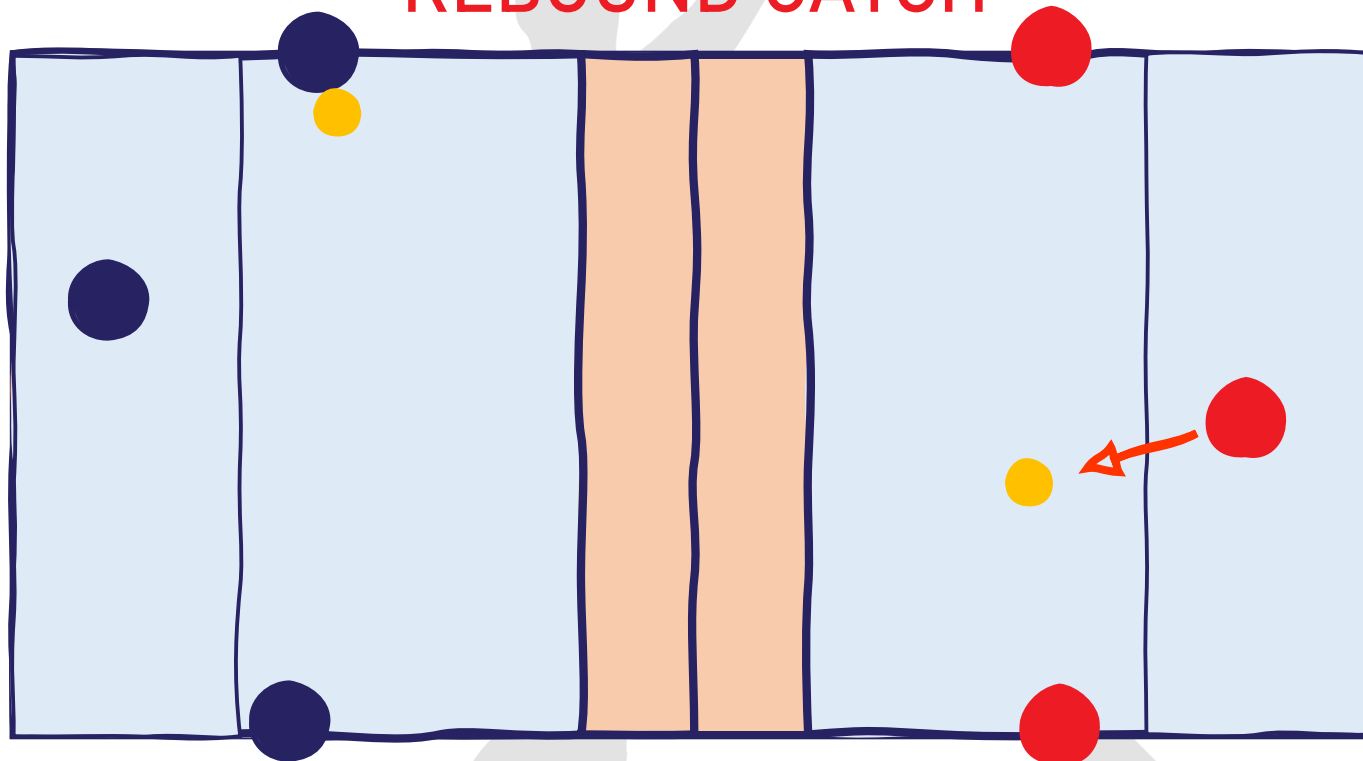
- Throw with a teammate to hit the wall. Hit the wall at the same time or it doesn't count. Have one player resting on the side who is checking for good timing.
- Extra Challenge: Add in a target.

Levels

- 3 sets of 20 throws with a teammate. Poorly timed throws don't count.
- 3 sets of 10 throws with a teammate. Poorly timed throws don't count.
- 2 sets of 10 throws with a teammate.

Week 2 of the British Dodgeball Dodge Five *Dodgefit* resource focuses on cardio, recovery rate and muscular endurance. It's a catching-based activity which is easy to adapt to suit the needs of players with different levels of fitness.

REBOUND CATCH



Task:

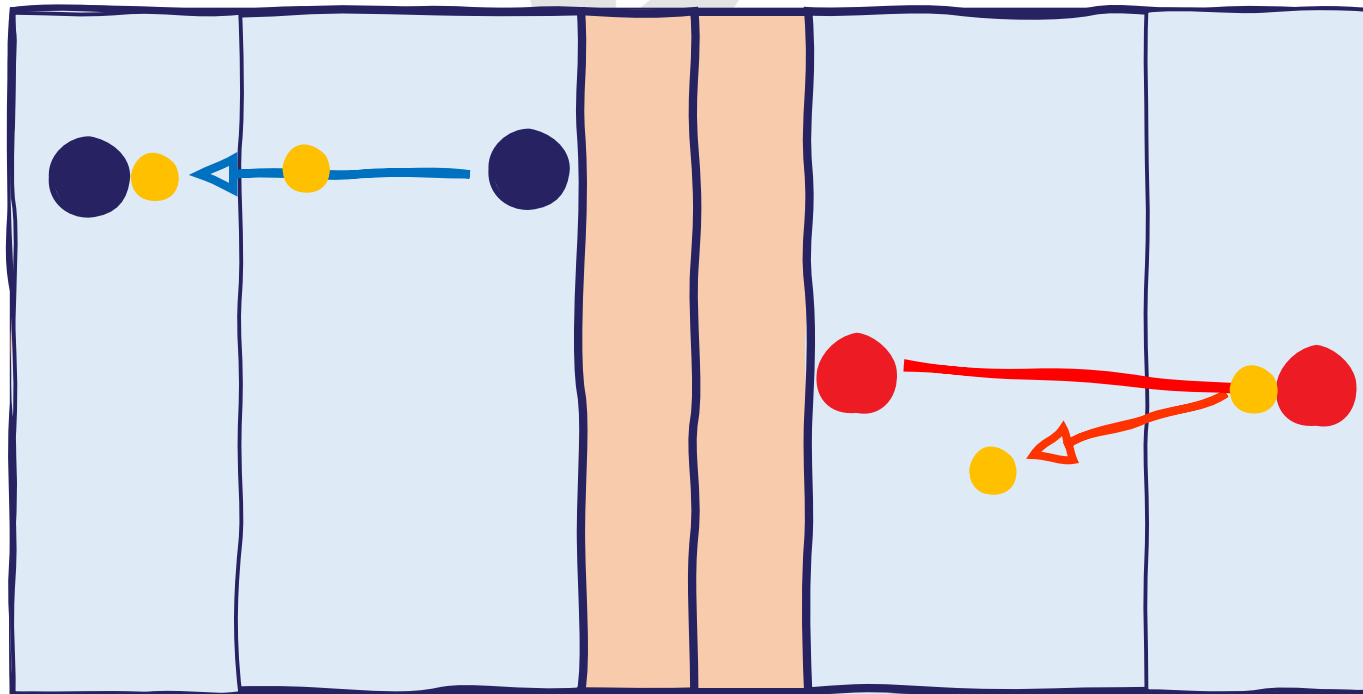
- One person working. Two people on either side throw their balls into the court and the catcher must catch them as if catching rebounds from their team.
- Challenge: Lower throws, move the catcher forwards, backwards & sideways.

Levels

- 3 sets of 1 minute. Add 5 seconds on if a ball is dropped.
- 3 sets of 45 seconds. Add 5 seconds on if a ball is dropped.
- 2 sets of 30 seconds.

Week 3 of the British Dodgeball Dodge Five *Dodgefit* resource focuses on cardio, recovery rate and muscular endurance. It's a blocking-based activity which is easy to adapt to suit the needs of players with different levels of fitness.

BLOCK CHASE



Task:

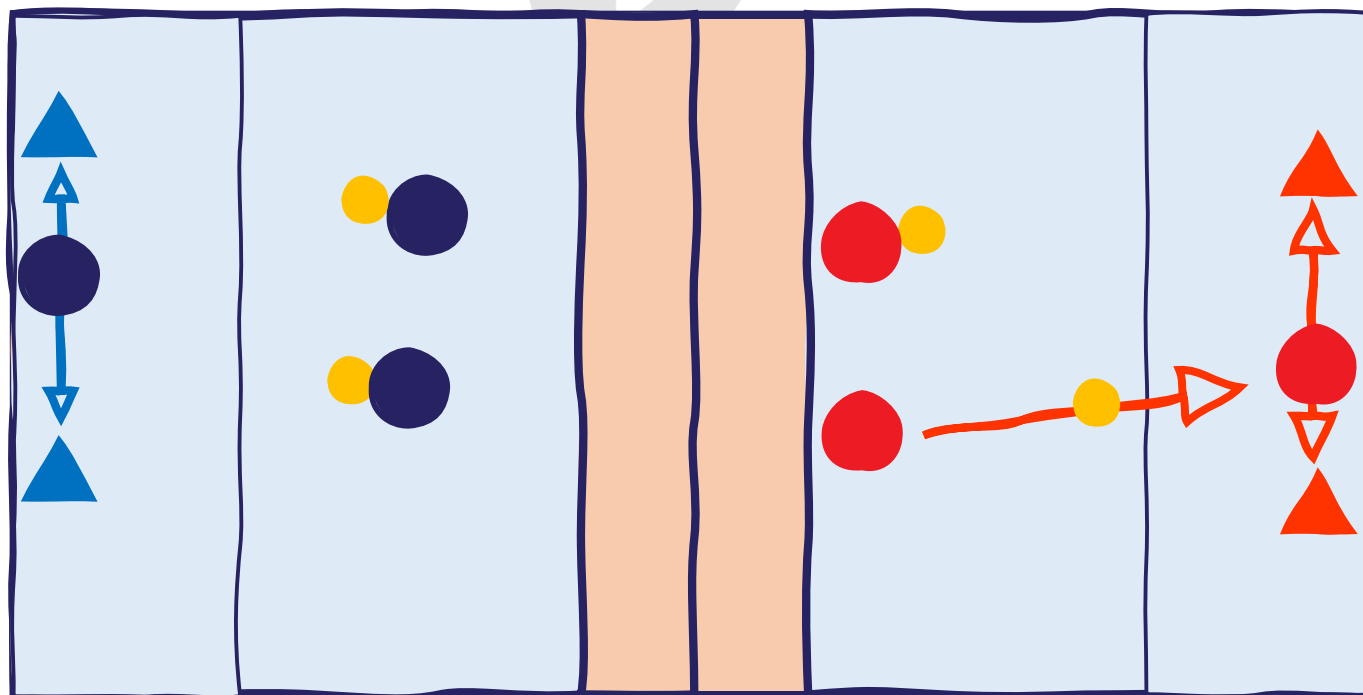
- The blocker must block the thrower's ball before chasing it and trying to catch it before it hits the ground. The blocker must roll their old ball to the thrower, return quickly to their start point and repeat (no walking back!)
- Challenge: Try to make as many block catches as possible.

Levels

- 3 sets of 1 minute. Add 5 seconds if a player gets hit by the ball.
- 3 sets of 45 seconds. Add 5 seconds if a player gets hit by the ball.
- 2 sets of 30 seconds.

Week 4 of the British Dodgeball Dodge Five *Dodgefit* resource focuses on cardio, recovery rate and muscular endurance. It's a dodging-based activity which is easy to adapt to suit the needs of players with different levels of fitness.

DODGE BETWEEN



Task:

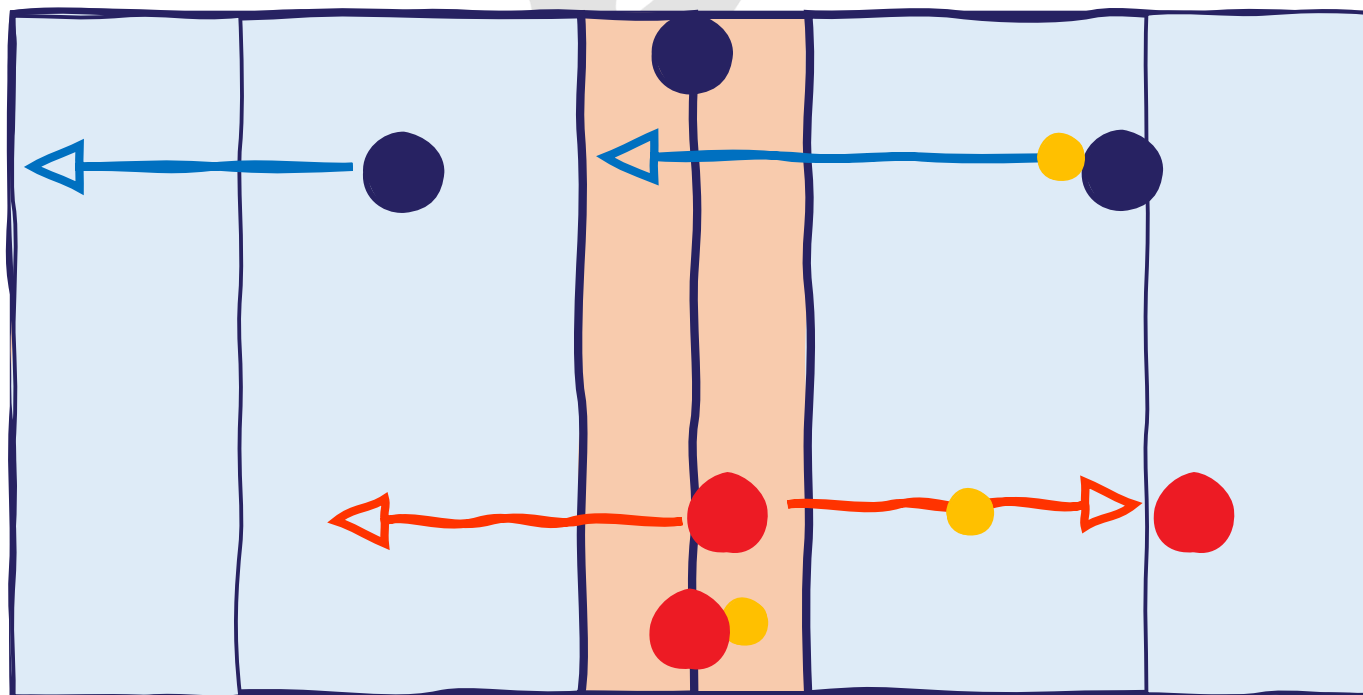
- Put a cone on either side of the dodger. The dodger must run between these cones, touching each one as many times as possible. Two throwers can throw at the dodger at any time and they must avoid being hit.
- Challenge: Move the cones further apart.

Levels

- 3 sets until 20 points. Decrease score by 2 points if player gets hit.
- 3 sets until 15 points. Decrease score by 2 points if player gets hit.
- 2 sets until 10 points.

Week 5 of the British Dodgeball Dodge Five *Dodgefit* resource focuses on cardio, recovery rate and muscular endurance. It's an activity which incorporates lots of skills and is easy to adapt to suit the needs of players with different levels of fitness.

POWER MINUTE



Task:

- One player attacks their partner who must dodge the throw. The dodger is then passed a ball and counterattacks their partner. Alternate between counterattacking and being counterattacked.

Levels

- 3 sets of 1 minute. One burpee at the end for every time hit.
- 3 sets of 45 seconds. One press-up at the end for every time hit.
- 2 sets of 30 seconds.