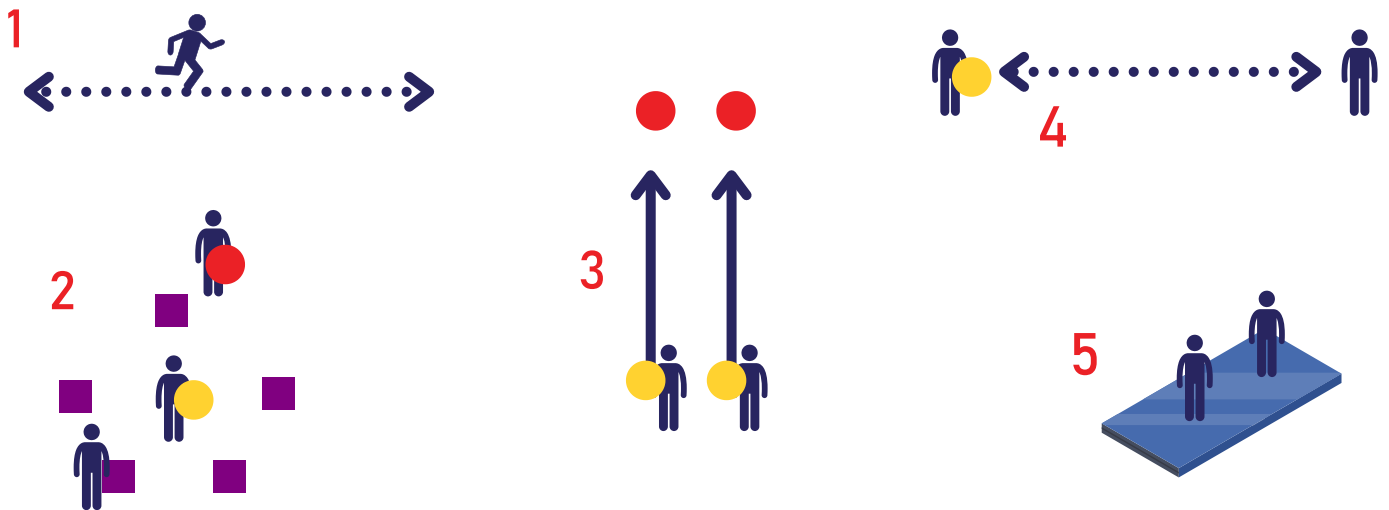


# DODGEBALL SESSION PLAN

## WARM UP/ACTIVITY 1

SET UP VARIOUS STATIONS IN THE SPACE AVAILABLE. HAVE SMALL GROUPS COMPLETE EACH STATION IN TURN BEFORE MOVING ONTO A DIFFERENT STATION. 3 MINS PER STATION.



## HOW TO:

**STATION 1** - SPRINTS. HAVE PLAYERS PRACTICE THEIR SPRINTS BETWEEN 2 POINTS. MAKE SURE PLAYERS REACH DOWN TO TOUCH THE FLOOR AT THE END BEFORE JOGGING BACK AND SPRINTING AGAIN.

**STATION 2** - NLOCK IN THE MIDDLE. PLAYERS IN THE CENTRE OF THE CIRCLE MUST TRY AND BLOCK THE BALL THROWN BY THE PLAYERS ON THE OUTSIDE. PLAYERS SWAP WHEN THE PLAYER IN THE MIDDLE IS SUCCESSFULLY HIT ON THE LEGS.

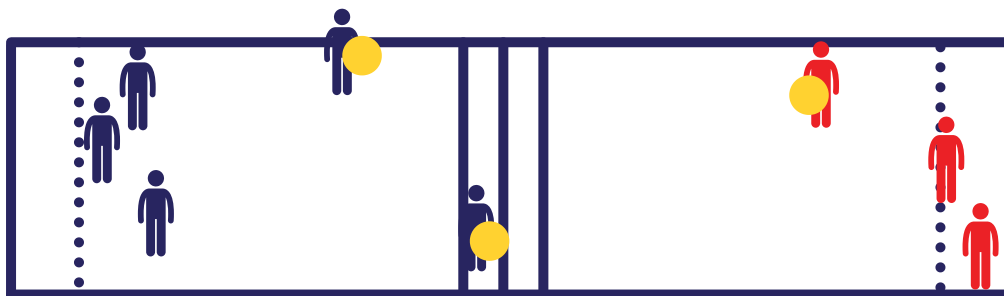
**STATION 3** - PLAYERS TO THROW DODGEBALL AT A TARGET. A TALL CONE WORKS WELL. HAVE PLAYERS REPLACE THE TARGET AFTER EACH SUCCESSFUL HIT. INCREASE DISTANCE FROM TARGET TO INCREASE DIFFICULTY LEVEL.

**STATION 4** - PLAYERS TO PRACTICE CATCHING BY PASSING A BALL BACK AND FORTH. INCREASE DIFFICULTY BY INCREASING SPEED OF THROW DEPENDENT ON PLAYERS ABILITY LEVELS.

**STATION 5** - ALLOW PLAYERS TO HAVE A REST WHEN THEY GET TO THIS STATION. ASK PLAYERS TO HAVE A DRINK AND SIT ON A MAT OR BENCH IF AVAILABLE.

# DODGEBALL SESSION PLAN

## GAMES



PARTICIPANTS WILL HAVE ALREADY COMPLETED A LOT OF EXERCISE IN THE FIRST PART OF THIS SESSION SO MOVING ONTO SOME GAMES OF DODGEBALL WILL ENABLE THEM TO GET DEPENDBACK TO PLAYING THE SPORT. DEPENDING ON THE SIZE OF YOUR GROUP TRY A FULL MATCH WITH TEAMS PLAYING 6 X 2 MINUTE GAMES IN UNDER 11'S OR A RUNNING CLOCK OF 7 MINUTE HALVES AND 2 MINUTE GAMES IN UNDER 13'S AND ABOVE.

## COMPETITION

IT CAN BE REALLY IMPORTANT FOR YOUR CLUB TO INTRODUCE REGULAR 'IN HOUSE' COMPETITIONS AND OPPORTUNITIES FOR CHILDREN TO WIN PRIZES. SOME GREAT PRIZES COULD BE CUSTOM BRANDED DODGEBALLS WITH YOUR CLUBS LOGO ON THEM (CONTACT [HELLO@BRITISHDODGEBALL.COM](mailto:HELLO@BRITISHDODGEBALL.COM) TO FIND OUT MORE) CLUB T-SHIRTS OR EVEN HOODIES.

## EXAMPLES

PLAYER OF THE MONTH  
LAST PLAYER STANDING LEADERBOARD  
MEMBERS DRAW  
CATCHERS LEADERBOARD

