

PLAYER DEVELOPMENT FRAMEWORK



Introduction

This is a summary of the recommended progression of dodgeball players as they develop, providing a useful basis for planning.

	U9	U11	U13	U15	U17+
Skill & Tactical Focus	<p>Under 9's should develop fundamental physical skills which can be applied to a wide range of sports. The SOL model provides a focus for planning sessions: Stability, Object Control, Locomotion</p> <p>A basic understanding of team tactics can be achieved at this stage e.g. group throws. Priorities should be having fun, gaining confidence, developing a growth mindset and learning how to use space effectively.</p>	<p>Under 11's should develop power and learn to combine movement skills e.g. sequence basic dodges. Matches should look organised with team tactics and individual tactics on display.</p> <p>There should be a focus on tactics e.g. group throws with holding for offence and pre-throws for defence. Priorities should be having fun, developing a growth mindset, and starting to develop tactical decision-making ability.</p>	<p>Under 13's transition to the 5-ball ruleset, meaning there should be a focus on learning to use larger balls in more complex situations in addition to refining core physical skills.</p> <p>There should be a focus on team tactics e.g. group throws for offence in a 5-ball game and double counter attacks for defence. Priorities should be having fun, gaining confidence and developing teamwork.</p>	<p>Under 15's should develop their knowledge of the 5-ball game, learning to survive multiple ball attacks by using more advanced dodges and catching from group throws.</p> <p>There should be a focus on developing a wider array of team tactics for offence and defence, and learning to manage time tactically in games. Priorities should be having fun, gaining confidence, developing teamwork and applying problem-solving.</p>	<p>Under 17's should further develop consistency in their physical skills, applying a range of strategies to varying situations.</p> <p>There should be a focus on developing an understanding of numerical advantage so players can opt to self-sacrifice and make trades when appropriate. Priorities should be on having fun, gaining confidence, developing teamwork and creating an identity as a dodgeball player.</p>
Values	<ul style="list-style-type: none">• Teamwork• Commitment• Honesty	<ul style="list-style-type: none">• Communication• Respect• Empathy	<ul style="list-style-type: none">• Dedication• Adaptability• Generosity	<ul style="list-style-type: none">• Resilience• Patience• Integrity	<ul style="list-style-type: none">• Responsibility• Assertiveness• Humility

Adult players should develop all of the above in addition to gaining deeper tactical awareness regarding time and numerical situations and developing the ability to adapt individual and team strategies in-play in response to assessing the strengths and weaknesses of themselves, their teammates and their opponents. Coaching new players should be structured to allow them to develop skill and tactics found at each of these stages until they reach the age-appropriate level. Course information can be accessed on the [British Dodgeball coaching course](#) webpage.

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Skills

This page outlines the recommended skills-related progression of a dodgeball player as they develop and grow older. Each age group's skills are designed to be built upon and should still be practiced as players advance through each stage.

	U9	U11	U13	U15	U17+
Throwing	Develop good throwing technique with grip, elbow position and body rotation.	Develop improved throwing power whilst refining technique.	Develop improved throwing accuracy whilst maintaining technique.	Further develop improved power whilst maintaining technique.	Further develop consistent accuracy and implement throw variations (e.g. jump throw).
Catching	Develop eye tracking and ability to catch slower balls using snatch technique.	Develop ability to catch balls aimed at the body using tunnel technique.	Develop ability to catch balls aimed away from the body using snatch, tunnel and parry techniques.	Develop ability to catch balls aimed at the body from multiple ball attacks.	Further develop consistent catching balls aimed at the body from multiple ball attacks.
Dodging	Develop basic dodging movements.	Develop reactive dodge movement and sequence basic dodges.	Further develop reactive dodges and sequence basic dodges.	Develop advance dodge movements (e.g. fake, dive, leap).	Develop survivability through implementing a range of dodge types depending on the situation.
Blocking	Develop basic blocking technique.	Develop ability to protect self through movement and covering.	Develop ability to control balls, implementing directional blocking with purpose.	Develop ability to protect self from multiple ball attacks through movement and covering.	Further develop ability to control balls, implementing directional blocking depending on the situation.

Coaches, leaders and teachers can access the basic knowledge required to teach these skills via introductory workshops and the Level 1 Award in Coaching Dodgeball. More thorough training regarding the development of these skills can be accessed via the Level 2 & 3 Certificates in Coaching Dodgeball. Course information can be accessed on the [British Dodgeball coaching course](#) webpage.

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Tactics

This page outlines the recommended progression of tactical knowledge and application of a dodgeball player as they develop. Each age group's skills are designed to be built upon and should still be practiced as they players advance through each stage.

	U9	U11	U13	U15	U17+
Offensive	Single ball attack Group throw	Throw targeting Group throw tactics (e.g. holds)	Throw targeting in the 5 ball game Group throw tactics in the 5 ball game	Quick play (attacking before play ball is called) Group throw tactics (e.g. fakes, staggered release)	Group throw decision making (situational assessment) Low risk play
Defensive	Retreat after throwing Counter Attack	Covering Pre-throw	Covering (5 ball game) Double counter attack	Double pre-throw Post-throw	Defensive decision making and pressure levels Charge
Tactical Understanding	How to use lateral space and distance effectively	Dodge vs catch decision making	Individual vs team attack decision making	Time management and situational decision making	Opening up play and making trades

Coaches, leaders and teachers can access the knowledge required to teach basic tactical understanding via the Level 1 Award in Coaching Dodgeball. The rest of the necessary tactical understanding is covered in the Level 2 Certificate in Coaching Dodgeball. More thorough training regarding the development of tactical awareness can be accessed via the Level 3 Certificate in Coaching Dodgeball. Course information can be accessed on the [British Dodgeball coaching course](#) webpage.