

BODY&SPORT

DODGEBALL

WARM UP

WARM UP

COOL DOWN

SESSION 1

INTRODUCE SKILLS

Participants will become familiar with the different types of throwing used for dodgeball. Participants will understand and demonstrate when different throws should be used.

SESSION 2

THROWING

For participants to improve their throwing accuracy.

SESSION 3

GAME OF BULLDOG

For participants to improve their blocking, catching and dodging.



3. DODGEBALL



STAFF

1 teacher

DURATION OF THE SESSION

30 minutes

EQUIPMENT

dodgeballs, cones, bibs and tape

1 BASKETBALL

2 CORE STABILITY AND BODY BALANCE

4 PILATES AND CIRCUIT

5 QUICK PICK

WARM UP

Warm-up before participating in sports



10 minutes

WARM UP

Light jog around the hall gradually introducing skips, side steps, high knees, heel flicks.

Dynamic stretches



20 minutes

GAME OF BULLDOGS

- › Make a channel with cones (20 m x 10 m)
- › Two people start as the throwers on the sides with equal amount of balls
- › The rest of the participants have to run down the channel without being hit by the ball
- › If you are hit you join the throwers
- › Keep running down the channel until there is a winner
- › No head shots will count

GAME OF HANDBALL

- › Throw ball to teammates and keep it.
- › Cannot run with the ball
- › Move into space when not with ball
- › Look to hit the ball off the cone with accuracy to score a point

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3. DODGEBALL



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DURATION OF THE SESSION

15 minutes

EQUIPMENT

mats, dodgeballs
and cones

1 BASKETBALL

2 CORE STABILITY AND
BODY BALANCE

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COOL DOWN

Warm-up before participating in sports



15 minutes

STRETCHING EXERCISES

Throw balls to each other within small area using different throws. This must be at a slow pace to gradually bring body back to pre-exercise state.

STRETCH: Complete the sequence of stretches shown. Hold each stretch for 15 seconds and repeat on the other side of the body.



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DURATION OF THE SESSION

65 minutes

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dodgeballs, cones, bibs and tape

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SESSION 1 > INTRODUCTORY SKILLS

Participants will become familiar with the different types of throwing used for dodgeball. Participants will understand and demonstrate when different throws should be used.



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



10 minutes

RULES

Sit the group down and go through the basic rules and the area of the court, you may use demonstrations if needed be. Explain today's main theme is throwing – what different types of throw are there? When should they be used?



35 minutes

MAIN SESSION

INTRODUCTORY SKILLS

OVER ARM THROW



Set target on wall, 1 m from floor and 1 m square. Thrower stands 4-5 m away from wall. In pairs, one throws at target and the other retrieves or catches it off the wall and passes back to thrower.

UNDER ARM THROW



As above, but must hit immediately below marked square but not on the floor.

SNATCH THROW



Players start 10m from wall with ball on floor 5 m away. On the whistle, all players (one from each pair) run and grab the ball and throw it at or below the square on the wall. They are not allowed to run past where the ball was placed.

LONG THROW



How far back can you accurately throw? Start from the 5 m line and make as many attempts as you can to hit above or below the square (but not on the floor) if you hit it then move back 1 m. Who can get to the halfway line first?



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

SKILL DEVELOPMENT

Combine all of the above and put into a circuit. 3 balls on each station. Players use all the different throws and throw at the squares. 1 point is scored for underarm, 2 points for overarm and 3 for long throw.

SKILL DEVELOPMENT

Game involving different types of throwing. Players use all throws for 3 minutes each.

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3. DODGEBALL



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1 teacher

DURATION OF THE SESSION

65 minutes

EQUIPMENT

Dodgeballs, cones,
bibs and tape

1 BASKETBALL

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BODY BALANCE

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SESSION 2 > THROWING

For participants to improve their throwing accuracy



10 minutes

WARM UP

*For more details check
the Warm Up session
at the beginning.*



10 minutes

INTRODUCTION

Talk about what we did last week.
Explain today's main theme
is accuracy – why is accuracy
important for dodgeball? How can
we improve accuracy?



35 minutes

MAIN SESSION

INTRODUCTORY SKILLS

Cones to be placed on floor and markers on the wall. Each player from each
team gets three balls and tries to hit the cones and markers. The first team to
hit all of the targets win.

Add a competition element by introducing a time element to see who is
fastest.

SKILL DEVELOPMENT

Two opposing equal sides both start on the baseline of the area with 3 balls on
the centre line (half as many balls as there are players).

On the coach's call players sprint to try and collect the ball and claim it for their
team. Once in possession of the ball players are trying to hit the opposition's
cones whilst at the same time protecting their own cones.

The winning team is the first team to hit all of their opponent's cones.

CONDITIONED GAME

ARMY DODGEBALL

- › Hit the opposing targets body parts with accuracy
- › If a limb (arm or leg (4)) is hit then players can no longer use that limb in the
game
- › If players lose all four limbs or are hit in the chest or head they are out



10 minutes

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SESSION 3 > GAME OF BULLDOG

For participants to improve their blocking, catching and dodging



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



10 minutes

INTRODUCTION

Talk about last week and how they felt, what they enjoyed about the session, what they didn't enjoy. Explain today's main theme is catching, blocking and dodging – why are they important for dodgeball? How can we improve them?



35 minutes

MAIN SESSION

INTRODUCTORY SKILLS

In pairs, throw ball at speed to each other and try to catch it. In pairs, get used to the blocking technique. One holds a ball and blocks and the other throws the ball.

SKILL DEVELOPMENT

①

One player has the ball and the other faces away. The player with the ball shouts 'GO' and throws the ball at the other player who turns and has to catch it.

②

Create narrow channel for 1v1 game. There should not be much space to move so this will encourage blocking. Winner is the one who gets most blocks in 1 minute

③

If opponent is hit then you have won.

GAME OF BULLDOGS

- › Make a channel with cones (20m x 10m)
- › Two people start as the throwers on the sides with equal number of balls
- › The rest of the participants have to run down the channel without being hit by the ball
- › If you are hit you join the throwers
- › Keep running down the channel until there is a winner
- › No head shots will count

CONDITIONED GAME

BULLET DODGER

- › Avoid being hit by a ball during and out of game play
- › When a catch is made, the thrower is out but no one returns to the game
- › To return to the game the first person out for each team must run through the dead zone and back without being hit by either team. A successful run means that they return to the game
- › They can only be hit below the waist with an underarm throw when running



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.