

# DODGEBALL SESSION PLAN

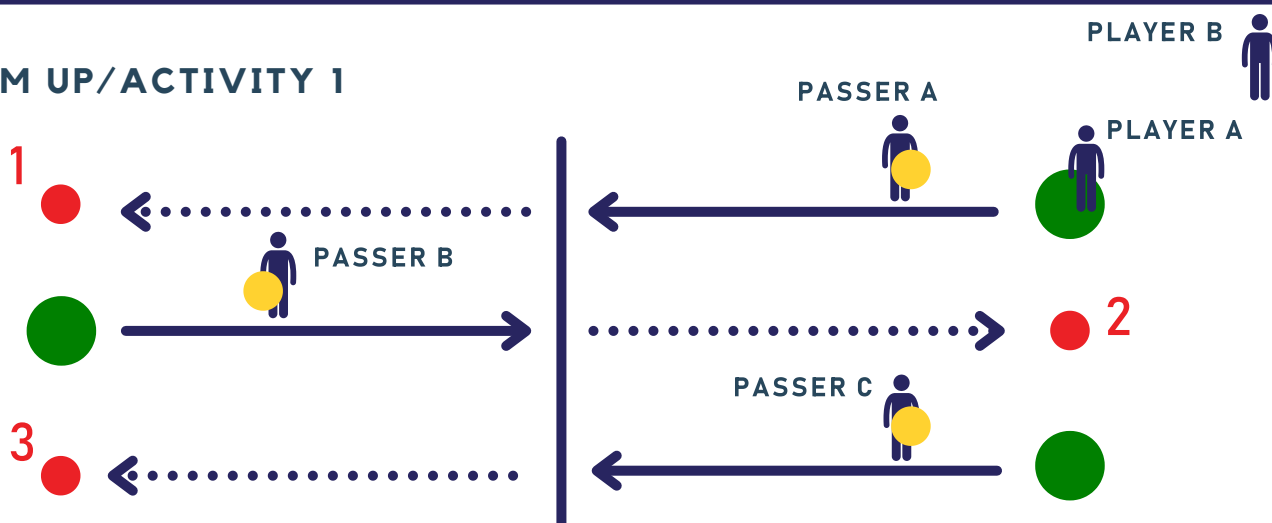
LEVEL: UNDER 11'S/PRIMARY KS2

## FOCUS:

- THROWING TECHNIQUE
- ACCURACY
- EXERCISE
- GAME PLAY & FUN COMPETITION



## WARM UP/ACTIVITY 1



## HOW TO:

IN THE EXAMPLE ABOVE THERE ARE JUST 3 STAGES SET UP BUT YOU CAN HAVE MORE DEPENDING ON YOUR NUMBER OF BALLS, PARTICIPANTS AND THE SPACE AVAILABLE.

AT EACH STAGE PLACE A CONE OR FLOOR MARKER FOR A STARTING POINT AT ONE END OF THE COURT (GREEN CIRCLE). PLACE A BALL ON A CONE AT THE OTHER END OF THE COURT TO ACT AS THE TARGET (RED CIRCLE) AND HAVE ANOTHER PLAYER READY TO PASS YOU A DIFFERENT COLOUR BALL TO THROW.

PLAYER A COLLECTS A BALL FROM PASSER A, RUNS TO THE FURTHEST NEUTRAL ZONE LINE AND THROWS AT TARGET 1. THEY WILL THEN MOVE IMMEDIATELY TO STAGE 2 AND COLLECT A BALL FROM PASSER B, THEY THEN RUN TO THE NEUTRAL ZONE LINE AND THROW AT TARGET 2. THEY DO THE SAME AT STAGE 3 AND SO ON. AS PLAYER A BEGINS STAGE 2 PLAYER B BEGINS STAGE 1. IT IS THE JOB OF THE PASSERS TO RETRIEVE THE BALL THROWN. SWAP PLAYERS AND PASSERS AFTER EVERYONE HAS COMPLETED EACH STAGE TWICE.

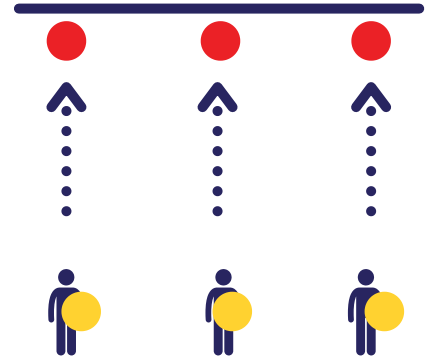
# DODGEBALL SESSION PLAN

## SKILL DEVELOPMENT

ORGANISE PLAYERS INTO PAIRS PRACTICING THEIR THROWING TECHNIQUE AGAINST A LOW DOWN TARGET OR WALL.

ENCOURAGE PLAYERS TO USE A RUN UP AND CONTINUOUS MOVEMENT RATHER THAN THROWING FROM A STATIC POSITION.

USE NON THROWING ARM TO AIM,  
PLANT BACK FOOT AT RIGHT ANGLES AND FRONT FOOT TOWARDS THE TARGET.  
THROWING ARM TO COME FROM OVER THE SHOULDER.



## GAMES



TRY NOT TO OVER COACH. CHILDREN LOVE TO PLAY GAMES OF DODGEBALL AND WILL LEARN FROM EXPERIENCES AND SCENARIOS THAT HAPPEN DURING A GAME. REMIND PLAYERS OF CORRECT TECHNIQUE WHEN APPROPRIATE WHILST ENSURING GAMES FLOW NATURALLY FOR THE REMAINDER OF THE SESSION. MIX TEAMS TO SUIT ABILITY LEVELS.

