BLOCKING ACTIVITIES

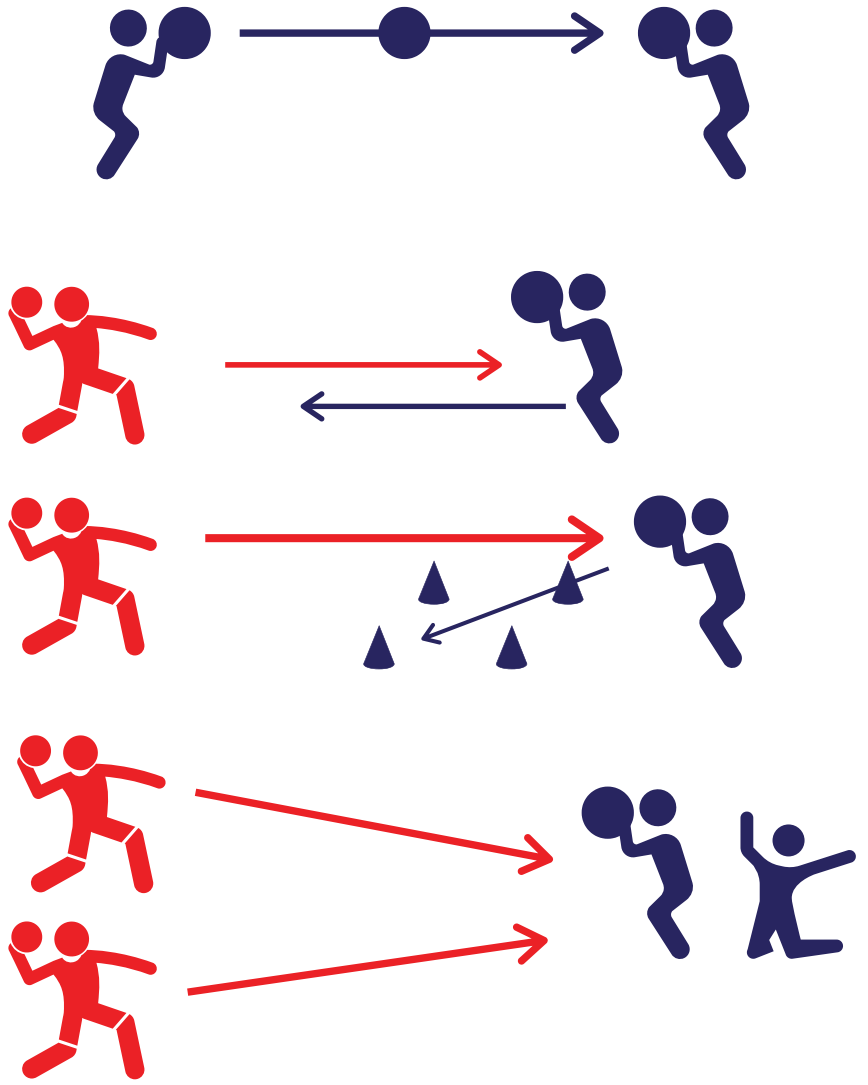
FOCUS AREA: PROTECTIVE & DIRECTIONAL BLOCKING

BLOCK-UPS (DodgeFIve Remixed)
PLAYERS MUST USE A HELD DODGEBALL TO BLOCK ANOTHER BALL INTO THE AIR AS MANY TIMES AS THEY CAN. THIS CAN BE DONE ALONE OR WITH A PARTNER.

BLOCK STEP
PLAYERS MUST LINE UP OPPOSTIE A PARTNER AND BLOCK A THROWN BALL. IF THEY DO THIS SUCCESSFULLY, THEY UST TAKE ONE STEP FORWARDS. REPEAT UNTIL THEY ARE HIT.

BLOCK ZONE (High School Lesson Plans)
PLAYERS MUST LAY OUT 4 CONES AS A BLOCK ZONE. THEY MUST BLOCK A THROWN BALL INTO THIS BLOXK ZONE TO SCORE POINTS. THEY CAN MAKE THEIR ZONE LARGER OR SMALLER.

BODYGUARD
PLAYERS ARE GIVEN AN OBJECT (CONE, WALL TARGET, PERSON OR TWO PEOPLE) THEY MUST PROTECT BY BLOCKING BALLS AWAY. iF THYE ARE HIT THEMSELVES, THEY ARE OUT.



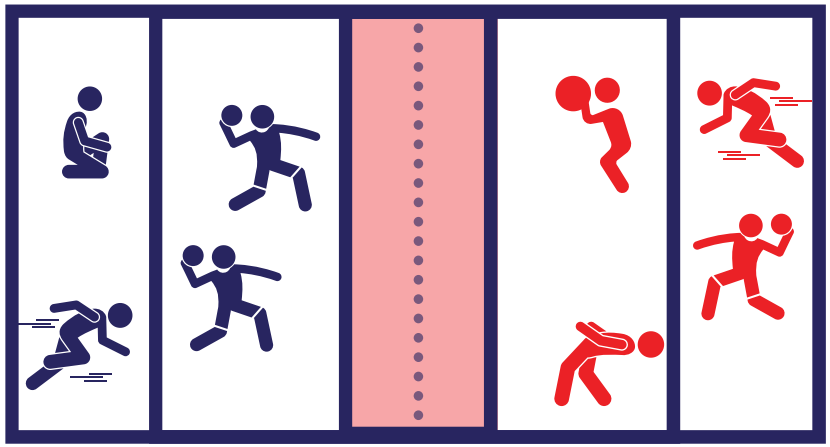
BLOCKING CONDITIONED GAMES

BRITISH DODGEBALL

FOCUS AREA: PROTECTIVE & DIRECTIONAL BLOCKING

DEFLECTION SECTION

PLAYERS CAN GET OTHER PLAYERS BACK IN IF THEY BLOCK AN INCOMING ATTACK INTO A DEFLECTION SECTION, WHICH CAN BE LAID OUT AT THE SIDE OF THE COURT, OR ON IT.



PRESIDENT (High School Lesson Plans)

SELECT ONE PLAYER TO BE THE PRESIDENT. IF A TEAM'S PRESIDENT IS ELIMINATED, THEN THE TEAM LOSES IMMEDIATELY. PLAYERS MUST USE BLOCKING TO PROTECT THE PRESIDENT AT ALL COSTS.

