DODGING ACTIVITIES

BRITISH DODGEBALL

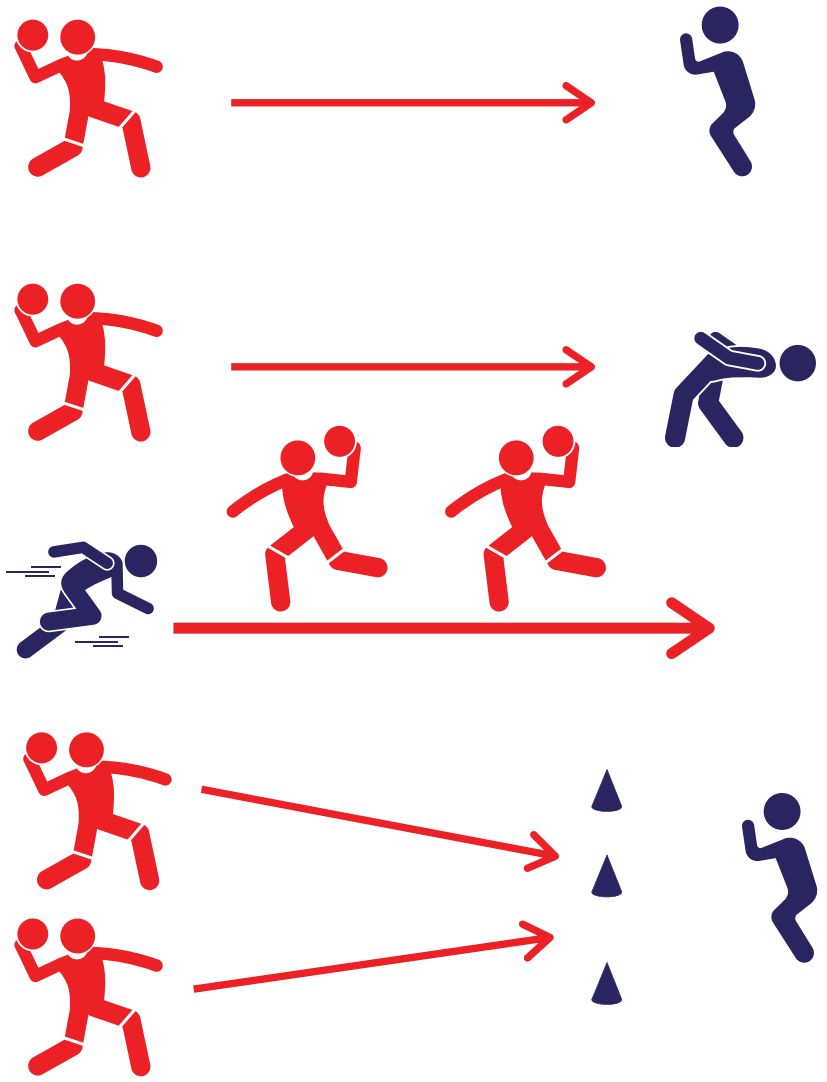
FOCUS AREA: DODGING TECHNIQUE, SPEED & SEQUENCING

SURVIVOR (DodgeFIve Remixed)
PLAYERS MUST DODGE BALLS THROWN BY THEIR PARTNER USING COMPASS POINT DODGES. VARY DISTANCES AND ADD TASKS E.G. DODGER COLLECTING DODGECOINS (CONES)

DODGE CHICKEN
PLAYERS MUST DODGE BALLS THROWN BY THEIR PARTNER USING REACTIVE DODGES. PARTNERS CAN SOMETIMES AIM TO MISS ON PURPOSE, AND PLAYER SHOULD REMAIN STILL.

BETWEEN THE LINES (High School Lesson Plans)
PLAYERS MUST REACH A TARGET LINE WHILST DODGING OPPONENTS' ATACKS. VARY DISTANCES, RECOMMENDED DODGES AND THROW TYPES TO PROVIDE ADEQUATE CHALLENGE.

TREASURE ISLAND
PLAYERS TAKE IT IN TURNS TO STEP ONTO TREASURE ISLAND, TAKE A PIECE OF TREASURE (CONE) AND REUTRN TO SAFETY WITHOUT BEING HIT. IF HIT, THEY MUST DROP THEIR TREASURE AND RETURN EMPTY-HANDED.



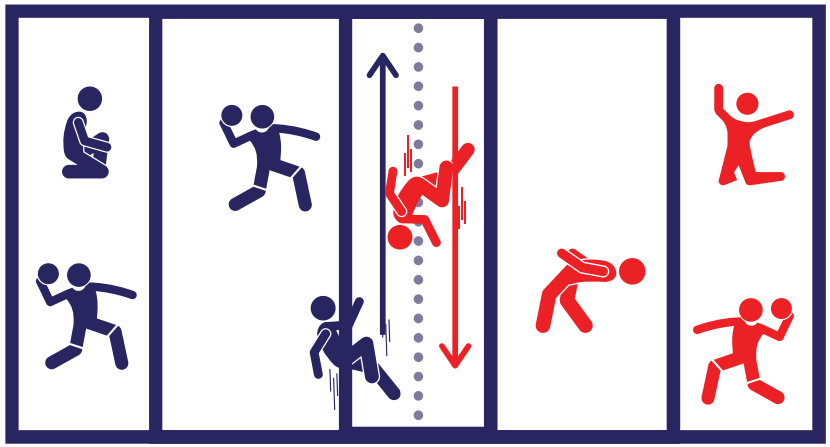
DODGING CONDITIONED GAMES

BRITISH DODGEBALL

FOCUS AREA: DODGING TECHNIQUE, SPEED & SEQUENCING

DANGER ZONE (DodgeFive Game On)

ARRANGE A GAME WHERE NO PLAYERS ARE ALLOWED INTO THE 'DANGER ZONE' (NEUTRAL ZONE). ANYONE ELIMINATED MUST LINE UP AND PERFORM THE DANGER ZONE DASH WITHOUT BEING HIT TO RETURN TO PLAY. IF HIT DURING THE DASH, THEY MUST RETURN TO THE START AND TRY AGAIN.



DODGE REVIVAL (High School Lesson Plans)

PLAYERS ARE NOT ALLOWED TO BLOCK OR CATCH BALLS - THEY ARE ELIMINATED IF THESE ACTIONS ARE PERFORMED. IF ONLY ONE PLAYER IS LEFT, THEY CAN REVIVE THEIR ENTIRE TEAM BY DODGING THREE ATTACKS IN A ROW. LESS CONFIDENT DODGERS MAY BE GIVEN AN EXTRA LIFE.

