

BASIC TACTICS

OFFENCE



SINGLE BALL ATTACK

TACTIC OVERVIEW

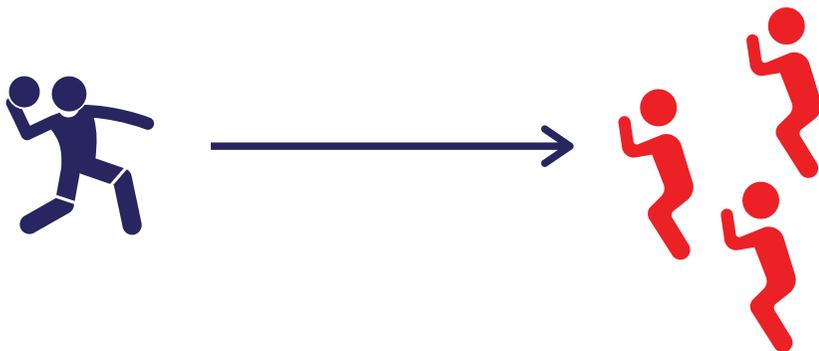
THE MOST BASIC FORM OF ATTACK IN DODGEBALL. THIS IS AN INDIVIDUAL THROW MADE TO ELIMINATE AN OPPONENT. IT MAY BE PERFORMED AS A STANDARD OVERARM THROW, AN UNDERARM THROW, A CHEST PUSH OR A JUMP THROW. BEST USED AGAINST OPPONENTS WHO ARE VULNERABLE.

COACHING POINTS:

- GET AS CLOSE AS POSSIBLE TO YOUR TARGET.
- CHOOSE TARGETS THAT ARE MORE VULNERABLE (LOOKING AWAY, NO BLOCKING BALL, CLOSER TO YOU).
- THROW WITH AS MUCH POWER AND ACCURACY AS POSSIBLE (SEE THROWING SKILL COACHING POINTS).

ACTIVITY IDEA - HIT OR BE HIT

ORGANISE A BIG GAME OF DODGEBALL. ELIMINATED PLAYERS STAND IN THE OUT BOX. IF THE PLAYED THAT ELIMINATED YOU GOES OUT, THEN YOU CAN COME BACK IN TO PLAY.



BASIC GROUP THROW

TACTIC OVERVIEW

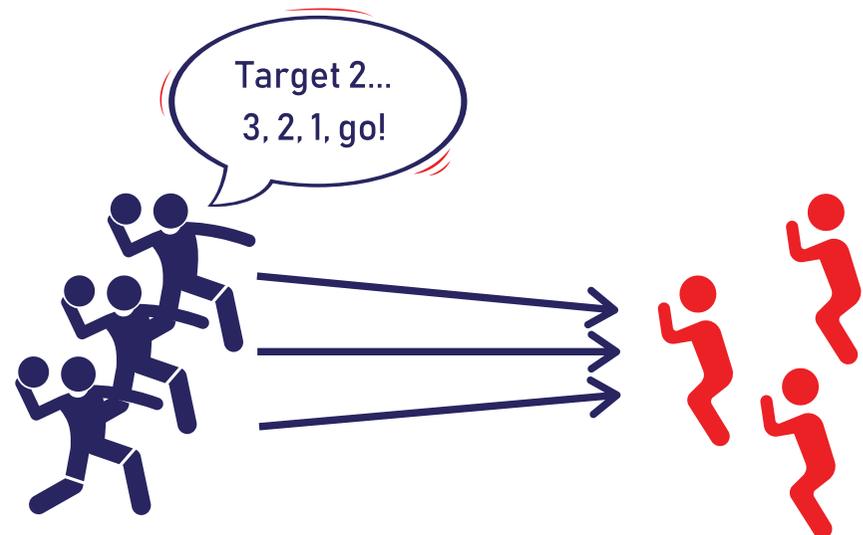
A COORDINATED ATTACK WHERE ALL BALL HOLDERS THROW AT ONE PLAYER. A MULTIPLE BALL ATTACK INCREASES THE CHANCE OF SUCCESSFUL HITS AND LIMITS THE CHANCE OF BEING CAUGHT. BEST USED AGAINST GOOD CATCHERS, PLAYERS YOU WANT TO ELIMINATE EARLY OR TO FINISH OFF MATCHES.

COACHING POINTS:

- DEVELOP A 'CALLING SYSTEM' TO COORDINATE QUICKLY.
- THROW TOGETHER AS A TEAM SO YOUR BALLS ARRIVE AT THE SAME TIME. A COUNTDOWN MIGHT HELP WITH THIS.
- AIM AT LARGE BODY PARTS TO INCREASE CHANCES OF A HIT.

ACTIVITY IDEA - CANNON BLASTS

TWO TEAMS TAKE IT IN TURNS TO 'FIRE CANNONS' AT EACH OTHER. CANNONS ARE 3-BALL GROUP THROWS. ANY OPPONENTS ARE ONLY OUT IF 2 OR MORE BALLS HIT THEM IN ONE ATTACK.



BASIC TACTICS

DEFENCE



RETREAT AFTER THROWING

TACTIC OVERVIEW

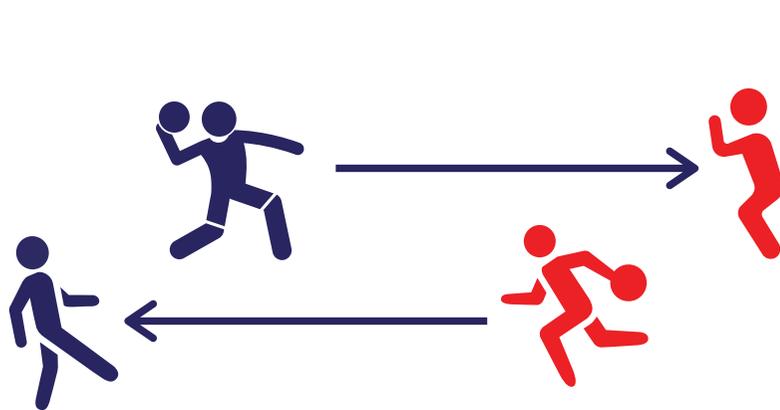
PLAYERS ARE MOST VULNERABLE WHEN AT THE FRONT OF THE COURT. PLAYERS WITH BALL POSSESSION HAVE A BALL TO BLOCK ATTACKS WITH, BUT THIS ISN'T THE CASE FOR PLAYERS THAT HAVE JUST THROWN. LEARNING TO USE LONGITUDINAL SPACE IS IMPORTANT TO REMAIN IN THE GAME.

COACHING POINTS:

- AFTER YOU HAVE THROWN, ADOPT THE 'READY POSITION' TO DODGE ANY INCOMING ATTACKS.
- ONCE YOU ARE SAFE FROM IMMEDIATE DANGER, RETREAT BACKWARDS TO NEAR YOUR TEAM'S BACK LINE. FACE FORWARDS AND WATCH OPPONENTS FOR ANY ATTACKS THROUGHOUT YOUR RETREAT.
- YOU AND YOUR OPPONENTS SHOULD LOOK LIKE 'WINDSCREEN WIPERS', WITH ONE ADVANCING AS THE OTHER RETREATS TO MAINTAIN DISTANCE.

ACTIVITY IDEA - WINDSCREEN WIPERS

IN PAIRS, PLAYERS MUST TRY TO MAINTAIN DISTANCE BETWEEN THEMSELVES AND AN OPPONENT AS THE OPPONENT MOVES FORWARDS AND BACKWARDS UNPREDICTABLY BEFORE MAKING AN ATTACK BEFORE SWAPPING OVER.



COUNTER ATTACK

TACTIC OVERVIEW

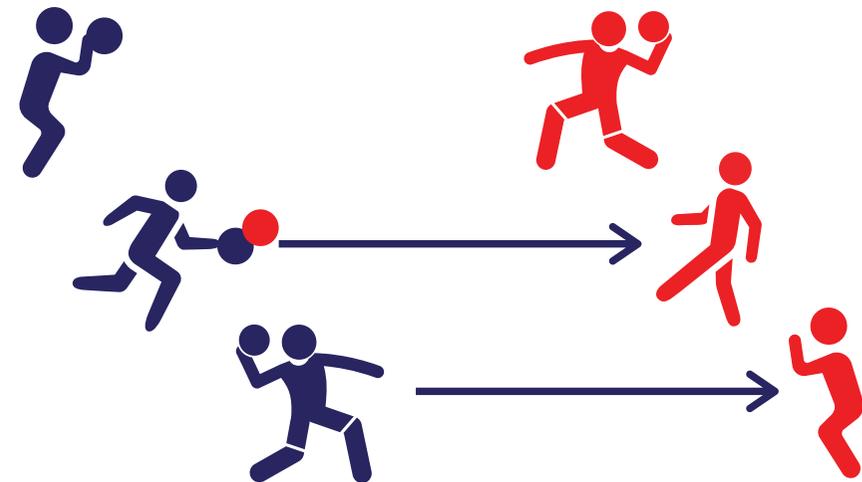
PLAYERS WITH BALL POSSESSION ON THE DEFENDING TEAM SHOULD LOOK TO TAKE ADVANTAGE OF OPPONENTS WHO HAVE JUST THROWN AND ARE VULNERABLE. THEY DO THIS BY WAITING FOR THE RIGHT TIME, RUNNING FORWARDS AND DODGING/BLOCKING ANY DIRECT ATTACKS BEFORE CLOSING DISTANCE AND ATTACKING THEIR OPPONENTS.

COACHING POINTS:

- TIMING IS KEY - SET OFF TOO EARLY AND YOU RISK BEING HIT, SET OFF TOO LATE AND YOUR OPPONENT WILL ALREADY BE AT THEIR BACK LINE.
- JUMP OR CHANGE DIRECTION WHILST RUNNING TO MAKE YOURSELF HARDER TO HIT
- YOU CAN RUN FASTER FORWARDS THAN THEY CAN RUN BACKWARDS - CLOSE THE DISTANCE BEFORE RELEASING YOUR THROW.

ACTIVITY IDEA - COPS & ROBBERS

IN PAIRS, THE ROBBER MUST TRY AND STEAL SOME SWAG BEFORE REACHING THEIR BACK LINE. THE COP MUST GIVE CHASE ONCE THE ROBBER PICKS UP THE SWAG AND TRY TO ARREST THEM BY HITTING THEM WITH A DODGEBALL.



BASIC TACTICS

TACTICAL UNDERSTANDING



USING LATERAL SPACE

TACTIC OVERVIEW

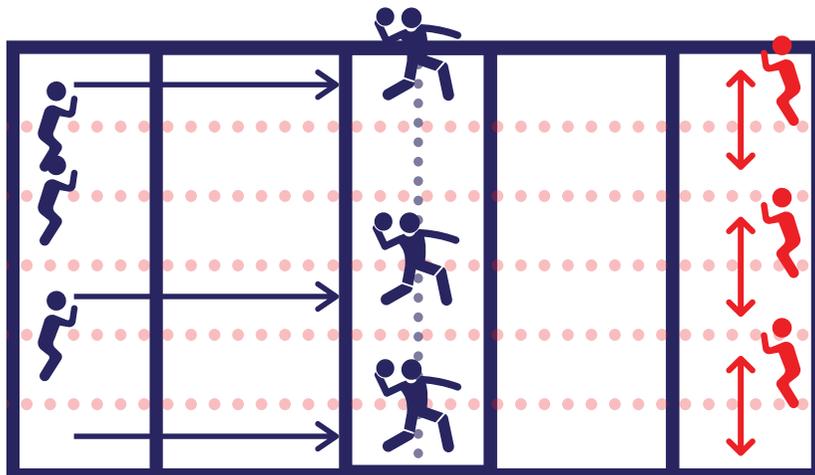
PLAYERS SHOULD LEARN TO USE BOTH LATERAL AND LONGITUDINAL SPACE EFFECTIVELY. GENERALLY, PLAYERS SHOULD SPREAD OUT FROM THEIR TEAM TO AVOID CLUSTERING TOGETHER AND TO AVOID COLLISIONS. THIS ALSO HELPS PLAYERS TO CONSIDER THE DIFFERENCE IN POSITIONS ON COURT E.G. WING PLAYERS AND CENTRAL PLAYERS.

COACHING POINTS:

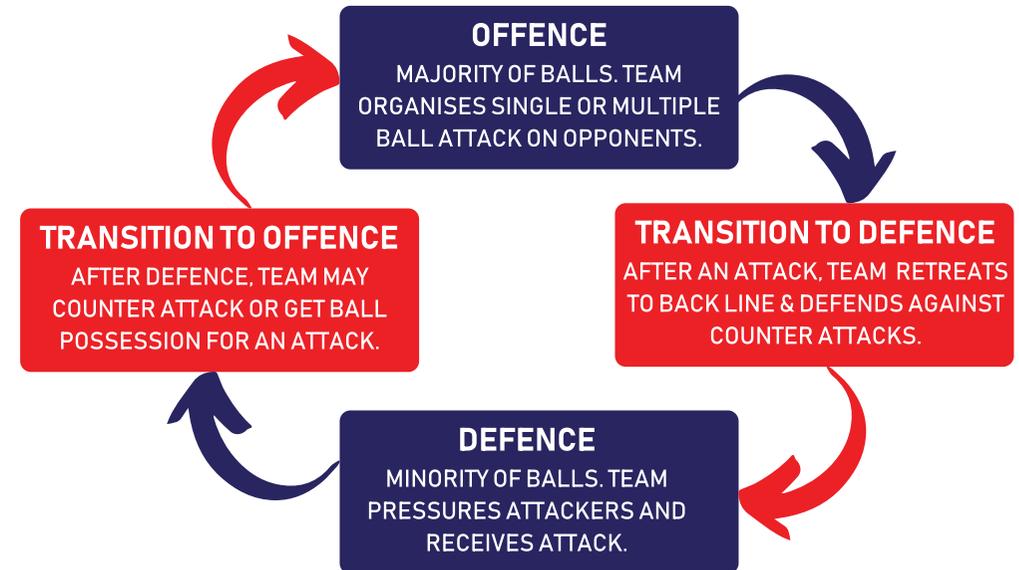
- 'STAY IN YOUR LANE' WHEN MOVING UP COURT TO ATTACK AND COUNTER ATTACK, AND WHEN RETREATING AFTER THROWING.
- SPREAD OUT FROM YOUR TEAM AT THE BACK OF THE COURT DURING DEFENSIVE PHASES OF THE GAME.
- USE LARGER LATERAL DODGES AS MORE PLAYERS ARE ELIMINATED FROM YOUR TEAM, GIVING YOU MORE ROOM TO USE.

ACTIVITY IDEA - STAY ON THE SHIP

IN PAIRS, ONE PLAYER MUST STAND ON A 'SHIP' (MARKED BY 4 CONES) AND TRY TO DODGE ATTACKS WITHOUT FALLING OFF THE SHIP. KEEP CHANGING THE SIZE OF THE SHIP AND PRACTICE LARGER DODGES WHEN THE SPACE ALLOWS.



PHASES OF THE GAME



CALLING SYSTEM

A QUICK WAY OF COMMUNICATING TEAM TACTICS. A GOOD CALLING SYSTEM SHOULD PROVIDE FAST INFORMATION TRANSFER REGARDING A PLANNED ACTION, A TARGET AND ANY PLAYERS WHO SHOULD OR SHOULD NOT TAKE ACTION.

AN EXAMPLE CALLING SYSTEM IS:

- **ME/YOU:** SINGLE BALL ATTACK
- **DOUBLE 3:** 2 BALL ATTACK @ TARGET 3
- **TRIPLE 1:** 3 BALL ATTACK @ TARGET 1
- **DOUBLE 2, NOT TIM:** 2 BALL ATTACK @ TARGET 2, TIM KEEPS HIS BALL FOR DEFENCE

- **COUNTER:** COUNTER ATTACK
- **BLOCK:** DODGE & BLOCK TO GET BALL POSSESSION