



**BRITISH
DODGEBALL**

LEVEL 1 AWARD IN COACHING DODGEBALL

Course Information

Course Outcomes:

- Develop knowledge of equipment & spaces used in dodgeball.
- Develop knowledge of dodgeball rulesets.
- Able to coach skills and basic tactics used in dodgeball.
- Able to lead sessions safely.
- Gain an understanding of groups and how to foster a positive environment whilst leading sessions.

Course Schedule:

30 minutes Module 1 Dodgeball in the UK	30 minutes Module 2 Equipment & Space	30 minutes Module 3 Rules Of Dodgeball	30 minutes Module 4a Coaching Dodgeball
Introduction Starter Activity Dodgeball Info	Equipment Court Layout	Gameplay Rules Match Formats Dodgeball Code	Technical Skills Basic Tactics
Theory Led by tutor	Practical Led by tutor	Practical Led by tutor	Practical Led by participants
30 minutes Module 4b Coaching Dodgeball	30 minutes Module 5 Working With Groups	60 minutes Module 6 Session Delivery	
Safety Planning Delivery	Group Make-Up Positive Environment	Micro sessions	
Theory Led by tutor	Theory Led by tutor	Practical Led by participants	



BRITISH
DODGEBALL

MODULE 1

Dodgeball in the UK

Starter Activity: One Word

Your group has 5 minutes to members to share their individual experiences of dodgeball and coaching. Your goal is to come up with just one word which describes dodgeball. We encourage you to be creative!

Facts About Dodgeball In The UK

Youth

1. Dodgeball is the 4th most participated team sport in the UK with 613,000 taking part regularly (Sport England).
2. Dodgeball is the most in-demand sport within primary schools (Ofsted).
3. Junior Dodgeball is a focus area, supporting more children and young people to play.



Adult

1. Over 52,000 people played dodgeball twice in the last month (Sport England).
2. Over 25 national, regional and mixed leagues are held annually in the UK.
3. 59% male, 41% female. Girls Dodge Too is a focus area, supporting more women to play.



School

1. Dodgeball competitions accounted for 10% of all School Games competitions in 2019-2020.
2. British Dodgeball is a School Games partner.
3. British Dodgeball's annual School Championships are held at county and national level. Schools can enter through the website.

University

1. 25% of all universities actively compete at British Dodgeball university events.
2. British Dodgeball is an official BUCS partner, with 60+ teams participating in dodgeball leagues.
3. 1 in every 16 students has played dodgeball at some level in the last year.

Club

1. There are over 130 affiliated community dodgeball clubs in the UK, growing at a rate of 25%/year.
2. 3,500 players regularly engage with clubs at casual to competition level.
3. Come Join In is a focus area, supporting clubs to provide inclusive opportunities for all.



International

1. Home Nation & GB teams are ranked as top teams in the world.
2. England has won World Cups in men's, women's and mixed categories.
3. International coaches need the Level 3 Certificate In Coaching Dodgeball. Get Into Coaching is a focus area, increasing the no. of coaches.





BRITISH DODGEBALL

MODULE 2

Equipment & Space

Equipment



Size 1 Foam Dodgeball
u11's



← 6.5" →

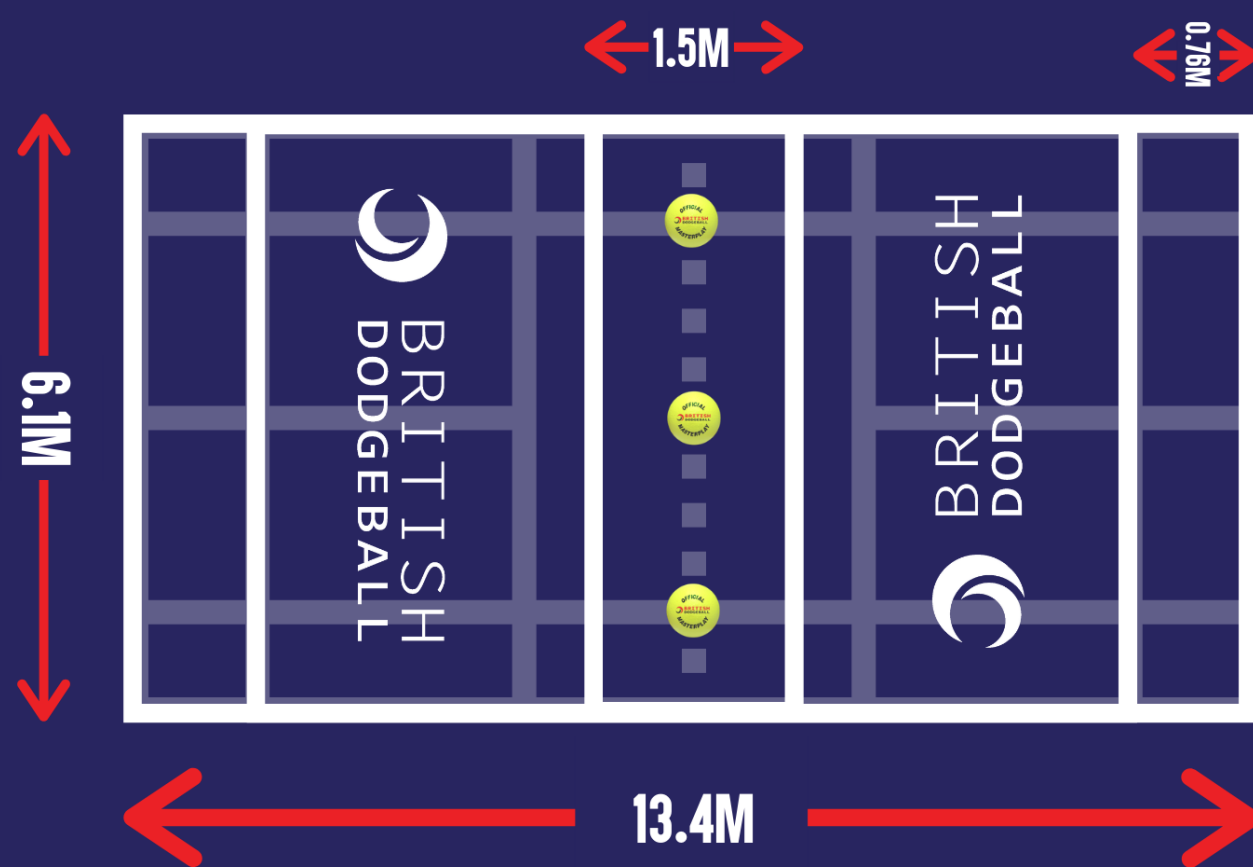
Size 2 Cloth Dodgeball
u13's & u15's



← 7" →

Size 3 Cloth Dodgeball
u17's & Adult

The Dodgeball Court



u11's Dodgeball Court

Based on Badminton Court

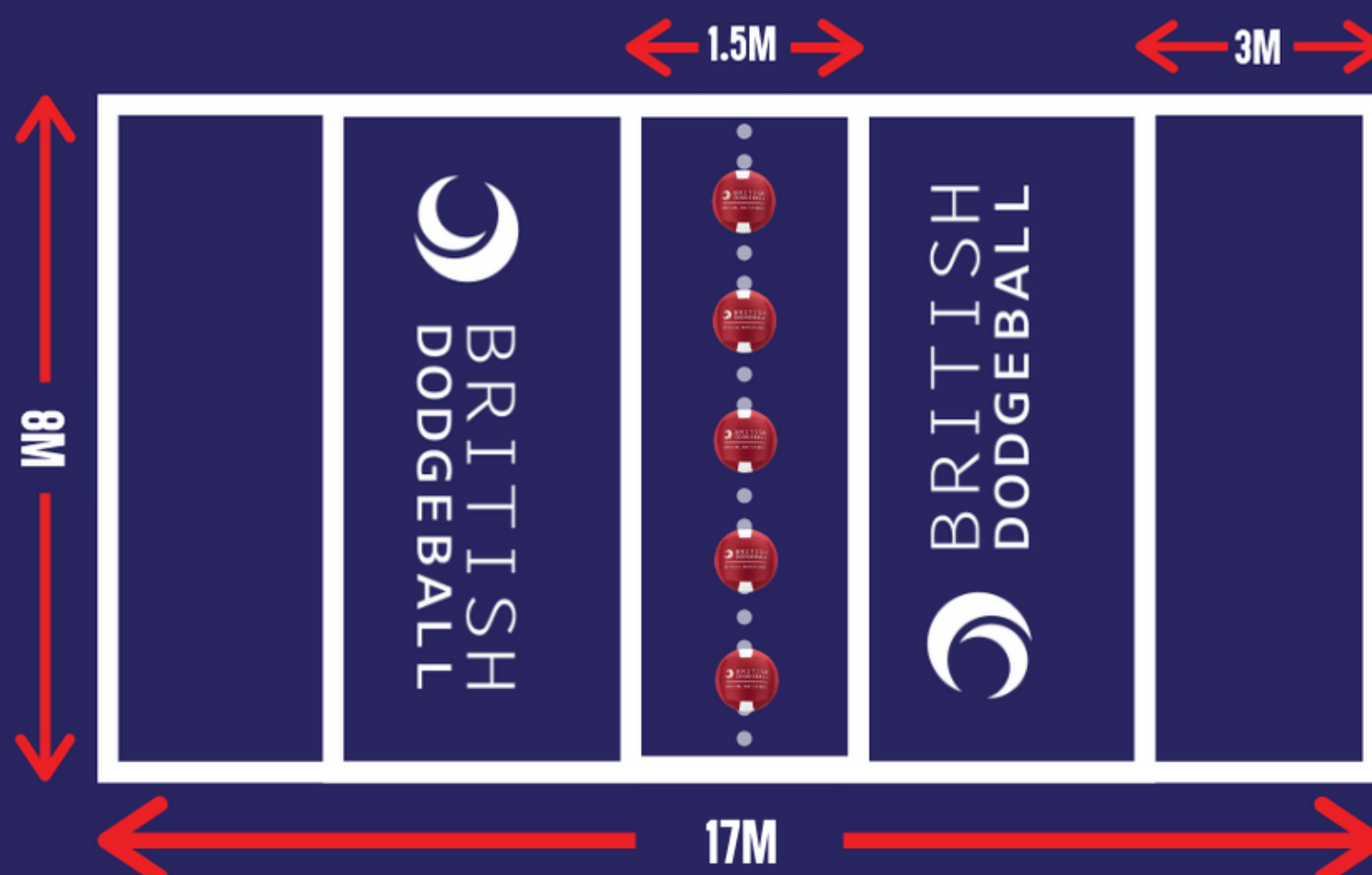
Ball Return Line: Retrieved balls must be behind this line.

Attack Lines: Players can move into opponent's half to attack.

Neutral Zone: Space between attack lines.

Centre Line: Balls placed here for opening rush.

Players self-retrieve at u11's level.



u13's/15's/17's/Adult Dodgeball Court

Similar to volleyball court.

Stricter on line faults than u11's.

Teams use 2 allocated retrievers rather than self-retrieving.



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MODULE 3

Rules Of Dodgeball

Hits

- Players are out if hit by a live ball (a ball thrown by an opponent which has not touched the floor or wall).
- Multiple plays are possible if a live ball hits more than one player.
- Face shots do not count until adult level (unless a player is deemed to have hit the ball with their face on purpose).

Catches

- A catch made on a live ball eliminates the thrower and brings the player on your team who has been out the longest back in.
- Catches can be juggled in the air as long as the ball remains live.
- Catches can be made on all live balls.

Blocking

- Players can use a held ball to block live balls. They must keep control of their blocking ball or they are eliminated.
- A player's hands count as part of the ball and so are not out if hit on the hand whilst blocking.
- Blocked balls are still live and may be caught or hit players out.

Opening Rush

- Balls are laid out on the centre line and players race for the one ball to their left (u11's) or 2 balls to their left (high school & adult). Both teams may race for the middle ball.
- The balls must move behind the ball return line to become live.
- Safety is a priority: middle runners are immediately out if they cross the centre line.

Play Ball

- The team with possession of the majority of balls has 5 seconds to make an attack. If they attack in time, play can continue.
- If teams do not attack in time, they are told to 'Play Ball!'. They now have a further 5 seconds to throw all, or all but one, of their balls (which can be held for defence).
- Players who do not satisfy the above rule are called out.

Formats & Scoring

- u11's play 6 x 2-minute sets.
- u13/15/17's play 2 x 7-minute halves, with sets lasting up to 2 minutes.
- Adults play 2 x 15 minute halves, with sets lasting up to 3 minutes.
- Sets end when a team has no players left, or the time ends. The winner is the team with most players left or the team that eliminates all opponents.
- Won set = 2 points
- Drawn set = 1 point
- Lost set = 0 points



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MODULE 3

Rules Of Dodgeball

THE DODGEBALL CODE

RESPECT HONESTY FAIR PLAY INTEGRITY

When I play dodgeball, I make myself proud.

I will play by the rules and be honest at all times.

I will try my best in every game and let my passion show.

I will respect my opponents, and always demonstrate fair play.

If I'm not sure what happened, I will ask referees and others around me.

I will respect their decisions.

I know that playing with integrity makes dodgeball more enjoyable for all.

This drives the sport forwards.

The future of dodgeball is here.

Come join in.





BRITISH DODGEBALL

MODULE 4A

Coaching Dodgeball: Skills

Throwing

Skill Overview:

Throwing is an extremely important skill to develop in dodgeball, as hitting opponents is the most common way of eliminating them from a game.

Coaching Points:

Throw Types:

- Overarm, underarm, chest push, jump throw.

Throwing Power:

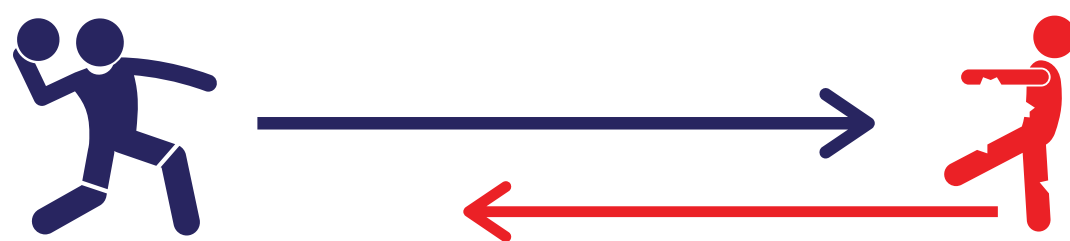
- High elbow, use arm as a long lever.
- Rotate hips and upper body to generate more force.
- Follow through low with arm in 'opposite pocket'.

Throwing Accuracy:

- Point non-throwing hand and foot at target.
- Aim at a specific area e.g. a knee, rather than at a general person.

Activity Idea - Zombie Dodgeball

- One player must practice a variety of types of throw as they attempt to hit an approaching zombie (their partner).
- If the zombie is hit in a limb, they lose it. When the zombie reaches the thrower, or is hit in all limbs and torso, partners swap over.
- Progress to **Fish In A Barrel**: Partners now do not approach and can dodge in a small space.



Progression: Fish In A Barrel



Catching

Skill Overview:

Catching can turn the tide in games as performing this skill successfully means a previously-eliminated teammate can return to play in addition to eliminating the thrower.

Coaching Points:

Catch Types:

- Tunnel: Form a tunnel with your body.
- Snatch: Hand-only catch.
- Parry: Knock ball into air for easy catch.
- Low: Bring body low to ground.

Catching Technique:

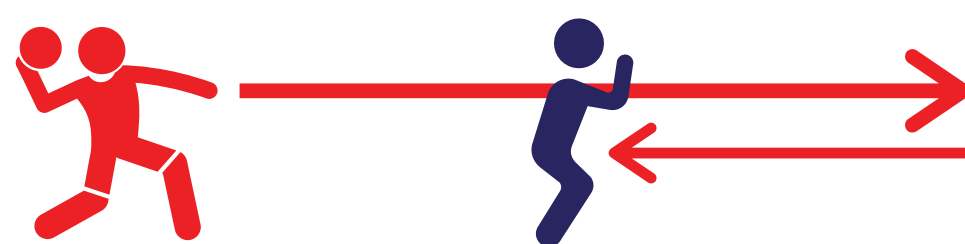
- Adopt the ready position.
- Watch the ball all the way as it travels towards you.
- Use all of your body to cushion the ball.
- Always consider the risk of dropping the ball – is each catch worth attempting?

Activity Idea - Insta-Catch

- One person faces away from their partner, who stands behind them.
- When their partner says their name, they must turn around and quickly attempt to catch a thrown ball using a variety of catch types.
- Progress to **Wall Catch**: Partners can also throw the ball at a wall for rebound catches.



Progression: Wall Catch





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MODULE 4A

Coaching Dodgeball: Skills

Dodging

Skill Overview:

Although most participants will be able to avoid balls in a basic fashion, well-coached individuals can use a variety of dodging technique depending upon the situation.

Coaching Points:

Dodge Types:

- Basic: Jump, duck, sidestep.
- Reactive: Part-body weaves, leg lift.
- Advanced: Fakes, sequences, dives.

Dodge Technique:

- Adopt the ready position.
- Basic dodges: Simple movements.
- Reactive dodges: Smaller movements which are used only after a player knows where a ball is going to hit them.
- Advanced dodges: Larger movements, combinations or sequences of previous movements and adding feints.

Activity Idea - Survivor

- One person throws a ball at their partner who must dodge it using a variety of basic dodge types.
- Progress this to partners needing to move between two lines as much as possible before being hit.
- Progress to **Dodge Chicken**: Players must now dodge balls using reactive dodges. Their partners may miss on purpose and the dodger must not move.



Progression: Dodge Chicken



Blocking

Skill Overview:

If you have a ball in your hand, you can use it to block other balls away. This can help to keep yourself and your teammates safe, and to control ball possession.

Coaching Points:

Protective Blocking Technique:

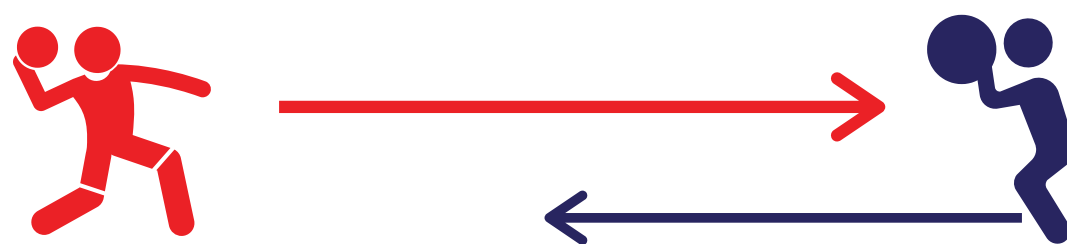
- Adopt the ready position.
- Hold the ball firmly in two hands in front of the body.
- Protect the legs by ducking or jumping.

Directional Blocking Technique:

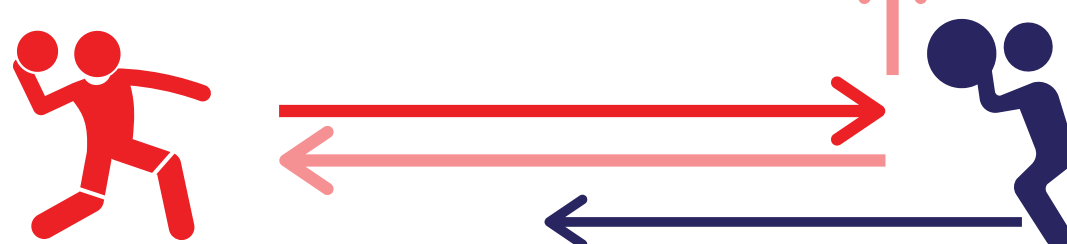
- Watch attacks as they are thrown.
- Push attacks away in your desired direction using your ball:
 - Block off-court to gain possession.
 - Block up into the air for catches.
 - Block back at opponents for hits.
 - Block into the floor to make it safe.

Activity Idea - Block Step

- One person must use good protective blocking technique to block attacks from their partner.
- After a successful block, they must step forwards. Continue until they are hit and swap over.
- Progress this to **Block Back**: Partners now use directional blocking technique to catch the attack or make hits.



Progression: Block Back





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MODULE 4A

Coaching Dodgeball: Basic Tactics Offence

Single Ball Attack

Tactic Overview:

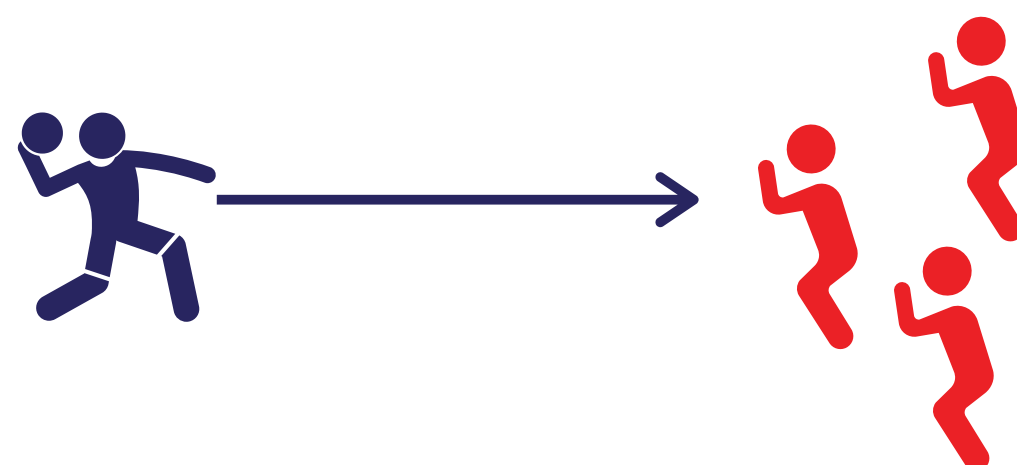
The most basic form of attack in dodgeball. This is an individual throw made to eliminate an opponent. It may be performed as a standard overarm throw, an underarm throw, a chest push or a jump throw. Best used against opponents who are vulnerable.

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 player that eliminated you goes out, then you can come back in to play.



Basic Group Throw

Tactic Overview:

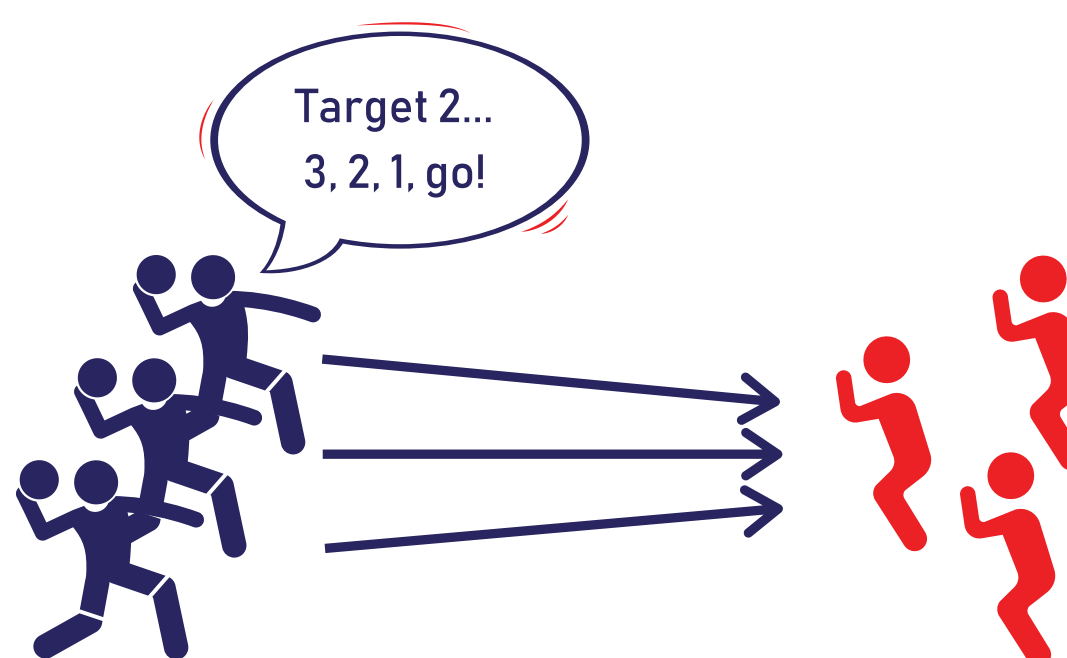
A coordinated attack where all ball holders throw at one player. A multiple ball attack increases the chance of successful hits and limits the chance of being caught. Best used against good catchers, players you want to eliminate early or to finish off matches.

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.
- Alternatively, teams score 1 point for 1 hit, 4 points for 2 balls hitting in one attack and 9 points for 3 balls hitting in one attack.





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MODULE 4A

Coaching Dodgeball: Basic Tactics Defence

Retreat After Throwing

Tactic Overview:

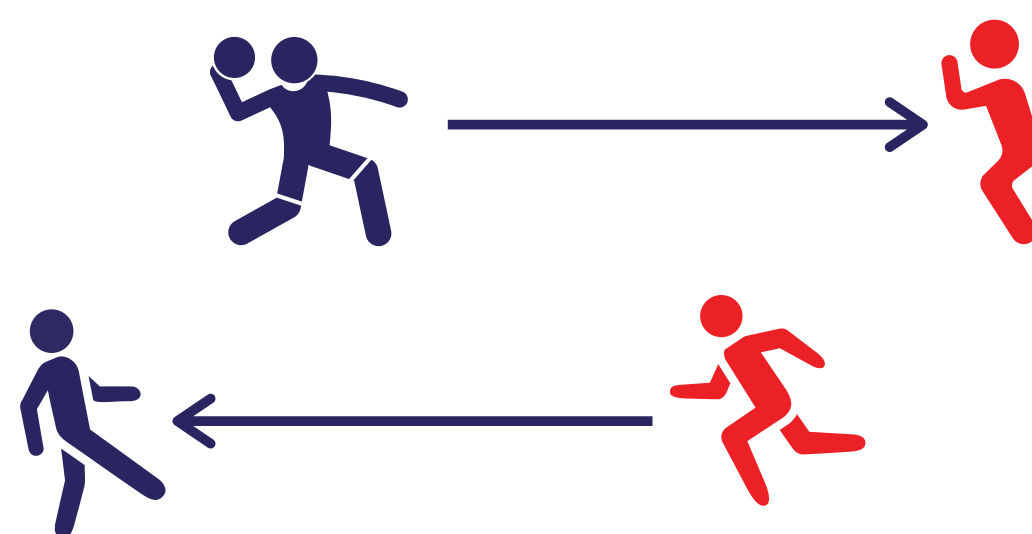
Players are most vulnerable when at the front of the court. Players with ball possession have a ball to block attacks with, but this isn't the case for players that have just thrown. Learning to use longitudinal space is important to remain in the game.

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
- The player without a ball must try to players must try to maintain distance between themselves and an opponent as the opponent moves forwards and backwards unpredictably before making an attack
- Keep swapping over.



Counterattack

Tactic Overview:

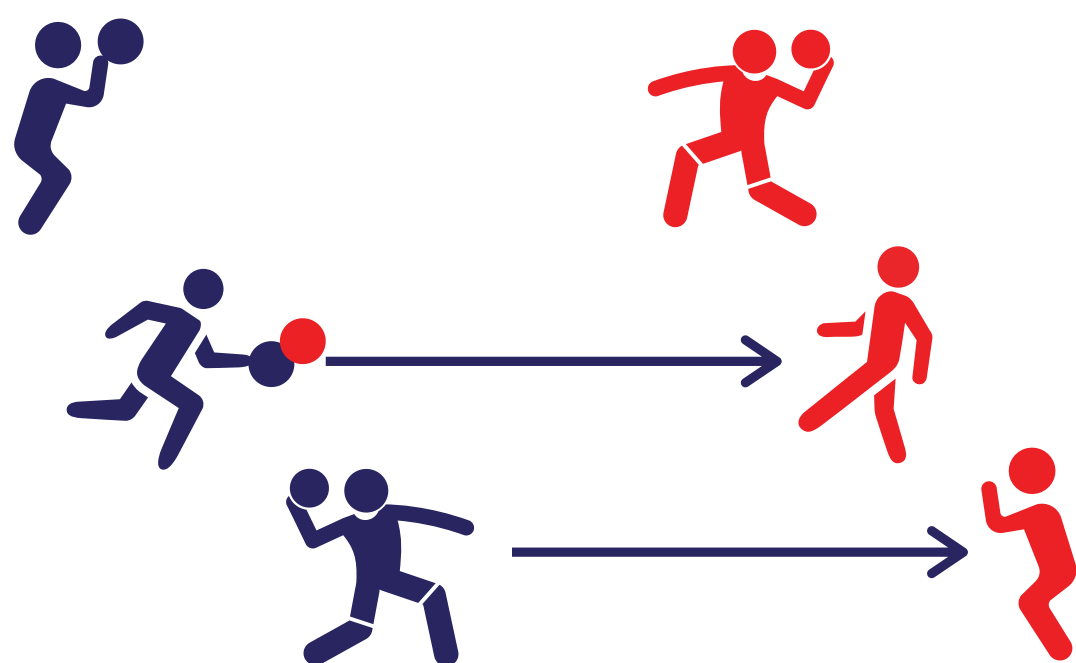
Players with ball possession on the defending team should look to take advantage of opponents who have just thrown and are vulnerable. They do this by waiting for the right time, running forwards and dodging/blocking any direct attacks before closing distance and attacking their opponents.

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 dodge attacks.
- You can run faster forwards than they can run backwards, so 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.





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MODULE 4A

Coaching Dodgeball: Basic Tactics Tactical Understanding

Using Lateral Space

Tactic Overview:

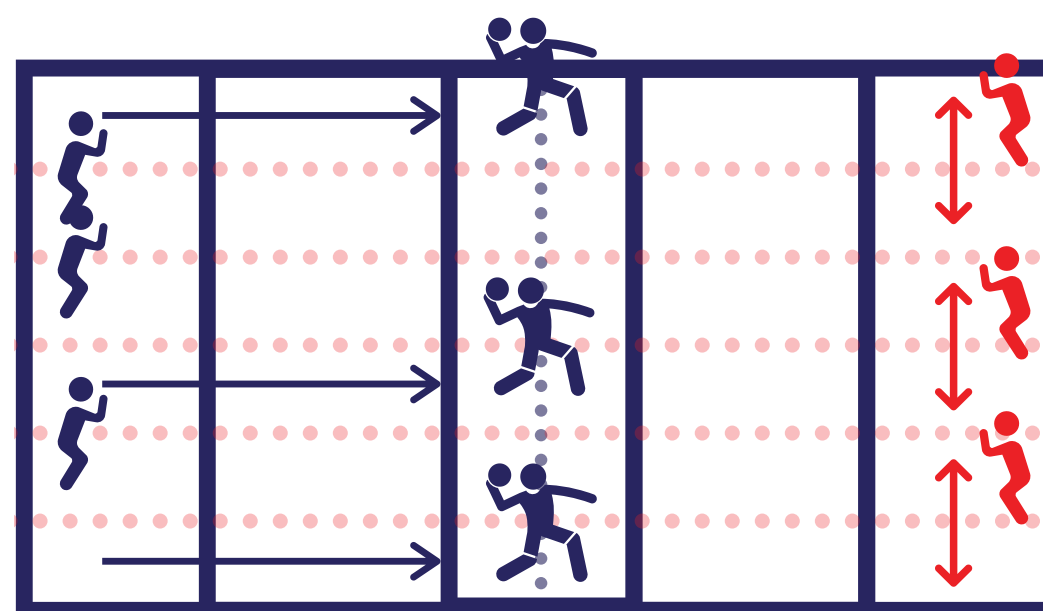
Players should learn to use both lateral and longitudinal space effectively. Generally, players should spread out from their team to avoid clustering together and to avoid collisions. This also helps players to consider the difference in positions on court e.g. wing players and central players.

Coaching Points:

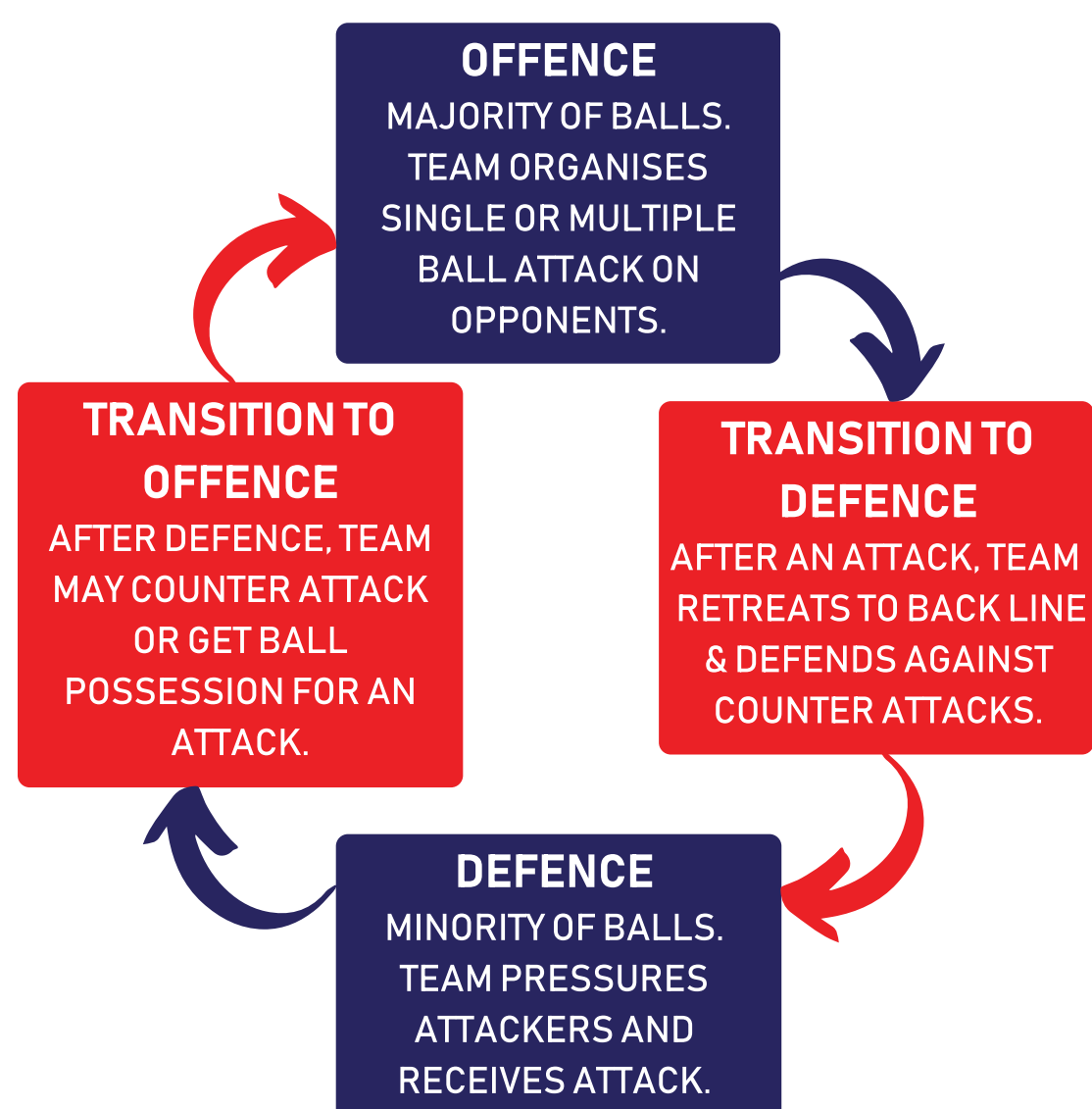
- 'Stay in your lane' when moving up court to attack and counter attack, and when retreating after throwing.
- Spread out from your team at the back of the court during defensive phases of the game.
- Use larger lateral dodges as more players are eliminated from your team, giving you more room to use.

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

Tactic Overview:

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:

Offence:

- **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 holds his ball to defend with

Defence:

- **Counter:** Counterattack
- **Block:** Dodge and block to get ball possession



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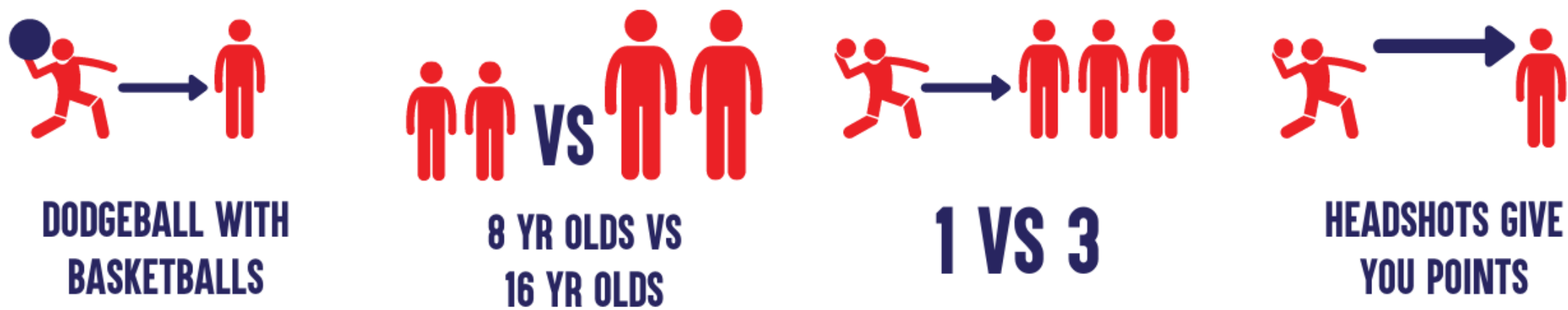
MODULE 4B

Coaching Dodgeball: Planning & Delivery

Safeguarding

"The process of protecting children from abuse or neglect, preventing impairment of their health and development, and ensuring they are growing up in circumstances consistent with the provision of safe and effective care that enables children to have optimum life chances and enter adulthood successfully." **UK Government definition**

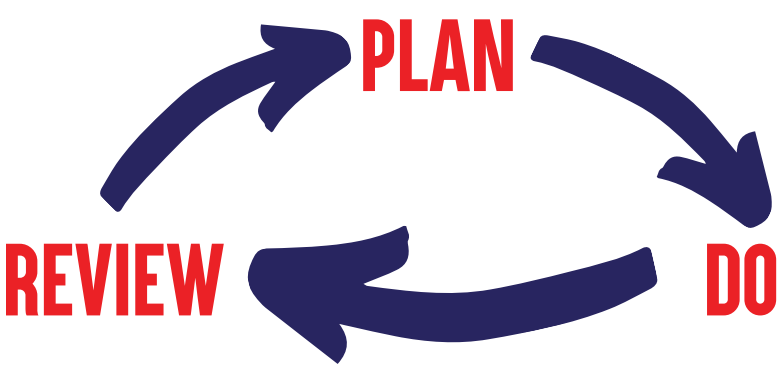
Leading Safe Activities: Safe or not?



Concussion Symptoms

- Headache
 - Dizziness
 - Memory Loss
 - Blurred Vision
 - Unsteadiness
 - Feel Tired
- If In Doubt, Sit Them Out.**

Planning Process



Activity Types

- **Activities:** Drills & exercises
- **Conditioned games:** Adapted games
- **Matches:** Normal matches
- **Evaluation:** Reflective opportunities
- **Big Games:** Large-scale games

Differentiation

- **Space:** Increase/decrease distances
- **Task:** Add challenges or extra lives
- **Equipment:** Change size or amount
- **People:** Change groupings

Question Stem Matrix

	Is...	Did/does...	Can...	Would...	Will...	Might...
What...						
Where/when...						
Which...						
Who...						
Why...						
How...						

DEEPER THINKING REQUIRED



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MODULE 5

Working With Groups

Group Make-Up

A group is defined as a collection of people with at least one common characteristic or purpose. Groups can be any size, are defined by the people within the group, and individuals are recognised by themselves and others as part of a group. Groups are often made up of individuals with very different personalities, attitudes and ideas. The more cohesion a group has, the more likely each member will feel involved and demonstrate strong team spirit – they may also talk using collective terms such as ‘we are...’ instead of ‘I am...’.

Leadership Styles

- **Autocratic:** The leader knows best and is the main authority in the room.
- **Democratic:** The leader tries to involve group in decisions.
- **Pacesetter:** The leader works hard to set an example, challenging the group to keep up.
- **Affiliative:** The leader cares for the group, putting their emotional needs and happiness before the outcome of tasks.

Positive Relationships

- Build trust & mutual respect.
- Show interest and invest time.
- Model desired behaviours.

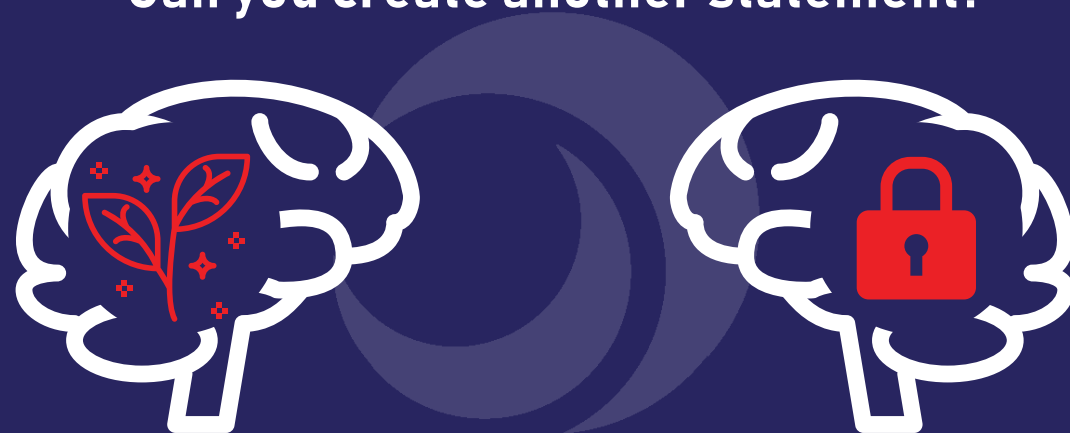
PIPRIP: Praise in Public,
Reprimand in Private.

Role Models

- Inspirational people you look up to.
- Can be family members, friends, teachers, coaches, famous athletes.
- Who are your role models?
- How can you be a role model?

Growth Mindset

- **Fixed Mindset:** "I didn't catch the ball so my team lost the match."
- **Growth Mindset:** "I am disappointed about not catching the ball but the more I practice, the more I'll catch it in the future."
- Can you create another statement?



A Player's Journey

Potential
New Player



Sees club
advertising



New
Player



Attends open
session



Club
Member



Regularly
attends club
sessions



Sustained
Player



Represents club in
events suitable for
their ability level



BRITISH DODGEBALL

MODULE 6

Session Delivery

Micro Sessions

1. Choose a group of participants. You will coach a 10-15 minute long dodgeball session to this group.
2. You need to plan a session which the group will benefit from, applying the knowledge you have gained throughout this course.
3. Useful Resources:
 - a. DodgeFive Activity Cards
 - b. Level 1 Skill Activities & Conditioned Games Resource
 - c. Level 1 Tactics Resource
 - d. BD Lesson Plans
4. Try to manage your group of coaches so everyone gets to contribute to an aspect of your micro session:
 - Input and modelling
 - Feedback and guiding players
 - Questioning and reflecting
 - Officiating

Choose a Group

Group 1

An afterschool group of primary school children. They love dodgeball and are keen to improve on their skills.



Group 2

A community youth group made up of 12-16 year olds. They do not have much cohesion as a group, and use dodgeball as a chance to socialise.



Group 3

A group of adult players from a local dodgeball team. A very cohesive group, they love to practice and develop skills.



Group 4

Use a group you know, or already work with. Make sure you explain the group at the start.

You Should Evidence:

- ☐ Knowledge of equipment and spaces used in dodgeball
- ☐ Knowledge of dodgeball ruleset
- ☐ Knowledge of dodgeball-specific skills/tactics
- ☐ Ability to lead safe sessions
- ☐ Understanding of how to work with groups

Planning Guide

You might want to set out your plan like this:

Group: 2

Session Focus: Develop Throwing Accuracy

Activity 1: Zombie

Roles: Jay - Input, Zara - Questions, Geoff - Set Up, Sian - Feedback

Input: Demo & Explain Game. Give Coaching Points.

Coaching Points: Point front foot & hand, aim at specific areas on the body.

Points Evidenced: Safety, Equipment, Skills

Learning To Demonstrate: Questioning, PIPRIIP, STEP

Activity 2: Goal Dodgeball

Roles: Sian - Input, Geoff - Questions, Zara & Jay - Refing

Input: Demo & Explain Game. Give Coaching Points. Ask Why we are playing this game. Reflect on what we did well.

Coaching Points: As above + decide when's best to score.

Points Evidenced: Safety, Rules, Skills, Groups

Learning To Demonstrate: Growth Mindset, Court