

## SINGLE BALL ATTACK

### TACTIC OVERVIEW

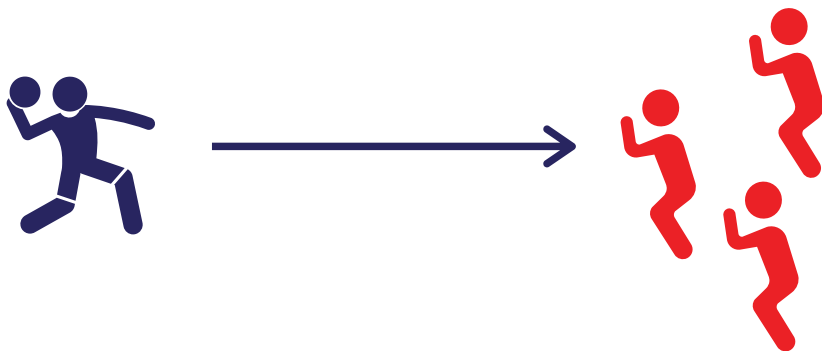
THE MOST BASIC FORM OF ATTACK IN DODGEBALL. THIS IS AN INDIVIDUAL THROW MADE TO ELIMINATE AN OPPONENT. IT MAY BE PERFORMED AS A STANDARD OVERARM THROW, AN UNDERARM THROW, A CHEST PUSH OR A JUMP THROW. BEST USED AGAINST OPPONENTS WHO ARE VULNERABLE.

### 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

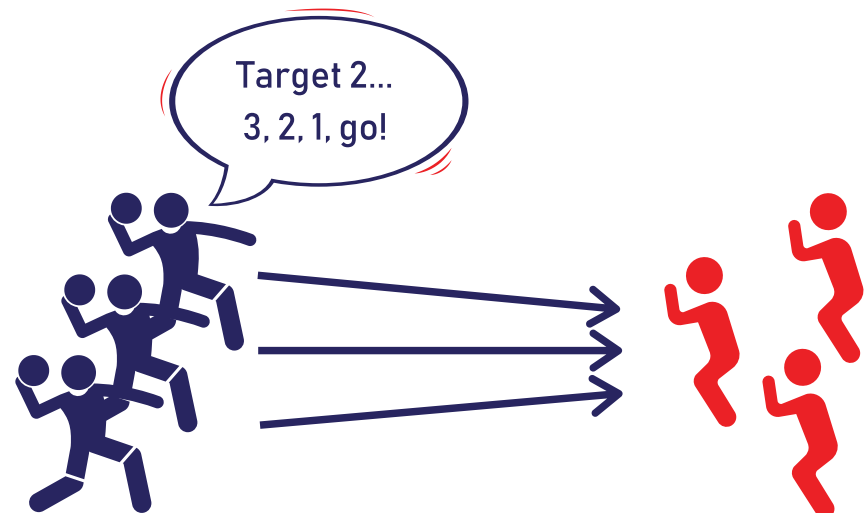
A COORDINATED ATTACK WHERE ALL BALL HOLDERS THROW AT ONE PLAYER. A MULTIPLE BALL ATTACK INCREASES THE CHANCE OF SUCCESSFUL HITS AND LIMITS THE CHANCE OF BEING CAUGHT. BEST USED AGAINST GOOD CATCHERS, PLAYERS YOU WANT TO ELIMINATE EARLY OR TO FINISH OFF MATCHES.

### 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.



## THROW TARGETING

### TACTIC OVERVIEW:

WHO YOU THROW AT MATTERS AND HAS A DIRECT EFFECT ON THE OUTCOME OF EVERY GAME.

### COACHING POINTS:

- CONSIDER WHO IS BEST TO TARGET DURING INDIVIDUAL AND GROUP ATTACKS:
  - A STRONGER THROWER TO REDUCE THE OPPOSITION THROWING THREAT.
  - A WEAKER DODGER TO GAIN NUMERICAL ADVANTAGE.
  - A BALL HOLDER TO PREVENT COUNTERS.
  - A MIDDLE PLAYER TO MAXIMISE THE CHANCES OF BALLS REBOUNDBING BACK TO THE TEAM OFF THE BACK WALLS.
- CONSIDER WHERE TO AIM ON THEIR BODY:
  - TORSO TO MAXIMISE THE CHANCE OF MAKING A HIT.
  - LEGS TO AVOID BEING CAUGHT.
  - AWAY FROM THE OPPONENTS BODY TO MAKE THEM REACH FOR A CATCH.

### ACTIVITY IDEA - SECRET VIP

- ORGANISE SOME SMALL-SIDED DODGEBALL GAMES. EACH TEAM SECRETLY SELECTS A VIP; IF THEY ARE HIT, THE GAME ENDS STRAIGHT AWAY. TEAMS NOW HAVE TO TRY TO AIM AT A RANGE OF DIFFERENT PLAYERS IN DIFFERENT POSITIONS. GIVE TEAMS THE OPPORTUNITY TO DISCUSS THEIR TARGETING AFTER EACH GAME.



## GROUP THROW - HOLDING

### TACTIC OVERVIEW:

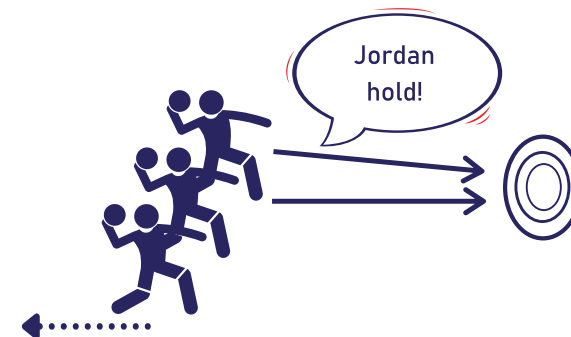
TEAMS MAY WISH TO MAKE USE OF THE DEFENCE BALL, WHICH IS THE ONE BALL THAT CAN BE HELD EVEN AFTER 'PLAY BALL' HAS BEEN CALLED.

### COACHING POINTS:

- GROUP THROW:
  - DECIDE WHO IS HOLDING. THIS COULD BE THE FURTHEST PLAYER FROM A TARGET, OR A NAMED PLAYER.
  - THIS PERSON SHOULD FAKE A THROW TO ATTRACT THE RECEIVER'S ATTENTION.
- COVERING
  - THE HOLDING PLAYER IS RESPONSIBLE FOR HELPING THEIR TEAMMATES RETREAT SAFELY IN THE FACE OF COUNTERS.
  - THEY MAY LOOK TO COVER OR MAKE TRADES (SEE COVERING & TRADING SECTION) IF OPPONENTS COUNTER THEIR TEAMMATES.

### ACTIVITY IDEA - RACE TO 5

- TWO TEAMS RACE TO MAKE 5 HITS ON A STATIC TARGET BY USING GROUP THROWS. AT LEAST ONE PERSON ON EACH TEAM MUST FAKE A THROW, HOLD AND RETREAT BACKWARDS BEFORE THE NEXT ATTACK CAN BE ORGANISED. PROGRESS TO USING MULTIPLE TARGETS OR HAVING A COUNTERER WHO THE HOLD PLAYER MUST HOLD OFF.



## GROUP THROW - FAKING

### TACTIC OVERVIEW:

DURING A GROUP THROW, PLAYERS MAY CHOOSE TO FAKE THEIR THROWS AT THE SAME TIME BEFORE UNLEASHING THEIR REAL ATTACK. THIS IS PARTICULARLY USEFUL TO DRAW OUT DODGES FROM OPPONENTS AND PROTECT AGAINST PRE-THROWS.

### COACHING POINTS:

- DECIDE HOW YOU WILL CALL A FAKE AND ENSURE GOOD TIMING IN THROWING ACTION. USE THE FAKING SKILL COACHING POINTS TO HELP THE ACTION LOOK EFFECTIVE.
- RESET YOUR POSITION BEFORE THROWING TO MAKE SURE YOU ARE ATTACKING FROM A BALANCED POSITION.
- IF A BALL IS THROWN AT YOU WHILST FAKING, ADOPT THE READY POSITION AND DODGE OR BLOCK IT.

### ACTIVITY IDEA - DOUBLE DAMAGE

ONE TEAM OF ATTACKERS MUST HIT ONE TEAM OF DEFENDERS OUT AS QUICKLY AS POSSIBLE USING GROUP THROWS. THE DEFENDERS ARE ONLY ALLOWED TO DODGE. IF THE ATTACKERS USE A FAKE BEFORE A GROUP THROW AND THEN MAKE A HIT, THIS IS DOUBLE DAMAGE AND THEY MAY CHOOSE ANOTHER DEFENDER TO BE OUT. PROGRESS BY ALLOWING DEFENDERS TO PRE-THROW ATTACKERS.



## QUICK PLAY

### TACTIC OVERVIEW:

TEAM MAY WISH TO LIMIT THEIR OPPONENTS BALL POSSESSION OR ATTACK BEFORE OPPONENTS ARE READY. A QUICK PLAY IS AN ORGANISED ATTACK MADE BEFORE THE PLAY BALL CALL IS MADE, AND THEREFORE OFFERS GREAT FLEXIBILITY IN THE AMOUNT OF BALLS THAT CAN BE THROWN.

### COACHING POINTS:

- DEVELOP A 'CALLING SYSTEM' TO COORDINATE QUICK ATTACKS.
- AS THE ATTACK IS MADE BEFORE THE PLAY BALL IS CALLED, ANY PLAYER IS FREE TO ATTACK OR HOLD E.G.
  - YOUR TEAM HAS 3 BALLS. 3 PLAYERS MOVE UP TO THROW, 1 RELEASES WHILST 2 FAKE AND KEEP POSSESSION OF 2 BALLS.
  - YOUR TEAM HAS 4 BALLS. 4 PLAYERS MOVE UP TO THROW. 2 RELEASE WHILST 2 FAKE AND KEEP POSSESSION OF 2 BALLS.

### ACTIVITY IDEA - FIVE ALIVE

ORGANISE SOME SMALL-SIDED DODGEBALL GAMES. IF THE REFEREE CALLS PLAY BALL AFTER FIVE SECONDS, THEN ANY PLAYERS IN POSSESSION OF A BALL ARE OUT. TEAMS SHOULD THEREFORE PRACTICE USING QUICK ATTACKS BEFORE PLAY BALL IS CALLED.

