


SESSION PLANNER	
Activity: Dodge Ball	No Participants: 30
Date: Venue:	Length of Session: 1 hour
Session Objectives: developing dodge ball skills, including Catching Techniques.	Equipment: Dodge balls, cones, spots, bibs.



Warm up Bounce about	Coaching Points	Equipment/time
<p>Players move around the area bouncing a ball in a basketball dribble style. Move by walking, jogging, sidestepping or walking backwards, keeping control of the ball. Change the action on command of the coach, e.g ready, left hand, right hand, both hands, alternative hands, skipping, hopping.</p> 	<ul style="list-style-type: none"> Keep ball under control Keep head up and look for space to move into quickly. 	10 – 15 mins
Main Activity – Catching	Coaching Points	Equipment/time
<p><u>CHEST CATCH</u>: In pairs standing 5m apart, throw to partner at chest height to catch.</p> <p><u>LOW CATCH</u>: In pairs standing 5m apart throw to partner below the waist to catch.</p> <p><u>HOT POTATO</u>: In pairs standing 5m apart, throw the ball to your partner at chest height to catch. Slowly move in closer to each other so as to throw and catch as quickly as possible. This exercise is to try and get as many catches working in a pair so as not to get the other out.</p> <p><u>POTATO JUGGLING</u>: In two groups of 8, stand in a circle facing one another and throw the ball to a player opposite. They in turn throw to another player who hasn't been thrown to. Do this until all players have caught the ball. Remember who you threw it to and who you caught it from then set the ball going again and bring in a second ball, when the group have mastered this, bring in a third and fourth. If the balls collide then stop and start with one ball again.</p> <p>GAME: Team dodge ball, Stop after 5 minutes and discuss throwing tactics, to help improve the game.</p>	<ul style="list-style-type: none"> Get in the ready position, feet shoulder width apart, knees bent, head still, fingers pointing down Get hands behind the ball for the catch and keep your eye on the ball. Get hands behind the ball for the catch, keep your eye on the ball and bend down low. 	<p>20 mins</p> <p>20 mins</p>

Cool Down – Stuck in the mud dodge ball	Evaluation
<p>Stuck in the mud dodge ball – Catchers have a ball each and move round the area trying to hit the other children on the legs to get them 'stuck in the mud'. Children that are stuck get realised by another child running under their arm. Change catchers every couple of minutes.</p>	