

SESSION PLANNER	
Activity: Dodge Ball	No Participants: 30
Date: Venue:	Length of Session: 1 hour
Session Objectives: introducing different versions of dodge ball, help develop throwing, catching and dodging skills to participate effectively.	Equipment: Dodge balls, cones, spots, bibs

Warm up – everybody ‘it’ tag	Coaching Points	Equipment/time
Everybody is on and run around the coned area, if you tug someone they are stuck, to be released the stuck players must tug someone as they run past, players that are stuck can’t move at all only stretch to tug someone. If two people tug each other at the same time then they are both stuck. A stuck player can’t move again by tagging another stuck player, only someone moving.	<ul style="list-style-type: none"> • Avoid other children • Look for space and move into it quickly • Keep head up • Stay on the balls of your feet to change direction quickly 	10 – 15 mins
Main Activity – Dodge ball	Coaching Points	Equipment/time
<p>TABLE FOOTBALL: Object of the exercise is to stay in formation – imagine being in a giant table football game; there is a pole through each of the team and you cannot change position relative to the person at the front or either side of you. Players stand in two rows facing the coach and more than an arms width apart. Starting in a star shape, players follow the coach’s actions. Coach takes 3 jumps back, then ducks, then jumps high, then goes into press up position and so on.</p> <p>ONE ON ONE LOW DODGE: One player stands 3m from the wall and the other with the ball stands 5m from them, the player with the ball throws below knee height and the other player jumps to avoid it. A no ball is a bad throw, 1 good throw if hit is a point to the thrower and a point to the other player if dodged out of the way.</p> <p>ONE ON ONE CHEST DODGE: One player stands 3m from the wall and the other with the ball stands 5m from him. Player with the ball throws at chest height and other player moves to avoid. 1 good throw if hit is a point to the thrower and a point to the other player if dodged out of the way.</p> <p>DEFLECTION: 3 players on one side with middle player holding a ball – the deflector. One other player stands 5m away and throws a second ball at chest height at the other. The deflector holding the ball must deflect the incoming ball up so that one of his two catchers can catch it. Practice this slowly at first</p>	<ul style="list-style-type: none"> • Dodge the ball at all cost. • Only try and catch the ball when it’s straight at you. • Try catching the ball to bring eliminated players back into the game. • Use a ball to block a throw. 	20 mins
Game	Evaluation	
<p>GAME: Team dodge ball – area is split into two half’s with the ‘dead zone’ in the middle, three players from each team are picked as ‘runners’, on the coaches command the ‘runners’ try and retrieve the balls from the dead zone. Once the balls are in play, the team try to eliminate the other team by hitting them with a dodge ball anywhere except the head. A catch eliminates the throw on the opposition team. The winning team is the one that eliminates the others players or has the most players left at the end of 2 minutes.</p>		