

SESSION PLANNER	
Activity: Dodge ball	No Participants: 30
Date: Venue:	Length of Session: 1 hour
Session Objectives: Dodge ball Tournament – developing the skills they’ve learnt in previous weeks	Equipment: Dodge balls, cones, spots, bibs



Warm up - Flusher	Coaching Points	Equipment/time
Flusher, like stuck in the mud but instead of standing up with their arms out, when a player is tagged they knee down and put one arm in the air, to be free someone run’s past and pulls their arm down and ‘flushes’ them. Progress to ‘dodge ball flusher’, same rules as flusher, except catchers have dodge balls and try and hit the other children on the legs to get them stuck.	<ul style="list-style-type: none"> • Look for space • Avoid people with dodge balls • Keep head up • Dodge balls 	10 – 15 mins
Main Activity – Dodge ball Tournament	Coaching Points	Equipment/time
<p><u>Tournament</u> - 6 vs. 6 Split into teams of 2 on 2 and rest for 2 minutes. Scores are kept by players that are not involved in the match at the time.</p> <p><u>GAME VARIATIONS:</u></p> <p><u>LARGE BALL GAME:</u> Use a large ball e.g. aerobics ball, acting as a normal ball.</p> <p><u>LAST MAN STANDING:</u> One player on each team wears a different coloured bib to their team mates, if they are out then the whole team is out.</p> <p><u>LAST PLAYER RULE:</u> When down to one player, if they remain on court for 20 seconds without getting hit then their whole team comes back on. Only be done one game in a match.</p>	<ul style="list-style-type: none"> • Make sure the players have clear understanding of the rules. • Emphasise the importance of catching the ball when players on your team are eliminated. • Look to target one player if you have control of more than one ball • Always keep your eyes on the ball and never turn your back when someone is throwing. 	40 mins

Cool down – everybody ‘it’ tag	Evaluation
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.	