

# Introduction to Dodgeball

## Why should we teach this?

1. It's fun and different
2. It promotes the use of many fundamental movement skills
3. It's a healthy workout
4. Increases agility and reactions
5. Specialised equipment isn't necessary (although proper dodgeballs are available)



Dodgeball promotes the development of many fundamental movement skills both through teaching and general gameplay. See where the ⚡ is located.

| <b>Locomotor Skills</b><br>Transporting the body in any direction from one point to another  | <b>Stability Skills</b><br>Balancing the body in stillness and in motion      | <b>Manipulative Skills</b><br>Control of objects using various body parts   |
|--|---|---|
| <ul style="list-style-type: none"><li>• Walking</li><li>• Running</li><li>• Hopping</li><li>• Skipping</li><li>• Jumping for height</li><li>• Jumping for distance</li><li>• Dodging</li><li>• Side stepping</li></ul> | <ul style="list-style-type: none"><li>• Balancing</li><li>• Landing</li></ul> | <ul style="list-style-type: none"><li>• Catching</li><li>• Throwing</li><li>• Kicking</li><li>• Striking with the hand</li><li>• Striking with an implement</li></ul> |

## 4 Main Teachable Skills of Dodgeball

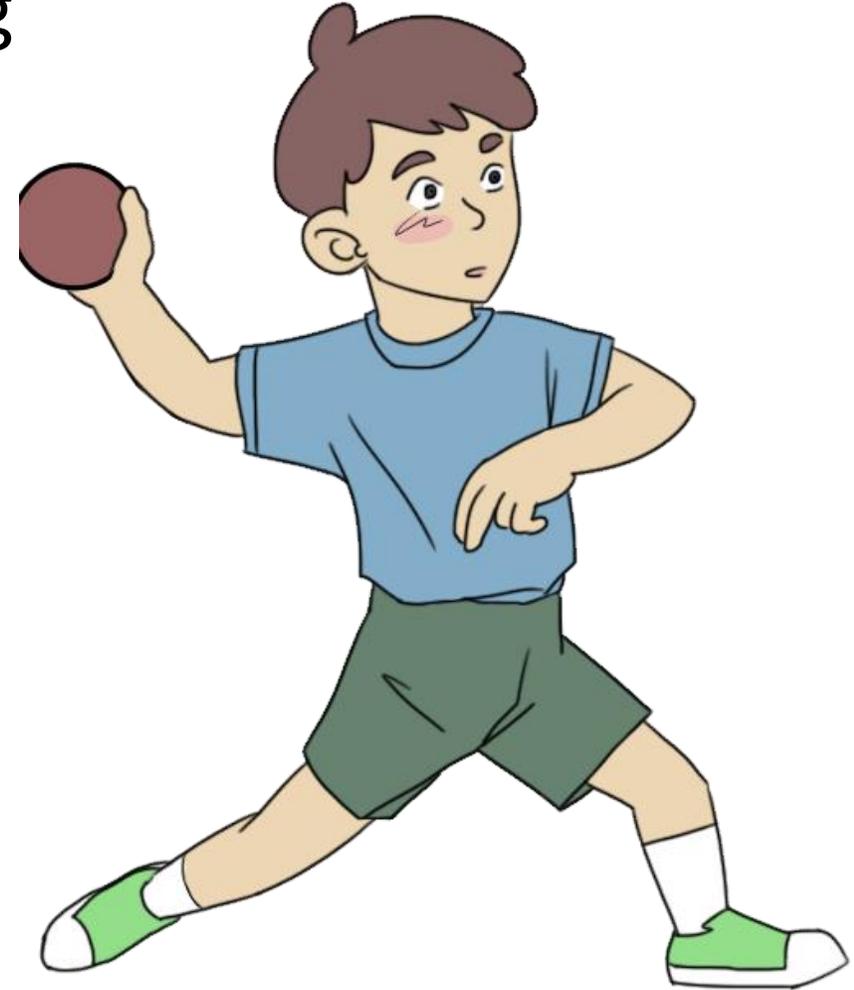
- 1. Throwing** (for power and accuracy) will include running.
- 2. Catching**
- 3. Blocking**
- 4. Dodging** (involves; jumping, landing, balancing and side stepping)

# 1. Throwing

1. Arm by side holding ball when moving forward
2. Plant back foot
- 3a. Stride forward with opposite leg (longer stride the better!)
- 3b. Rotate torso
4. L shape with arm, release, follow through.

## **Idea**

Using whole body to throw, not just the arm.



# Coaching throwing

**For each exercise (1-3) have a ball between 2. Stand a few metres apart.**

**Increase the distance to increase difficulty.**

1. Starting position on knees. Hold arm in L shape when throwing. Turn whole body. Follow through and release into centre mass of person opposite who is also on knees. This forces the use of whole upper body in the throw.
2. Throw from a standing position. Same instructions as kneeling throw. \*Add in the stride forward\*
3. Run up to a marked point and throw. Same instructions as 2. \*Plant back foot to throw\*
4. Target practise: hit cones, taped target on walls, people's limbs etc.

## 2. Catching – Make a catching cradle

1. Knees bent and bum out
2. On toes
3. Arms out and elbows bent
4. Eyes forward

### **Idea**

Body is behind the ball



# Coaching catching

**For each exercise (1-3) have a ball between 2. Stand a few metres apart. Increase power/decrease distance to make more difficult.**

1. One armed catches: Form "catching cradle". Place one arm behind your back. Partner throws ball a little to your left or right. Move cradle into the ball. Secure catch by wrapping your one arm around the ball as it enters the cradle.
2. Catching cradle: Practise technique with ball thrown into centre mass.
3. Squat jump catch: Start in a squat position. Ball is thrown just above your head height. Spring up into catch using cradle.
4. Drop and out: Form a line of throwers. One at a time throw directly at the designated catcher. Keep score on catches. If you drop a ball go into the line of throwers.

### 3. Blocking

**Use a held ball to block away an incoming ball away**



# Blocking

1. Hold ball out in front of body
2. Elbows bent and relaxed
3. Head above the ball
4. Knees bent
5. Can be crouched or standing



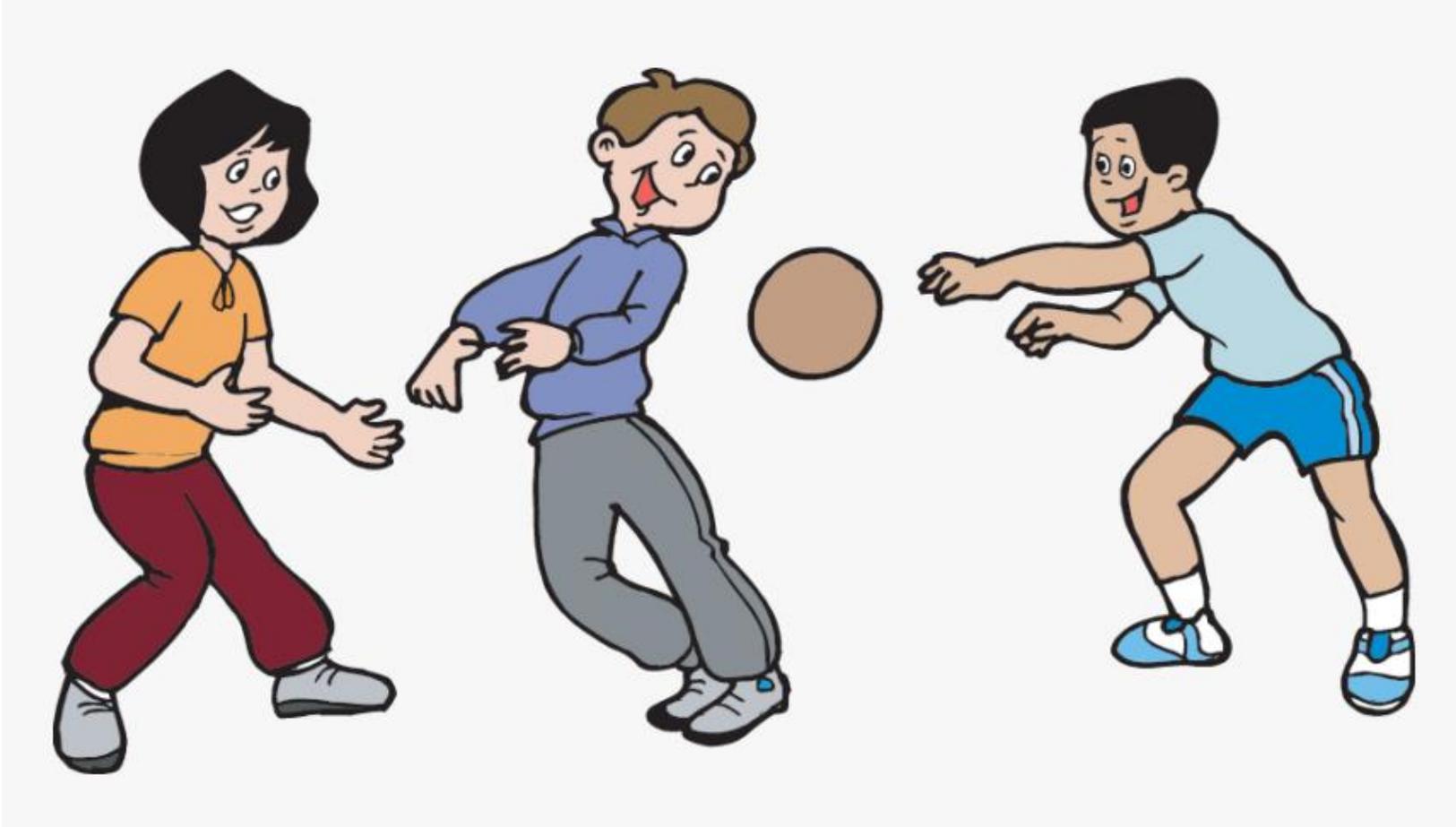
# Coaching blocking

**For each exercise (1-4) have a ball each. Stand a few metres apart.**

1. Block ball from standing position into the ground when thrown at you from a short distance. Ensure ball is dead. A rogue blocked ball can hit a teammate in a match!
2. Increase the distance and power of throw.
3. Block from a crouch position using both 1 and 2 above.
4. Block a ball while running backwards and throwing player is running forwards.

## 4. Dodging

In dodgeball balls can be side stepped, jumped or ducked. Here we will focus on jumping, as side-stepping and ducking are more reactive responses that can be developed during gameplay.



# Jumping

1. Eyes forward
2. Tuck knees in
3. Good ground clearance



# Coaching dodging

**For each exercise have a ball between 2. Stand a few metres apart.**

**Increase power/decrease distance to make more difficult.**

## **Jumping**

1. Start in squat position. Player rolls ball. Jump the ball bringing knees into chest.
2. Start in standing position with knees bent and on toes. Ball thrown at shin height. Jump ball bringing knees into chest.

## **Jumping and ducking**

1. Stand 1 metre out from the wall. Partner throws a ball either high or low from a few metres. Jump or duck the ball.

# Fun games (on a court)

## Medic

Have secret meeting before a game. Designate someone the team medic. When a player is hit or their ball is caught, they don't go out. Instead they kneel down on the court. They can be healed and brought back into the game by the medic. To do this the medic must place their hand on a player's back for 3 seconds. When the medic is hit out, they are out and can't heal players. First team to eliminate other team wins.

## Assassin

If knocked out, you can come back into the game **only** if the person who knocked you out, gets knocked out themselves.

## Super catch

If "Super catch" is yelled before a player makes a catch, anybody who is out on that player's team gets to come back in.

## Last person standing

If you're hit or caught you're out, you can't come back in. Keep playing until only one person is left standing. Shrink the court in as more and more people get knocked out. Can start by playing 10 or more on each side.