



DODGEBALL COACHING CARD

Inspire • Develop • Compete

SESSION
FOCUS
ThrowingYEARS
3-6DURATION
10 Minutes

10

MINUTES

1

JACKPOT

Develop throwing accuracy and movement to hit the centre target.



OBJECTIVE

Develop throwing technique, accuracy and power to hit targets and opponents consistently and safely.



SUCCESS CRITERIA

- Use correct throwing technique.
- Aim accurately at the centre ball.
- Transfer weight and follow through.
- Throw with control and power.
- Show respect and safety when throwing.

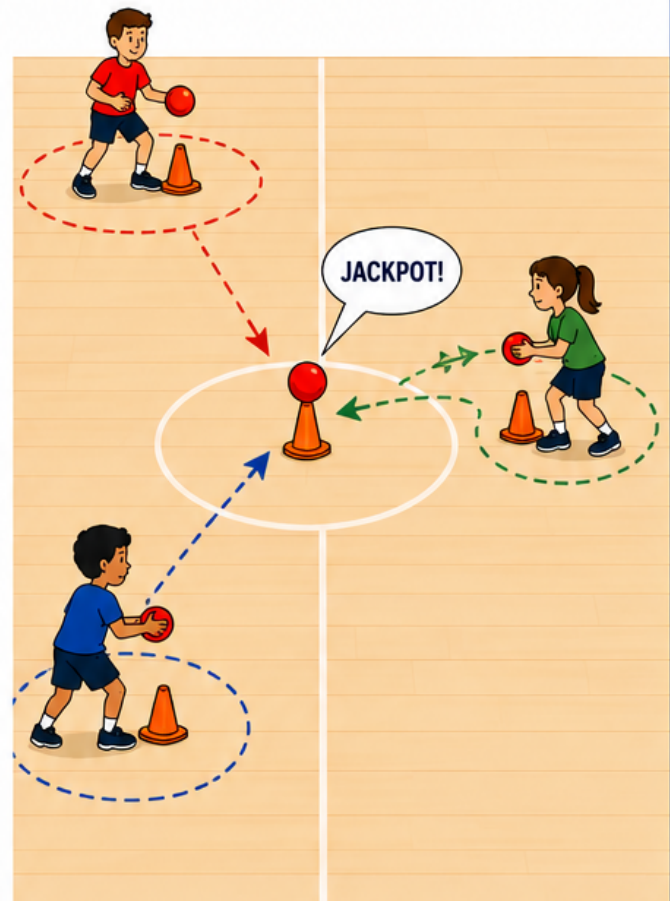


EQUIPMENT

- 8-12 Foam Dodgeballs
- 20 Cones
- Bibs (2 colours)
- Hoops or target spots
- Stopwatch
- Whistle
- Court markers

HOW TO PLAY

- 1 Three players start at their own ball placed on cones around a centre cone.
- 2 A ball sits on the centre cone.
- 3 On the signal, players run round their cone, collect their ball and try to hit the centre ball off the cone.
- 4 First to hit the centre ball shouts "Jackpot". Rotate roles.



COACHING POINTS



SIDE ON STANCE

- Stand side on with knees bent.



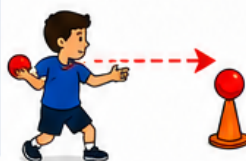
STEP AND TRANSFER

- Step forward and transfer weight from back foot to front foot.



AIM AT THE TARGET

- Aim at the centre ball, keeping eyes focused.



HIGH ELBOW

- Keep elbow high and arm back before throwing.



FOLLOW THROUGH

- Extend arm and follow through towards target.



SUPPORT

- Shorter distance
- Larger target
- Use underarm



CHALLENGE

- Longer distance
- Smaller target
- Time limit



KEY FOCUS

Accuracy, aim and power.

