



1 MIND YOUR BACK

Develop awareness, movement and confidence in dodging.

 **10**
MINUTES



OBJECTIVE

Develop awareness, movement and confidence in dodging.



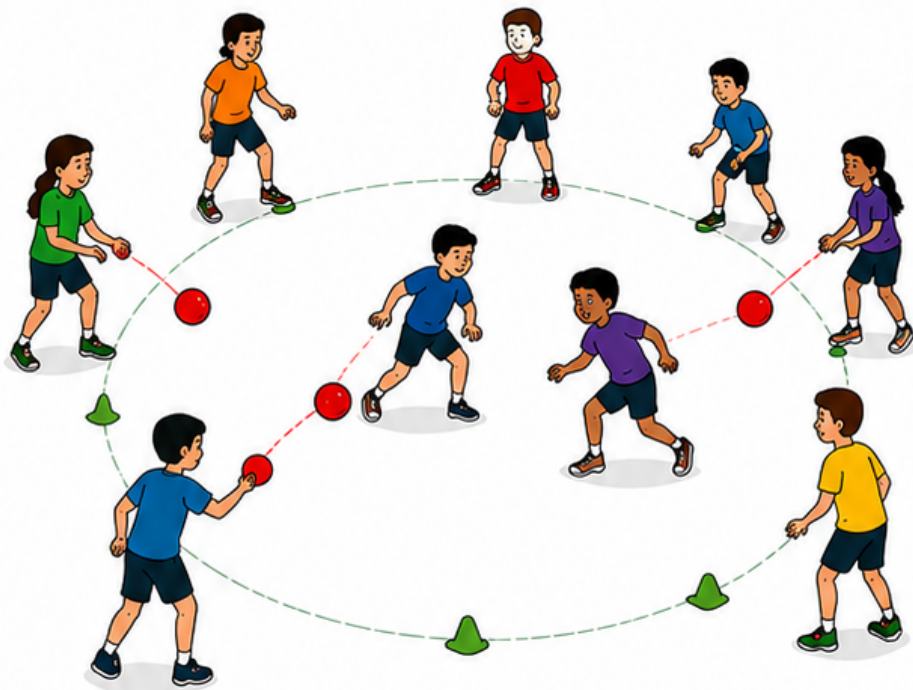
EQUIPMENT

- 1 foam dodgeball
- Open playing area



SET UP

- Players stand in a large circle.
- 1–2 players are in the middle.



HOW TO PLAY

- 1 Players on the outside gently throw or roll the ball below shoulder height.
- 2 Middle players dodge using different movements.
- 3 Rotate players every 45–60 seconds.

EXAMPLES OF DODGES

DUCK



SIDE-STEP



JUMP



COACHING POINTS

- ✓ Stay on your toes.
- ✓ Keep moving.
- ✓ Watch the ball at all times.
- ✓ Dodge into open space.



PROGRESSIONS

EASIER

- One ball
- Slower throws
- Larger circle

HARDER

- Two balls
- Smaller circle
- Faster throws



KEY REMINDERS



Stay on
your toes



Watch the
ball



Keep
moving



Dodge into
open space

