



LEEDS WELL SCHOOL PARTNERSHIP

DODGEBALL COACHING CARD

Inspire • Develop • Compete

CARD 05 – FITNESS & GAME APPLICATION



SESSION FOCUS

Fitness & Game Application



YEARS

3–6



DURATION

10 Minutes



POWER MINUTE

Improve fitness, dodging and quick reactions.

10
MINUTES



OBJECTIVE

Improve fitness, dodging and quick reactions through a high-energy 1-minute challenge.



EQUIPMENT



8–12 Foam Dodgeballs



2 Cones



Stopwatch

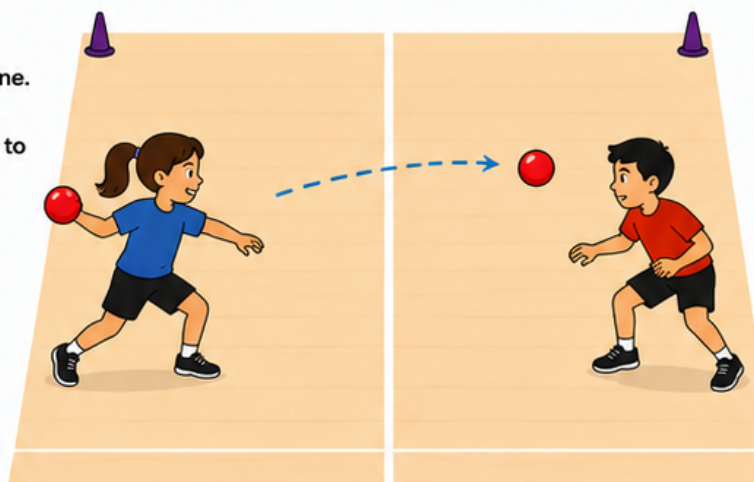


Court markers



HOW TO PLAY

- 1 Two players face each other across the centre line.
- 2 On the signal, players try to hit their opponent with a soft throw.
- 3 If you are hit, pick up a ball and keep playing.
- 4 Keep going for 1 minute. The player with the most hits wins!



COACHING CUES



DODGE

- Stay light on your feet.
- Move your whole body to avoid the ball.



THROW

- Use a quick, controlled throw.
- Aim for your opponent's body.



MOVE

- Keep moving and change direction.
- Don't stay still for too long.



FOCUS

- Watch your opponent.
- React quickly to every throw.



SUCCESS CRITERIA

- Dodges effectively.
- Throws accurately.
- Stays active for the full minute.
- Shows great effort and focus.
- Supports good sportsmanship.



COMMON ERRORS

- Standing still.
- Throwing too hard or too slow.
- Dodging too late.
- Not moving into space.
- Getting distracted.



SUPPORT

- Use softer throws.
- More space between players.
- Count hits to build confidence.
- Encourage teamwork and effort.
- Praise resilience and improvement.

