



LEEDS WELL SCHOOL PARTNERSHIP

DODGEBALL

COACHING CARD

Inspire • Develop • Compete

CARD 05 – FITNESS & GAME APPLICATION



SESSION FOCUS
Fitness & Game
Application



YEARS
3–6



DURATION
15 Minutes

2

DODGE BETWEEN

Develop dodging, agility and awareness by moving between opponents.



15

MINUTES



OBJECTIVE

Develop dodging, agility and awareness by moving between opponents.



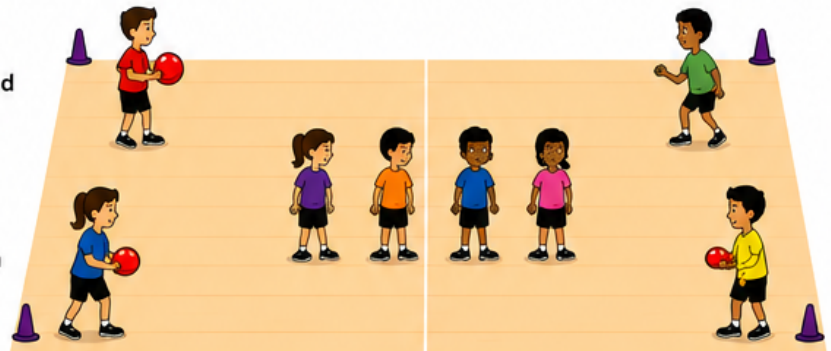
EQUIPMENT

- 8–12 Foam Dodgeballs
- 4 Cones
- Stopwatch
- Court markers

1 SET UP

Two players stand at each end line with a ball.

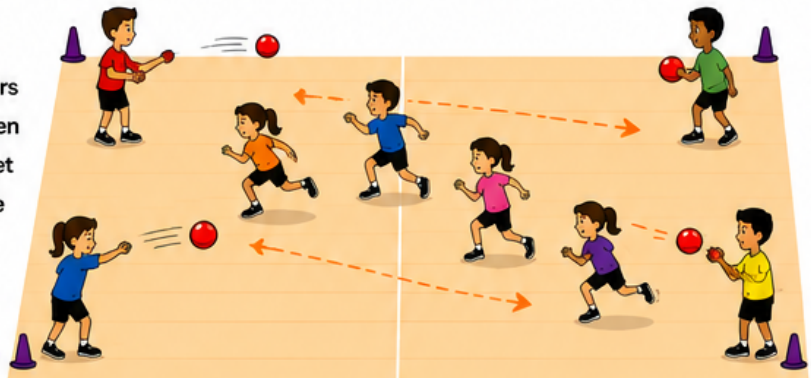
The rest of the players line up in the middle.



2 PLAY

On the signal, players try to dodge between the opponents to get from one end to the other and back.

Opponents try to hit players with a throw.



COACHING POINTS



DODGE

- Stay light on your feet.
- Move your whole body.
- Change speed and direction quickly.



BETWEEN

- Find a gap.
- Move at the right time.
- Use quick changes of direction.



AWARENESS

- Watch the ball.
- Watch the thrower.
- Be aware of others.



THROWERS

- Use controlled throws.
- Change target.
- Work with your partner.



SUCCESS CRITERIA

- ✓ Dodges accurately and consistently.
- ✓ Moves quickly between opponents.
- ✓ Shows good awareness of space and players.
- ✓ Works with teammates to succeed.
- ✓ Shows resilience and enjoys competing.



COMMON ERRORS

- Standing still or moving slowly.
- Dodging too late.
- Returning in a straight line.
- Not watching the ball or thrower.
- Underarm or unintentional throws.



SUPPORT

- Use softer throws.
- Start with fewer throwers.
- Widen the space between throwers.
- Praise effort and improvement.
- Encourage communication.

