



LEEDS WELL SCHOOL PARTNERSHIP DODGEBALL COACHING CARD

Inspire • Develop • Compete

CARD 06 – TOURNAMENT & ASSESSMENT

SESSION FOCUS
Competition & Assessment

YEARS
3–6

DURATION
15 Minutes



TEAM CHALLENGE

Apply skills and teamwork in fun team challenges.

15
MINUTES

OBJECTIVE

Apply Dodgeball skills in team challenges, focusing on teamwork, communication and fair play.

EQUIPMENT

- 8–12 Foam Dodgeballs
- 4 Cones
- Stopwatch
- Scoreboard (optional)

SET UP

Divide players into two equal teams.

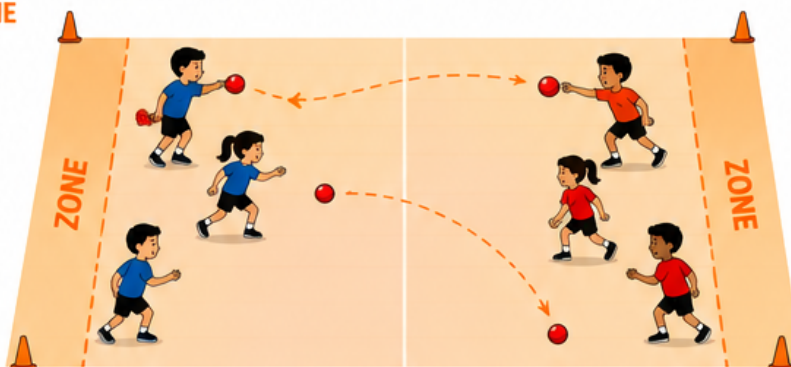
Set up a rectangular court with a centre line.

Teams start on their own side.

1 CAPTURE ZONE

Objective: Capture the opponent's zone by getting all their players out.

- Players try to hit opponents with throws.
- If hit, players go to the other team's zone.
- A player can return to their own side if a team mate catches a throw.
- First team to get all opponents in their zone wins.



COACHING CUES

- Use controlled throws.
- Move to create space.
- Communicate with your team.
- Work together to support each other.

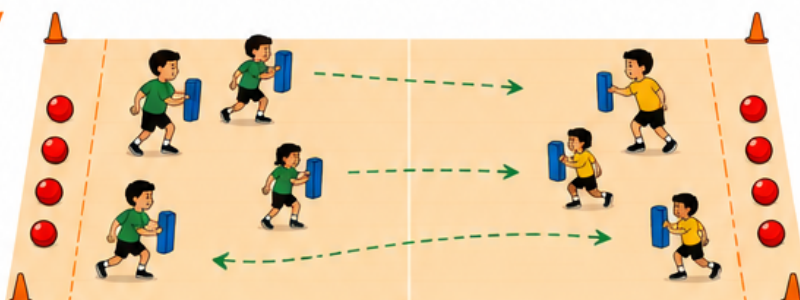
CHALLENGE / PROGRESSIONS

- Increase court size.
- Limit number of throws.
- Add more balls.

2 SHIELD RELAY

Objective: Work as a team to move all your balls to the other side of the court.

- Each team has balls behind their back line.
- Players must use soft blocks (shields) to protect themselves.
- Teams collect a ball, return it safely to the other side.
- First team to move all their balls wins.



COACHING CUES

- Keep your shield up.
- Move quickly and stay aware.
- Work together and take turns.
- Encourage and support teammates.

CHALLENGE / PROGRESSIONS

- Add more balls.
- Reduce the number of shields.
- Increase the distance.

★ COACHING POINTS

SKILLS

- Use correct techniques.
- Practice dodging, throwing, catching and blocking.
- Focus on control.



TEAMWORK

- Work together.
- Communicate clearly.
- Support and encourage each other.



EFFORT

- Give your best effort.
- Stay focused.
- Keep trying and learn from mistakes.



FAIR PLAY

- Follow the rules.
- Respect opponents and team mates.
- Be honest and play fairly.



✓ SUCCESS CRITERIA

- Uses skills effectively in challenges.
- Works well with team mates.
- Communicates and supports others.
- Shows respect and fair play.
- Shows resilience and enjoys competing.

✗ COMMON ERRORS

- Not using skills correctly.
- Standing still or not moving.
- Not communicating.
- Throwing too hard or unsafely.
- Not supporting team mates.

👏 SUPPORT

- Demonstrate each challenge.
- Use smaller areas or fewer balls.
- Provide positive feedback.
- Encourage communication.
- Adapt challenges to suit ability.