



2

VIDEO GAME DODGEBALL

Improve reaction speed and introduce different dodging techniques.

 **15**
MINUTES



OBJECTIVE

Improve reaction speed and introduce different dodging techniques.



EQUIPMENT

1 foam ball per group



SET UP

Groups of three:
1 thrower, 1 dodger,
1 director.

HOW TO PLAY

1 The director calls or points:



LEFT



RIGHT



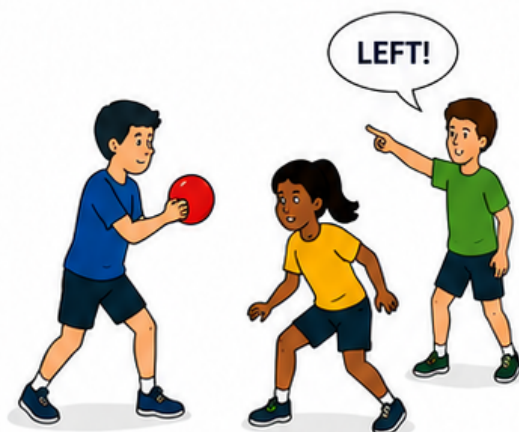
UP



DOWN

2 The thrower throws.

3 The dodger reacts using the movement shown.



DODGING SKILLS

DUCK



JUMP



SIDE-STEP



Use the movement shown to avoid the ball.



COACHING POINTS

- ✓ React quickly.
- ✓ Bend your knees.
- ✓ Stay balanced.
- ✓ Keep your eyes on the ball.



PROGRESSIONS

EASIER

- Stand closer
- Throw slower
- Extra thinking time

HARDER

- Faster throws
- Add fake signals
- Two dodges before reset

HOW IT WORKS

1 Director gives a direction.



2 Thrower throws the ball.



3 Dodger reacts using the movement shown.



COACHING REMINDERS

- ✓ Encourage quick reactions.
- ✓ Praise good effort and improvement.
- ✓ Demonstrate each dodge slowly.
- ✓ Keep the game fun and inclusive.



COMMON ERRORS

- Standing still.
- Looking away from the ball.
- Too late to react.
- Arms out – makes dodging harder.



SUPPORT

- Demonstrate each dodge slowly.
- Reduce throwing speed.
- Increase space if needed.
- Pair confident pupils with beginners.