



LEEDS WELL SCHOOL PARTNERSHIP DODGEBALL COACHING CARD

Inspire • Develop • Compete

CARD 06 – TOURNAMENT & ASSESSMENT

SESSION FOCUS
Competition &
Assessment

YEARS
3–6

DURATION
15 Minutes



APPLY IT ALL

Apply all skills and tactics in a game situation.

15
MINUTES

OBJECTIVE

Apply all Dodgeball skills and tactics in a game situation, demonstrating teamwork, respect and fair play.

EQUIPMENT

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

SET UP

Divide players into two equal teams.

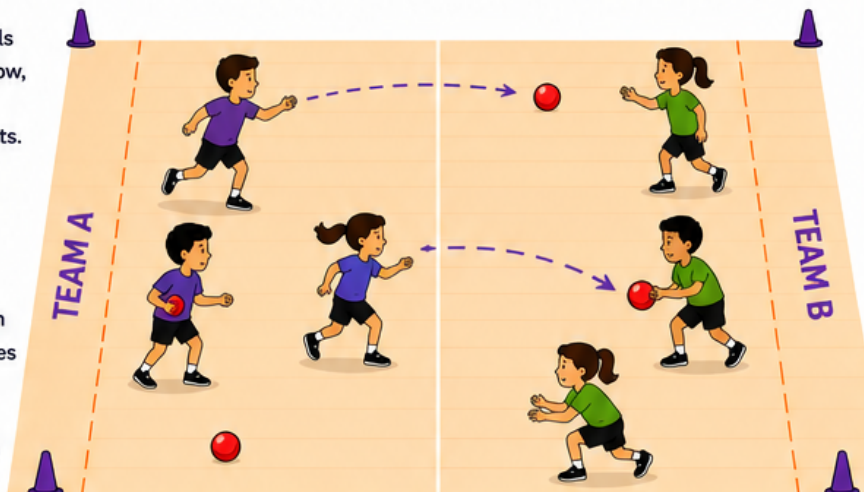
Set up a rectangular court with a centre line.

Teams start on their own side.

Let's play!

HOW TO PLAY

- Players use all skills (dodge, catch, throw, block, move) to eliminate opponents.
- If a player is hit, they go out and sit on the sideline.
- A player can return if their team catches a ball.
- The last team with players in wins.



COACHING CUES

- Stay light on your feet.
- Use quick, accurate throws.
- Dodge by moving.
- Use controlled catches.
- Work with teammates.
- Communicate and support each other.

CHALLENGE / PROGRESSIONS

- Add a time limit.
- Limit the number of throws.
- Only allow 3 steps with the ball.
- Add more balls.
- Use different court sizes.

★ COACHING POINTS

DODGE

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



CATCH

- Watch the ball.
- Hands ready in front of your body.
- Catch softly and securely.



BLOCK

- Use soft blocks (shields).
- Get in line with the ball.
- Protect your body.



TEAMWORK

- Communicate.
- Take turns.
- Support and encourage each other.



SUCCESS CRITERIA

- Uses all skills effectively.
- Works well with teammates.
- Follows rules and plays fairly.
- Shows respect and good sportsmanship.
- Shows resilience and enjoys competing.

COMMON ERRORS

- Standing still or not moving.
- Not using all skills.
- Throwing too hard or unsafely.
- Not catching or dodging.
- Not communicating.
- Not supporting teammates.

SUPPORT

- Remind players of key skills.
- Encourage communication.
- Praise effort and teamwork.
- Provide positive feedback.
- Adapt rules or court size if needed.