



3

DODGE THIS

Practice dodging while moving at speed.



15

MINUTES



OBJECTIVE

Practice dodging while moving at speed.



EQUIPMENT

- Foam balls
- Cones

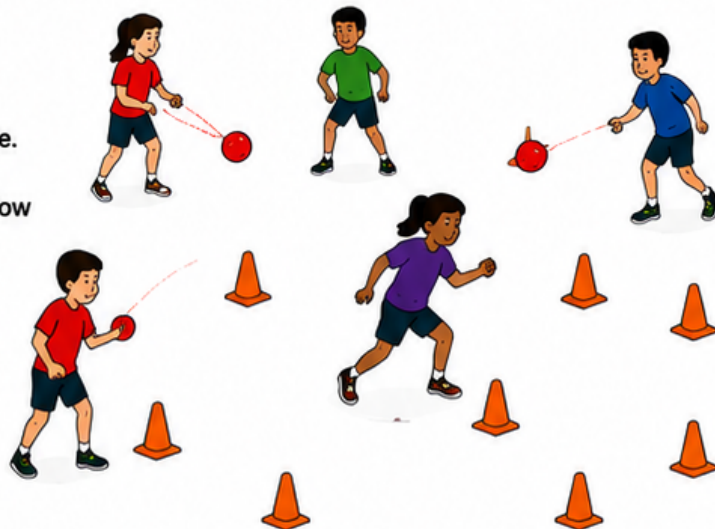


SET UP

Scatter cones in the area.
One runner enters.
Throwers stand around the outside.

HOW TO PLAY

- 1 Runner collects as many cones as possible.
- 2 Throwers try to hit below the shoulders.
- 3 If hit, runner returns without collecting more cones.
- 4 Rotate every minute.



COACHING POINTS

- ✓ Scan before moving.
- ✓ Change speed.
- ✓ Change direction.
- ✓ Keep your body low.
- ✓ Stay aware of throwers and teammates.



PROGRESSIONS

EASIER

- Fewer throwers
- Larger playing area
- Walk instead of run
- Cones worth 1 point

HARDER

- More throwers
- Smaller playing area
- Add a time limit
- Cones worth different points



CHANGE IT

Change the number of cones or make them different colours for different points.

HOW IT WORKS

- 1 Runner enters the area.
- 2 Throwers try to hit below shoulders.
- 3 Runner dodges and collects cones.
- 4 If hit, runner returns and misses a turn.



SUCCESS CRITERIA

- ✓ Moves safely around the area.
- ✓ Dodges using at least 3 different techniques.
- ✓ Stays aware of throwers.
- ✓ Works hard to collect cones.
- ✓ Respects others and plays fairly.



COMMON ERRORS

- Looking at the cones, not the ball.
- Running in a straight line.
- Standing up tall when dodging.
- Staying in one spot for too long.



SUPPORT

- Use softer throws.
- Increase space between players.
- Demonstrate dodges.
- Pair confident players with those who need help.

