

SESSION FOCUS
Fitness & Game
ApplicationYEARS
3–6DURATION
15 Minutes**4****DANGER ZONE***Develop dodging, throwing accuracy and decision making in a fast-paced game.***15**
MINUTES**OBJECTIVE**

Develop dodging, throwing accuracy and decision making by targeting opponents in the danger zones.

**EQUIPMENT**

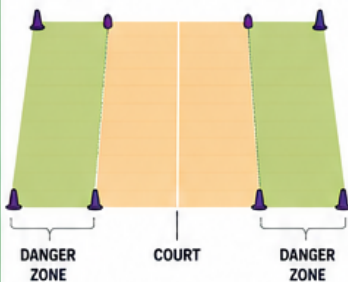
- 8–12 Foam Dodgeballs
- 8 Cones
- Stopwatch
- Court markers

**SET UP**

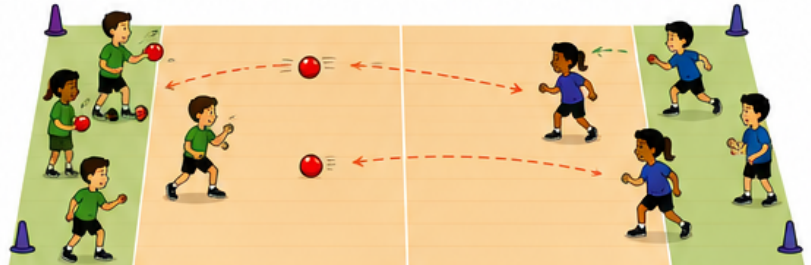
Divide players into two teams.

Create a rectangular court with a 'danger zone' at each end using cones.

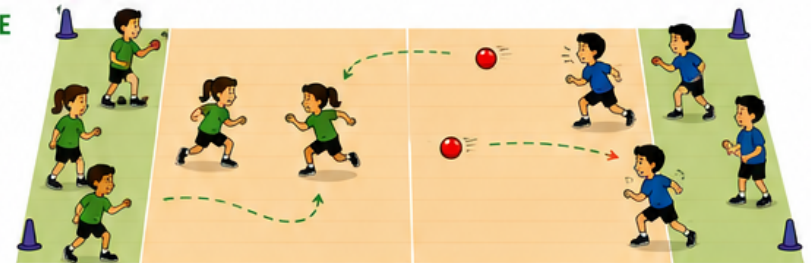
Teams start behind their back line.

**1 START**

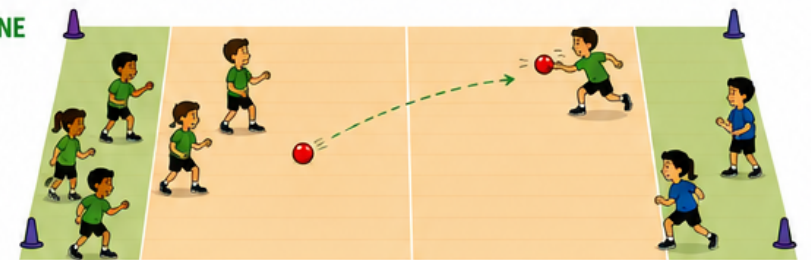
On the signal, players try to hit opponents with a throw. Hit players are out and must go to the back.

**2 DODGE & MOVE**

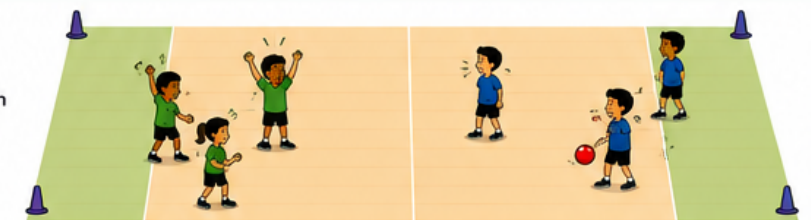
Dodge throws by moving quickly and changing direction. Stay out of the danger zones.

**3 ENTER THE ZONE**

You may enter the opponent's danger zone to throw, but you must return to your own side safely.

**4 LAST TEAM STANDING**

The last team with players left wins. Reset and play again!

**★ COACHING POINTS****DODGE**

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

**THROW**

- Use a controlled throw.
- Aim for a space, not just the player.
- Follow through towards your target.

**AWARENESS**

- Watch the ball.
- Watch the thrower.
- Be aware of the danger zones.

**DECISION MAKING**

- Decide when to throw, dodge or move.
- Know when to go into the danger zone.

**TEAMWORK**

- Work together.
- Communicate with your team.
- Encourage and support each other.

**SUCCESS CRITERIA**

- ✓ Dodges effectively and consistently.
- ✓ Throws accurately at targets.
- ✓ Uses the danger zones wisely.
- ✓ Shows good decision making.
- ✓ Works well with teammates.
- ✓ Shows resilience and enjoys competing.

**COMMON ERRORS**

- Standing still.
- Throwing too hard or too high.
- Dodging too late.
- Staying in the danger zone too long.
- Not watching the ball or opponents.
- Not returning to own side.

**SUPPORT**

- Use softer throws.
- Widen the court/danger zones.
- Reduce number of balls.
- Allow extra lives or re-entry.
- Encourage communication and teamwork.
- Praise effort and improvement.

