



LEEDS WELL SCHOOL PARTNERSHIP DODGEBALL COACHING CARD

Inspire • Develop • Compete

CARD 03 – THROWING ACCURACY & POWER



SESSION FOCUS
Throwing



YEARS
3–6



DURATION
15 Minutes

4

DODGE GOALS

Score points by hitting targets (goals) or hitting opponents out.



15
MINUTES



OBJECTIVE

Develop throwing accuracy, power and decision making to hit targets or opponents while avoiding being hit.



SUCCESS CRITERIA

- Use correct throwing technique.
- Aim at the goals or opponents.
- Use power from legs.
- Dodge to avoid being hit.
- Work with your team.
- Show respect and safety.



EQUIPMENT

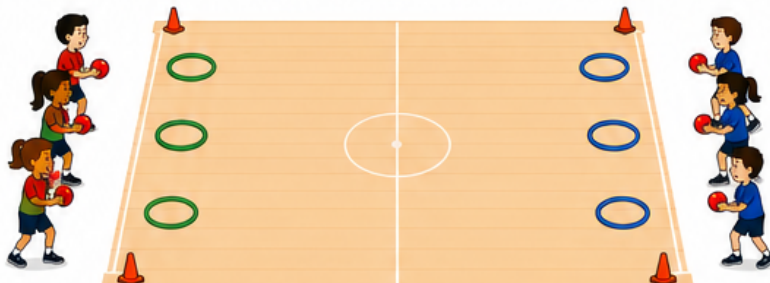
- 8–12 Foam Dodgeballs
- 6 Goals (hoops, cones or spots)
- Cones
- Bibs (2 colours)
- Stopwatch

1 SET UP

Divide players into two teams.

Set up 3 goals at each end of the court.

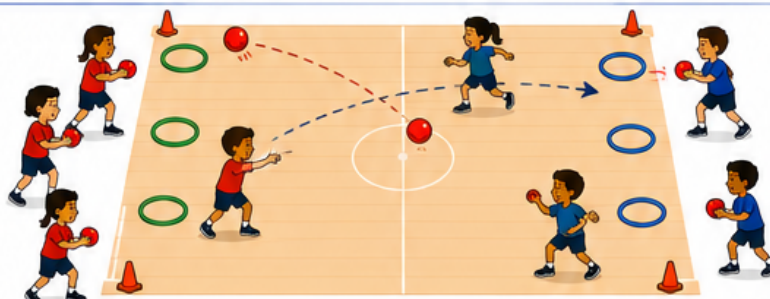
Teams start behind their baseline.



2 PLAY

On the signal, players can throw to hit the other team or try to hit the goals.

Dodge incoming balls.

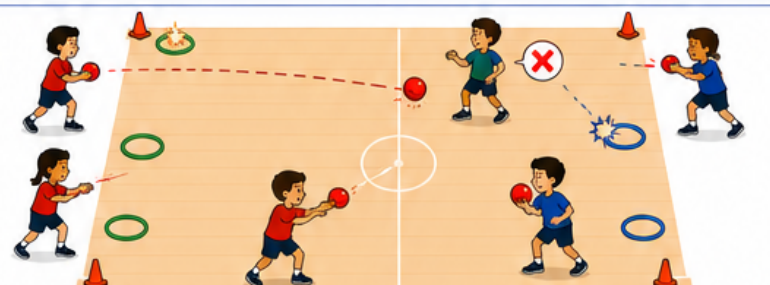


3 SCORING

Hit a goal = 1 point.

Hit an opponent = they are out.

Catch a ball = your team gets the ball.



4 WINNING

Play for the set time.

The team with the most points wins!

RED TEAM

8

POINTS



BLUE TEAM

6

POINTS



★ COACHING POINTS



AIM AT TARGETS

- Look at the goal before you throw.



USE POWER FROM LEGS

- Bend knees and push off the ground.



FOLLOW THROUGH

- Extend your arm towards the target after release.



DODGE & MOVE

- Stay on your toes and move to avoid being hit.



CATCH & CONTROL

- Watch the ball and soft hands to catch.



TEAMWORK

- Communicate, support and work together.



SUPPORT

- Use fewer dodgeballs.
- Larger goals.
- Shorter playing area.
- Allow underarm throws.



CHALLENGE

- More dodgeballs.
- Smaller goals.
- Longer playing area.
- Limit time to score.



KEY FOCUS

Accuracy, power, decision making and control.

