



LEEDS WELL SCHOOL PARTNERSHIP DODGEBALL COACHING CARD

Inspire • Develop • Compete

CARD 06 – TOURNAMENT & ASSESSMENT



SESSION FOCUS
Competition &
Assessment



YEARS
3–6



DURATION
15 Minutes



MINI TOURNAMENT

Play a mini tournament to apply skills,
tactics and teamwork in competitive games.

15
MINUTES



OBJECTIVE

Apply all Dodgeball skills and tactics in a mini tournament, demonstrating teamwork, respect and fair play.



EQUIPMENT

- 8–12 Foam Dodgeballs
- Cones
- Stopwatch
- Scoreboard



SET UP

Divide players into 4 teams.

Create two courts using cones as shown.

Teams are 2v2, 3v3 or 4v4 depending on numbers.

Keep score on the scoreboard.

HOW IT WORKS

1 TEAMS

4 teams are set up around two courts.

2 GAMES

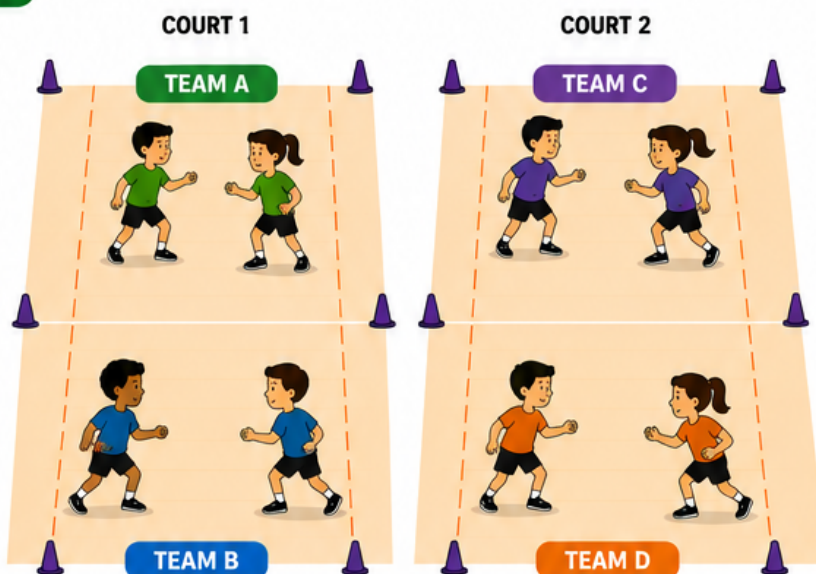
Two games are played at the same time.

3 POINTS

Win = 3 points
Draw = 1 point
Loss = 0 points

4 ROTATE

Winners stay on their court.
Runners-up rotate to the other court.
Play a set number of rounds.



GAME RULES (QUICK REMINDER)

- Hit players below the waist.
- Players who are hit go out and sit on the sideline.
- Catch to bring a team-mate back in.
- No head shots.
- Be respectful and play fairly.

CHALLENGE / PROGRESSIONS

- Add a time limit (e.g. 2 minutes per game).
- Limit the number of throws.
- Add a no-bounce zone.
- Change team sizes.
- Use more than two courts.

★ COACHING POINTS

SKILLS

- Use correct techniques.
- Dodge, catch, throw and block effectively.
- Look for space.



TEAMWORK

- Communicate clearly.
- Support and encourage team-mates.
- Work together and take turns.



TACTICS

- Use space and move as a team.
- Choose the best time to throw.
- Protect your players.



SPORTSMANSHIP

- Follow the rules.
- Respect opponents and officials.
- Shake hands and celebrate effort.



SUCCESS CRITERIA

- Uses all skills effectively.
- Works well with team-mates.
- 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 team-mates.



SUPPORT

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