



4

STUCK ON THE COURT

Apply dodging skills in a modified game.



15

MINUTES



OBJECTIVE

Apply dodging skills in a modified game.



EQUIPMENT

- Foam dodgeballs
- Court markers



SET UP

Play a game of Dodge Five.
Players spread across the court.

HOW TO PLAY

- 1 Players throw below shoulder height.
- 2 If hit, caught or committing a line fault, players freeze.
- 3 Frozen players can be rescued by teammates crawling through their legs or under their arms.
- 4 Play for 5 minutes.



RULES

- ✓ Below shoulder throws only.
- ✓ Respect all players.
- ✓ Keep moving.
- ✓ Encourage teamwork.



COACH FOCUS



Communication



Movement into space



Safe throwing



Positive teamwork

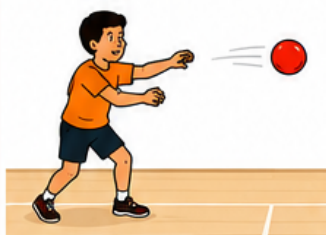
GAME TIP



Work together to rescue and stay in the game!

HOW IT WORKS

- 1 Players throw below shoulder height.
- 2 If hit or committing a line fault, players freeze.
- 3 Teammates rescue by crawling through their legs or under their arms.
- 4 Player is back in the game and play continues.



SUCCESS CRITERIA

- ✓ Moves safely around the court.
- ✓ Dodges using at least 3 different techniques.
- ✓ Works hard to avoid being hit.
- ✓ Supports and rescues teammates.
- ✓ Shows respect and plays fairly.



COMMON ERRORS

- Standing still.
- Looking away from the ball.
- Throwing above shoulder height.
- Not moving into space.
- Not working as a team.



SUPPORT

- Demonstrate the game slowly.
- Use softer throws.
- Increase space if needed.
- Pair confident players with beginners.
- Praise effort and teamwork.

