



LEEDS WELL SCHOOL PARTNERSHIP

DODGEBALL COACHING CARD

Inspire • Develop • Compete

CARD 02 – CATCHING & DECISION MAKING



SESSION FOCUS
Catching



YEARS
3–6



DURATION
15 MINUTES

4

SUPER CATCH

Eliminated players return to the game with a catch.



15

MINUTES



OBJECTIVE

Develop catching, movement and decision making by earning lives back with a successful catch.



EQUIPMENT

- 8–12 Foam Dodgeballs
- Cones
- Bibs (2 colours)
- Court markers



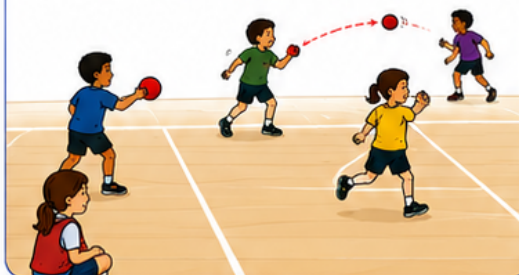
SET UP

Play a game of Dodge Five. Eliminated players wait on the sideline until they make a catch to return.

HOW IT WORKS

1 PLAY THE GAME

Play Dodge Five as normal.



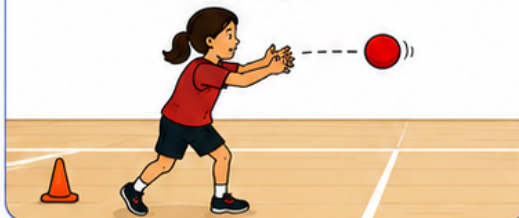
2 GET OUT

If a player is hit, they are out and go to the sideline.



3 MAKE A CATCH

Eliminated players try to catch a ball to return to the game.



4 BACK IN THE GAME

When a player makes a catch, they return to play.



COACHING POINTS



EYES ON THE BALL

- Watch the ball all the way.



READY HANDS

- Hands up and in front, ready to catch.



SOFT HANDS

- Give with the ball – soft hands to cushion the catch.



QUICK FEET

- Move to get in the best position to make the catch.



STAY ALERT

- Stay focused and be ready for the next throw.



COMMON ERRORS

- Hands down or behind the body.
- Watching the thrower, not the ball.
- Standing still and not moving into space.
- Catching too far from the body.
- Not returning to the game quickly.



SUPPORT

- Start with slower throws.
- Reduce the number of throwers.
- Use smaller playing area.
- Give more time to react.
- Work in pairs or small groups.



CHALLENGE

- Increase the speed of throws.
- Add more throwers.
- Increase the playing area.
- Use fakes and change direction.
- Set a target number of catches to return.

Inspire confidence. • Develop skills. • Create positive experiences. • Encourage every child to compete with pride.



YEARS 3–6