



4

WATCH YOUR BACK

Defend your space by watching opponents, staying aware and reacting quickly.



15

MINUTES



OBJECTIVE

Develop awareness and defensive skills by watching for opponents and reacting quickly.



SUCCESS CRITERIA

- Watch the ball and your surroundings.
- Use space and positioning effectively.
- Stay alert and react quickly.
- Support teammates.

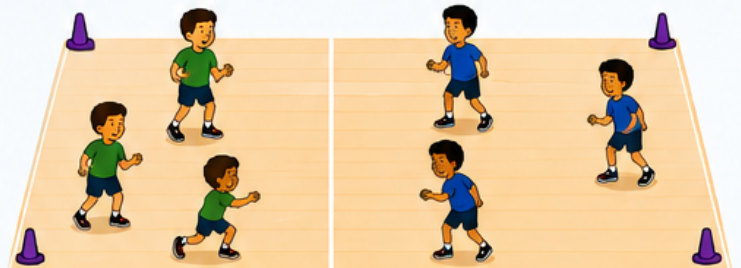


EQUIPMENT

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

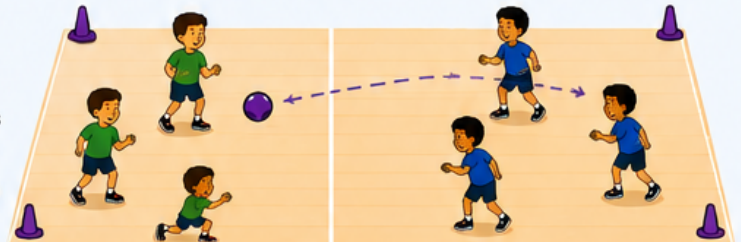
1 SET UP

Players spread out in their defensive half. Each player watches for the ball and opponents.



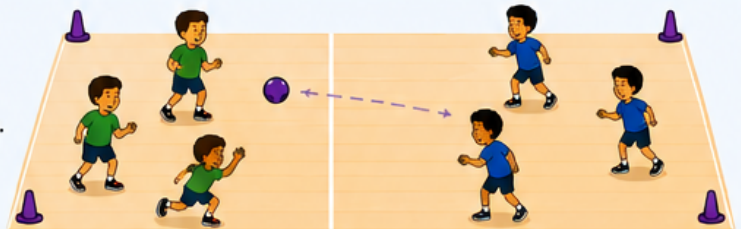
2 PLAY

The attacking team throws the ball. Defenders stay alert, watch the ball and opponents, and move to protect their space.



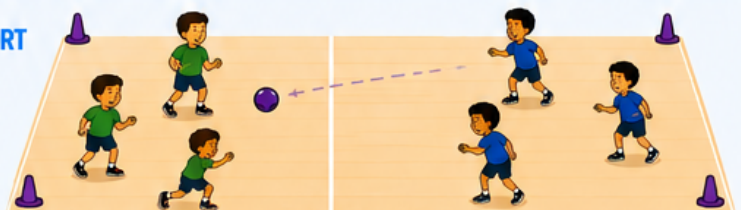
3 REACT

Defenders react quickly to the ball and opponents. Move to block, avoid or prepare to catch.



4 RECOVER & SUPPORT

After the throw, reset position and help teammates defend.



★ COACHING POINTS



EYES ON THE BALL

- Watch the ball all the way to your hands.



HANDS UP

- Hands up, fingers spread, ready to block or catch.



MOVE TO COVER

- Move quickly to cover space and protect your VIP.



COMMUNICATE

- Talk to your team and share information.



WORK TOGETHER

- Block as a team and support each other.



SUPPORT

- Stay close to your VIP.
- Cover more space.
- Encourage and help your teammates.
- Use soft hands when blocking.



COMMON ERRORS

- Watching the thrower not the ball.
- Standing still.
- Hands down or not ready.
- Leaving the VIP unprotected.
- Not communicating.



CHALLENGE

- Use faster throws.
- Add more balls.
- Limit defenders.
- Change the VIP position.

