



LEEDS WELL SCHOOL PARTNERSHIP

DODGEBALL COACHING CARDS

Inspire • Develop • Compete

CARD 01 – INTRODUCTION TO DODGEBALL & DODGING



SESSION FOCUS
Dodging & Movement



YEARS
3–6



DURATION
60 Minutes



LEARNING OBJECTIVE

Develop confidence in moving safely, dodging accurately and understanding the basic rules of dodgeball through fun, inclusive activities.



SUCCESS CRITERIA

- Move safely within a playing area.
- Demonstrate at least three different ways to dodge.
- React quickly to avoid being hit.
- Follow the basic rules of Dodge Five.
- Show teamwork and respect during games.



EQUIPMENT

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



SESSION JOURNEY

Time	Activity	Focus
10 mins	Mind Your Back	Reaction & Movement
15 mins	Video Game Dodgeball	Dodging Technique
15 mins	Dodge This	Dodging Under Pressure
15 mins	Stuck on the Court	Game Application
5 mins	Reflection	Review Learning



WARM UP – MIND YOUR BACK

Purpose: Introduce movement, awareness and reaction whilst encouraging pupils to dodge.

Organisation: Players form a large circle. One or two pupils stand in the middle. Players pass the ball around the outside trying to gently hit the dodger below the shoulders. Rotate every 45–60 seconds.

COACHING CUES

- Stay on your toes.
- Watch the ball at all times.
- Keep moving.
- Dodge into space.

SUPPORT

Slower throws
Larger circle
One ball

CHALLENGE

Two balls
Smaller circle
Faster passing



SKILL BUILDER – VIDEO GAME DODGEBALL

Purpose: Develop quick reactions and introduce different dodge techniques.

Organisation: In groups of three. One player points left/right/up/down. One player throws. The dodger must react and dodge in the direction shown.

Introduce: duck, jump, side-step. Progress to fake signals.

COACHING CUES

- React quickly.
- Bend knees.
- Keep eyes on the ball.
- Stay balanced.

SUPPORT

Slow throws
Stand closer
Extra reaction time

CHALLENGE

Faster throws
Add fakes
Two dodges



SKILL CHALLENGE – DODGE THIS

Purpose: Apply dodging whilst moving at speed.

Organisation: Cones scattered in a playing area. One runner collects cones. Two throwers attempt to hit below shoulders. If hit, runner returns without collecting. Rotate roles every minute.

COACHING CUES

- Scan before moving.
- Change speed.
- Change direction.
- Keep body low.

SUPPORT

Fewer throwers
Larger area
Walk instead of run

CHALLENGE

Smaller area
More throwers
Time challenge



CONDITIONED GAME – STUCK ON THE COURT

Objective: Work together to rescue teammates whilst applying dodging and movement skills.

Organisation: Play Dodge Five. If a player is hit, caught or commits a line fault, they remain frozen on court. A teammate can free them by crawling through their legs or under their arms. Game lasts 5 minutes.

CONDITIONS

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

COACH FOCUS

- Communication
- Movement into space
- Safe throwing
- Positive teamwork



REFLECTION

1. Which dodge worked best today?
2. How did you avoid being hit?
3. How did your team help each other?
4. What will you improve next lesson?

COACH'S CORNER



OBSERVE

- Are pupils moving before the ball arrives?
- Are they changing direction?
- Are they staying balanced?
- Are they keeping their eyes on the thrower?



COMMON ERRORS

- Standing still.
- Turning away from the ball.
- Running backwards.
- Dodging too late.



SUPPORT

- Demonstrate each dodge slowly.
- Reduce throwing speed.
- Increase space.
- Pair confident pupils with beginners.



EXTEND

- Introduce multiple balls.
- Add time limits.
- Encourage tactical movement.
- Challenge pupils to dodge without leaving a marked zone.



ASSESSMENT

Skill	Emerging	Developing	Secure
Ready position	☐	☐	☐
Dodging technique	☐	☐	☐
Movement & agility	☐	☐	☐
Follows rules safely	☐	☐	☐
Teamwork & communication	☐	☐	☐