



LEARNING OBJECTIVE

Develop blocking technique, control of the ball when defending and understanding of how to keep themselves and others safe.



SUCCESS CRITERIA

- Use the ball to block safely and effectively.
- React quickly to incoming balls.
- Keep the ball in front of the body.
- Work with teammates to defend space.
- Follow the rules and play fairly.



EQUIPMENT

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



SESSION JOURNEY

Time	Activity	Focus
10 mins	Block Ups	Blocking Technique
15 mins	Bodyguard	Defending & Control
15 mins	VIP	Protecting Space
15 mins	Watch Your Back	Game Application
5 mins	Reflection	Review Learning



WARM UP – BLOCK UPS

Purpose: Improve reaction time and blocking technique.

Organisation: In pairs or small groups. Players throw a ball to each other attempting to hit opposite team member. The receiver must block the ball using the ball in their hands. Teams keep score of how many times they can keep the ball up in the air. Rotate roles after 60 seconds.

COACHING CUES

- Keep eyes on the ball.
- Hands up and ball in front of body.
- Soft hands.
- Move feet to adjust.

SUPPORT

Closer together
Slower throws
Larger space

CHALLENGE

Faster throws
Smaller space
Keep going longer



SKILL BUILDER – BODYGUARD

Purpose: Develop blocking with movement and team awareness.

Organisation: One player is the 'VIP' in the middle. The others try to protect the VIP using their balls to block throws from attackers around the outside. If the VIP is hit, they swap with a protector. Rotate roles.

COACHING CUES

- Protect the VIP.
- Use your ball to block.
- Move to cover space.
- Communicate with your team.

SUPPORT

Fewer attackers
Larger area
Softer throws

CHALLENGE

More attackers
Smaller area
Faster throws



SKILL CHALLENGE – VIP

Purpose: Apply blocking skills whilst moving and defending space.

Organisation: Two teams. One VIP for each team with protectors. Attackers try to hit the VIP. Protectors can use their balls to block and control rebounds. If the VIP is hit, new VIP comes in from the outbox.

COACHING CUES

- Stay between attacker and VIP.
- Angle your body.
- Block and control.
- Recover quickly.

SUPPORT

More protectors
Larger area
Slower throws

CHALLENGE

Fewer protectors
Smaller area
One-touch blocking



CONDITIONED GAME – WATCH YOUR BACK

Objective: Use blocking skills to return to the game and outmanoeuvre opponents.

Organisation: Dodge Five with the rule: Eliminated players stand on the sidelines or backlines with a ball. They can try to throw and block a ball into the opponent to bring themselves back in. Normal Dodge Five rules apply.

CONDITIONS

- Below shoulder throws.
- Only eliminated players on sidelines/backlines.
- Block must hit opponent below shoulders.

COACH FOCUS

- Blocking technique.
- Awareness of space.
- Decision making.
- Team support.



REFLECTION

1. How did you use your ball to block today?
2. What helped you protect your VIP or teammates?
3. How did your team communicate?
4. What could you do even better next lesson?



COACH'S CORNER



OBSERVE

- Are players using the ball to block?
- Are they staying in front of their target?
- Are they moving their feet?
- Are they communicating?



COMMON ERRORS

- Dropping the ball too low.
- Not moving feet to adjust.
- Blocking too late.
- Turning sideways.



SUPPORT

- Model correct technique.
- Reduce speed of throws.
- Increase space.
- Provide more time to react.



EXTEND

- Use faster and varied throws.
- Reduce space.
- Limit to one ball for blocking.
- Add challenge of changing defenders.



ASSESSMENT

Skill	Emerging	Developing	Secure
Blocking technique	☐	☐	☐
Reaction time	☐	☐	☐
Defending space	☐	☐	☐
Decision making	☐	☐	☐
Team contribution	☐	☐	☐