

## DODGEBALL – DODGE SLAM

### Quick introduction

Dodge Slam is a small sided team game played by throwing a ball against a wall. The aim of the game is for the next player to catch the ball before it has bounced and throw it back against the wall.

### Getting started

Limited set up required as

- The game involves just 3-4 players, a ball and a wall space.
- Players form a line facing the wall approximately 3m – 5m away (ideally in the school hall, sports hall or gym with a clear wall space).
- The first player begins by throwing the ball at a target on the wall before joining the back of the queue (the target can be a small piece of court marking tape).
- Player 2 tries to catch the ball before it bounces. They must then throw the ball at the target before joining the back of the queue.
- Player 3 repeats and then so on.
- If a ball bounces before it is caught then the player who threw it receives 1 point.
- After a determined amount of time the player who has scored the most amount of points is the winner.
- This game can also be practiced individually where a player attempts to catch their own rebounded throw.

### Health and safety

- Use a soft ball that can be gripped easily by all the participants.
- Ensure the wall is clear of all windows, doors, art work etc.
- Ensure the surface being used is clear of any spillages or objects.
- Ensure all the participants in the line are stood behind a designated distance marker, this could be a line on the floor or a throw down marker.

### Equipment required

- A suitable wall ideally inside but the game can be played outside if required
- One dodgeball or similar soft ball per team
- Floor lines or safe floor markers
- Marking tape



# DODGEBALL – DODGE SLAM

## PHYSICAL ME

- Ensure participants are using the correct 'elbow over shoulder' technique when throwing the ball.
- Ensure participants are pointing at the target with their non-throwing arm and have a side on stance when throwing.
- Discourage chest passes or underarm throws.
- Ensure participants are watching the ball and have the correct body position when catching (feet apart, slightly crouched, hands ready to receive the ball).
- Encourage speed of play and quick decision making.

## SOCIAL ME

### Leading and volunteering

- Volunteers can be used to ensure the smooth running of the challenge.
- Volunteers can check that no players in the line step over the distance marker before the throw is made.
- Volunteers can count the bounces and points scored by each of the participants.

### Think inclusively (STEP)

#### Space

- Increase or decrease the distance of the thrower from the wall.
- Use a larger area to accommodate participants in wheelchairs.
- Change the height of the target on the wall.
- Increase / decrease size of the target to challenge all participants.



#### Task

- Targets can be placed on the floor, and the ball can be rolled, for participants who cannot throw the ball.
- Ramps can be used to assist participants.

#### Equipment

- The size and color of the ball can be changed to allow everyone to be challenged.
- Increase the size of the target on the wall.

#### People

- Increase or decrease the number of participants in a group (the minimum number could be one player who catches their own throw).
- Students can work in pairs rotating the throwing and catching responsibilities.

## THINKING ME

- How can I make sure I am in the best position to catch the ball without it bouncing first?
- How can I make sure my throw hits the target?
- How hard should I throw the ball?

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## SPORTING ME

### Spirit of the Games: *Excellence through Competition*



I will always give my best every time I play.



I will always let the official know if the ball has bounced first.

## TACTICAL ME

I always make sure I am watching the other throwers to ensure I am ready when it's my turn to catch the ball.



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## DODGEBALL – CROSS THE RIVER

### Quick introduction

Cross the River is a development game focused on the techniques of dodging and throwing. This competitive challenge can accommodate a large number of participants and can be played in almost any available space. The aim of the game is for 1 team to get all of their players from one area to another whilst avoiding being hit by dodgeballs thrown by the other team.

### Getting started

- Split the group into two even teams.
- Mark out a large area with a start point and end point.
- Use the dodgeball court or cones to mark out a river across the hall space from the start point to the end point.
- Have the dodging participants stand at the start point.
- Have the throwing participants positioned at various points in the area but no closer than 3m from the path.
- Dodgers have to get the whole team across the river without getting hit by the oncoming dodgeballs.
- The dodgers can decide how to cross the river, i.e. one at a time, in pairs, the whole team etc.
- The throwers are trying to hit the dodgers as they cross, to get them out.
- If a player is hit out then they sit down back at the start point.
- The teams swap roles. The winning team is the one that successfully gets the most players across the river without getting hit.

### Health and safety

- Ensure all players are aware that multiple balls will be thrown at any one time.
- A referee with a whistle can stop the game at any time.
- Use soft balls for the throwers.
- Use brightly coloured cones or throw down lines to mark out the path where possible to increase visibility.
- Ensure the surface of the sports hall is free of any spillages or objects.
- Ensure throwers retrieve their balls at a safe distance from the dodgers.

### Equipment required

- One dodgeball per throwing player.
- Dodgeball court markings to mark out the river, cones could also be used.
- A recognisable space such as a floor mat for the start and end points.
- 2-4 floor mats for 'safe zones' along the river.



# DODGEBALL – CROSS THE RIVER

## PHYSICAL ME

- Ensure participants are using the correct 'elbow over shoulder' technique when throwing the ball.
- Ensure participants are pointing at the target with their non-throwing arm and have a side on stance when throwing.
- Discourage chest passes or underarm throws.
- Encourage dodgers to be on their toes and look around them.
- Encourage dodgers to work together as a team through communication.
- Encourage speed of play and quick decision making.

## SOCIAL ME

### Leading and volunteering

- Volunteers can be used to ensure the smooth running of the challenge.
- Volunteers can help to retrieve balls to the throwers – ensuring that they do not get in the way of the dodgers.
- Volunteers can be used to count the number of players successfully making it to the end point.

### Think inclusively (STEP)

#### Space

- Increase or decrease the distance of the throwers from the path.

- Increase or decrease the playing area to accommodate all players.
- Introduce safe zones within the playing area to give participants areas to rest / plan.

#### Task

- Ramps can be used to send the balls into the playing area.

#### Equipment

- Add more mats along the path as safe zones for dodgers
- Provide dodgers with a ball to block incoming throws.

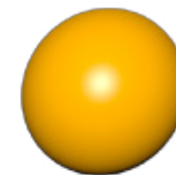
#### People

- Students can work in pairs, one taking the role of a blocker / defender to assist their partner reach the end zone.

## THINKING ME

- What is the best way as a team to get as many people as possible across the river?
- How can I make sure I am in the best position possible to dodge the balls?
- How can I safely retrieve my dodgeball and get back to the throwing position as quickly as possible?

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## SPORTING ME

### Spirit of the Games: *Excellence through Competition*



Ensure all members of the team have the opportunity to share their ideas.



Respect your opponents at all times and never try to endanger them when playing the game.



I will always return to the start point if I am hit by the ball.



## TACTICAL ME

If I catch a ball thrown at me I can use this ball to defend myself and block other balls.



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## DODGEBALL – V.I.P.

### Quick introduction

V.I.P. is a development game carried out in small groups of 4 or 5 that focuses on the techniques of throwing, dodging and blocking. The aim of the game is for the blocker (or bodyguard) to protect the V.I.P. from being hit by a ball thrown by the throwers who are not allowed in the designated area.

### Getting started

- Split the group into small teams of 4 or 5 participants.
- Mark out a medium sized area for each team using small cones (ideally in the school hall, sports hall or gym).
- 2 participants from each team go inside the area (1 blocker, 1 V.I.P.)
- The blocker is given a dodgeball to hold and to block with.
- The 2 or 3 other participants are positioned outside the area with 1 dodgeball between them.
- The throwers are able to pass the ball between each other before making an attempt on the V.I.P.
- The blockers job is to protect the V.I.P. by pushing dodgeballs away with the ball in their possession.
- If the blocker is hit by a throw the game continues.
- If the V.I.P. is hit by a throw then the game is over and participants rotate positions so that there is a new bodyguard and V.I.P.
- Throws that bounce first do not count.

### Health and safety

- Encourage all players to be alert to the moving balls and avoid treading on the cones
- Ensure throwers only retrieve their balls outside the area.
- Ensure throwers do not interfere with other groups whilst retrieving their balls.
- Ensure the surface of the sports hall is free of any spillages or objects.

### Equipment required

- 2 dodgeballs per small group of 4 or 5 participants.
- 4-6 floor markers or small cones per group to mark out the area



# DODGEBALL – V.I.P.

## PHYSICAL ME

- Ensure participants are using the correct 'elbow over shoulder' technique when throwing the ball.
- Ensure participants are pointing at the target with their non-throwing arm and have a side on stance when throwing.
- Encourage the V.I.P. and bodyguard to be on their toes and be aware of what is going on around them.
- When blocking you should have your hands spread out as wide as possible on the ball to have full control
- Encourage both the V.I.P. and bodyguard and the throwers to work together as teams through good communication.
- Encourage speed of play and quick decision making.

## SOCIAL ME

### Leading and volunteering

- A referee can be used to ensure the smooth running of the challenge.
- Volunteers to record the number of successful blocks.
- Spotters can check that no throwers step inside the marked area.
- Volunteers can help to retrieve the balls to the throwers.

## Think inclusively (STEP)

### Space

- Increase or decrease the size of the area to challenge all participants.

### Task

- Ramps can be used to send the ball into the area.
- Increase or decrease the number of balls involved in the game to challenge all participants.

### Equipment

- The size of the ball can be adjusted to make it easier or harder for the blockers.

### People

- Use 2 blockers in the centre to protect the V.I.P.

## THINKING ME

- I will be as alert as I can.
- How can we work best as a team to catch out the bodyguard and V.I.P.?

## SPORTING ME

**Spirit of the Games:**  
*Excellence through Competition*



I will stay in the game as long as I possibly can.

## TACTICAL ME

I always make sure my eyes and body follow the ball as it is passed round the area and the V.I.P. remains at my back as I move.

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