

# DODGEBALL GAMES AND PRACTICES – SET 6 – HEADS OR TAILS

## Equipment Required

- 1 dodgeball
- 1 player
- 6 objects
- 1 coin
- Chalk
- A wall
- Some space to play

## How to Play

Toss the coin. If the coin lands on heads perform an activity from the Heads category. If the coin lands on tails perform an activity from the tails category. The game is complete when you have completed all the Heads activities.

## Progression

Increase or Decrease the number of or length of time performing each activity.

H E A D S	HIT THE TARGET 10 TIMES	20 REBOUND CATCHES	PLAY TIN CAN ALLEY	20 REBOUND CATCHES	HIT THE TARGET 20 TIMES
T A I L S	10 PRESS UPS	20 STAR JUMPS	10 SPRINTS	PLANK FOR 30 SECONDS	20 MOUNTAIN CLIMBERS

## DODGEBALL FUN FACT

### DID YOU KNOW?

The England Lions Dodgeball Team have won the European Dodgeball Championships a total of 18 times. Women's - 4, Men's - 9, Mixed - 5.



DEMONSTRATION VIDEO:

[WWW.EDENDODGEBALLCLUB.COM/HEADS-OR-TAILS](http://WWW.EDENDODGEBALLCLUB.COM/HEADS-OR-TAILS)

# DODGEBALL GAMES AND PRACTICES – SET 6 – TIN CAN ALLEY

## Equipment Required

- 1 dodgeball
- 4-6 tin cans
- 1 player
- 1 ball
- Some space to play
- A wall or object to place the tin cans on

## Set Up

Place the 4-6 tin cans on a wall or other raised surface such as a window sill. Position yourself with a ball 4-8m away from the tin cans.

## Object of the Game

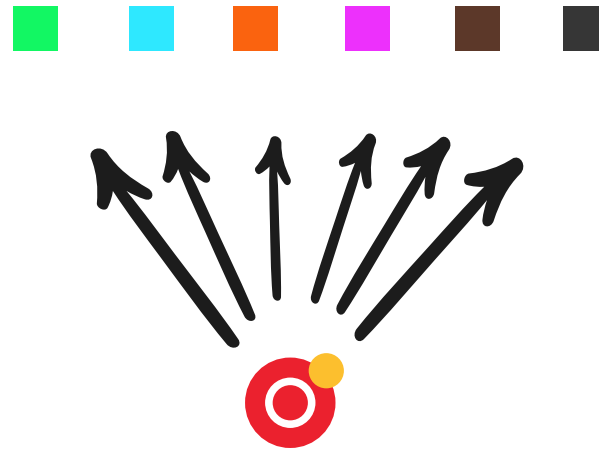
The aim of the game is knock over all the tin cans. Try and knock them all over in as few a number of throws as you can. Work from left to right and use a side on stance and your non-throwing arm to help you aim.

## Progression

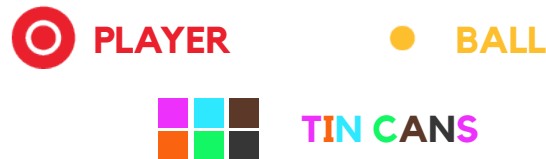
Increase or decrease the distance between yourself and the tin cans.

## Note

Please use empty tin cans or alternative items to aim at such as toys or other sports balls such as tennis balls, do not use glass or any object that might break.



## KEY



## DODGEBALL FUN FACT

### DID YOU KNOW?

The USA are the reigning Men's and Women's World Champions, defeating Malaysia in both finals.

# DODGEBALL GAMES AND PRACTICES – SET 6 – RECIPES – FROZEN YOGHURT BARK

## Ingredients:

500g Full Fat Greek Yoghurt  
2 tbsp Honey  
Topping of your choice:  
Choose Fresh Fruit, Dried Fruit and  
Nuts, Chocolate Chips

## Ideas -

1 Chopped Banana, 1 tbsp Dessicated  
and 1tbsp Milk Chocolate Chips

10 Raspberries, 1 tbsp White Chocolate  
Chips and 6 Walnuts Chopped

2tbsp Dried Cranberries, 1tbsp White  
Chocolate and 1 tbsp Flaked Almonds

**8 servings | Prep time: 10 minutes | Freeze time: 60 minutes**

## Method:

1. Mix the yoghurt with the honey and add any dried fruit if using.
2. Lay foil on top of a large baking tray that will fit into the freezer.
3. Scatter over the fresh fruit, nuts and chocolate chips making sure the topping are spread easily.
4. Place the baking tray in the freezer for 2 hours.
5. Use a sharp knife to cut the bark into pieces which can then be stored in a freezer bag until you are ready to eat.

**These are a great option for a healthy dessert or a nutritious snack after sport. The yogurt is a great source of protein which helps build muscles and recover from sport. It also provides calcium to help build strong bones which may help protect against injuries. The fresh and dried fruit count to your 5 a day and contain vitamins and minerals to help support health and performance. Adding nuts provide healthy fats which help keep your body and brain well.**

**Tip: The fruit can be blended into the yoghurt and the mixture placed in ice lolly trays as an alternative.**