

DODGEBALL GAMES AND PRACTICES – SET 3 – ROB THE NEST

Equipment Required

- 20-30 random objects such as cones,
- 1 player
- 1 timer (Mum, Dad, Brother or Sister)
- Some space to play

Set Up

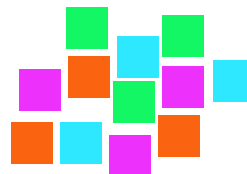
Place all the objects in a pile (the nest). Player starts 6-8 metres away.

Object of the Game

On the signal 'GO' the player must run to the nest and grab one object at a time and bring back to their starting point. Player has 60 seconds to see how many objects they can rob from the nest.

Progression

To test memory give each object a value. Player must total up their points score at the end of 60 seconds. Increase or decrease duration of exercise.



KEY



PLAYER



RANDOM
OBJECTS



RUNNING
DIRECTION

DODGEBALL FUN FACT

DID YOU KNOW?

There are
129
dodgeball clubs
in the UK.

DODGEBALL GAMES AND PRACTICES – SET 3 – RUSH FAKE THROW REPEAT

Equipment Required

- 1 dodgeball
- 3 markers
- 3-4 objects to act as targets
- 1 player
- Some space to play

Set Up

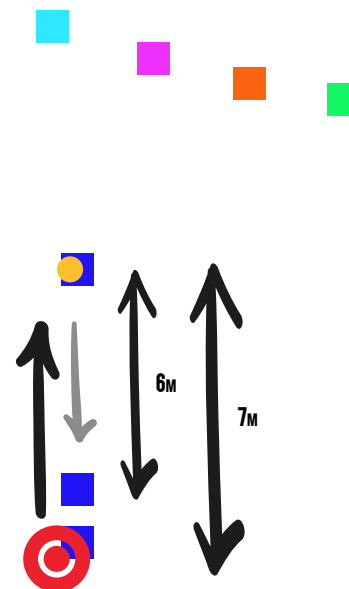
Position 3 markers in a line with 7 metres between the furthest 2 and the third marker positioned 1 metre inside the starting marker. Place one dodgeball on or next to the furthest marker. Position 3 or 4 objects beyond the furthest marker to act as targets.

Object of the Game

On the signal 'GO' the player must rush to the furthest marker and collect the dodgeball. They must then run backwards to the middle marker before advancing back to towards the furthest marker. Player then performs a fake throw before throwing at one of the objects (targets) beyond the furthest marker. Repeat until all targets have been aimed at or hit.

Progression

Position the target objects closer or further away from the furthest marker.



KEY



PLAYER

BALL



MARKERS



RANDOM
OBJECTS



RUNNING
DIRECTION

DODGEBALL FUN FACT

DID YOU KNOW?

The world governing body for dodgeball is the World Dodgeball Federation who host a World Championships every 2 years.

The next event will be held in Glasgow and have both cloth and foam dodgeball categories.

DODGEBALL GAMES AND PRACTICES – SET 3 – RECIPES – OMELETTE

Ingredients:

2-3 Large Eggs
1-2 tsp Olive Oil
Vegetables of choice e.g. Peppers,
Mushrooms, Spinach
1 Slice Ham/ Turkey
25g Cheese (optinal)

1 serving | Prep time: 10 minutes | Cook time: 5-10 minutes

Method:

1. Heat the oil in a nonstick frying pan. Pre-heat the grill.
2. Cut vegetables into bite sized pieces, add to the pan and gently fry for 5 minutes until soft.
3. Remove the vegetables from the pan and add a little more oil.
4. Whisk eggs together.
5. Add the eggs to the pan and move the pan to ensure an even covering. Leave for 30-45 seconds.
6. Add the vegetables, ham and cheese and place pan under a grill for 1 minute.
7. Serve by folding in half.

Options: Add extra protein sources e.g. cheese, ham. Add diced cooked potatoes for carbohydrates.

This is great option for breakfast, lunch and dinner as its quick and easy. Its great for athletes as it contains good amounts of protein to help build muscles and recover from sport and also contains vegetables which count to your 5 a day. Vegetables contain vitamins and minerals to help support health and performance.