

# DODGEBALL GAMES AND PRACTICES – SET 5 – DUAL BALL

## Equipment Required

- 1 dodgeball
- Markers to show outline of the court, use cones or toys, jumper etc.
- 2 players
- Some space to play

## Set Up

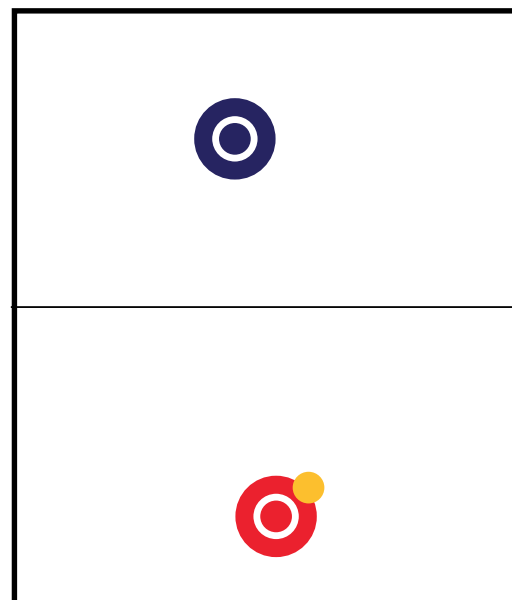
Mark out a dodgeball court in whatever space you have available up to a maximum of 8m length and 6m width. Mark a line down the middle of the court to separate both sides. Play starts with both players at opposite ends of the court. Youngest player starts with the ball.

## Object of the Game

Using an overarm throw try with a run up and side on to score more points than your opponent within a 3 minute game. You score 1 point by hitting your opponent with a direct throw that does not bounce first or your opponent steps out of court or over the centre line. You score 2 points if you make a successful catch. The player with the most points after 3 minutes is the winner.

## Progression

Play without a timer with the winner being the player that reaches 10 points first.



## KEY



PLAYER 1



PLAYER 2



COURT



BALL

## DODGEBALL FUN FACT

### DID YOU KNOW?

The Bedford Mighty Eagles women's dodgeball team have won the British Championships a record 4 times, 2012/13, 2015/16, 2016/17 & 2017/18.



DEMONSTRATION VIDEO:

[WWW.EDENDODGEBALLCLUB.COM/DUAL-BALL](http://WWW.EDENDODGEBALLCLUB.COM/DUAL-BALL)

# DODGEBALL GAMES AND PRACTICES – SET 5 – DODGE THIS

## Equipment Required

- 1 dodgeball
- 8-10 objects
- 1 dodger
- 1 thrower (mum, dad, brother or sister)
- 1 ball
- Some space to play

## Set Up

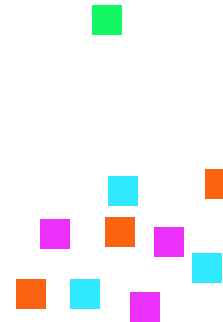
Place two markers to act as start and end points far apart in the space available to play. Between them place 8-10 objects on the ground. Position the thrower to the side of the objects with the dodgeball.

## Object of the Game

The dodger must try and get from the start to the end point having collected one of the objects from the middle without being hit by the dodgeball thrown by the thrower. The dodger can only pick up one object at a time. The dodger keeps going back and forth trying to remove as many objects from the centre until they are hit by the dodgeball. Once the dodger is hit the game is over and the dodger counts up how many objects they have successfully removed from the centre. Players swap roles.

## Progression

Increase or decrease the distance between the thrower and the dodger. Allow players an extra life. Only allow hits below waist height.



## KEY



THROWER



OBJECTS



PLAYER



BALL



START AND END POINTS

## DODGEBALL FUN FACT

### DID YOU KNOW?

The reigning  
British Champions and  
Men's Super League  
Champions are the  
Lutterworth Meteors.



## DEMONSTRATION VIDEO:

[WWW.EDENDODGEBALLCLUB.COM/DODGE-THIS](http://WWW.EDENDODGEBALLCLUB.COM/DODGE-THIS)

# DODGEBALL GAMES AND PRACTICES – SET 5 – RECIPES – CHOCOLATE BANANA SMOOTHIE

## Ingredients:

2 Frozen Bananas  
100g Blueberries  
1 Cup of Milk of your choice  
1 Cup Greek Yoghurt, Low Fat  
1 Heaped Tablespoon of Malted  
Chocolate Powder  
1 Cup of Rolled Oats  
1 Teaspoon of Honey

**2 servings | Prep time: 5 minutes**

## Method:

1. Add all ingredients into a blender and blend for 1 minute.
2. Pour in tall glasses and garnish with more blueberries and a handful of oats. Enjoy straight away.

**This is a great option for a quick breakfast on the go. It contains healthy wholegrains (oats) to give you energy to fuel your muscle and brains. It also contains fruit which counts to your 5 a day and a good amount of calcium (milk, yoghurt) which can help build strong bones, making you less likely to get injured in sport.**