

DODGEBALL GAMES AND PRACTICES – SET 4 – READY AIM THROW

Equipment Required

- 1 dodgeball
- 2 markers (stick or cricket stumps work great)
- 1 player
- 1 retriever (Mum, Dad, Brother or Sister)
- Some space to play

Set Up

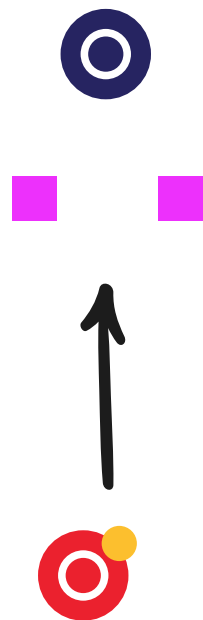
Position the 2 sticks in the ground approximately 50cm apart. If you can't find any sticks use a couple of jumpers. The player lines up 4-8m away from the sticks depending on age and ability. Have your retriever the opposite side of the sticks ready to pass the ball back to you.

Object of the Game

Using an overarm throw try with a run up and side on stance try and throw the ball through the sticks. See how many successful throws you can achieve in a row. The retriever should pass the ball back to you after each throw.

Progression

Increase or decrease the distance between the thrower and the sticks. Increase or decrease the distance between the two sticks to make the target wider or narrower.



KEY



RETRIEVER



PLAYER



MARKERS



BALL

DODGEBALL FUN FACT

DID YOU KNOW?

There are a total
of 35 dodgeball
leagues with a total
of 238 teams
competing in the
UK.

DODGEBALL GAMES AND PRACTICES – SET 4 – DODGEBALL CHALLENGE

Equipment Required

- 1 dodgeball
- 2 target (stick or cricket stumps with a cut out bullseye made from card work great)
- 1 player
- 1 feeder (Mum, Dad, Brother or Sister)
- Some space to play

Set Up

Position the 2 targets in the ground 6.5 metres apart.
Have your feeder ready to throw you the ball.
Object of the game.

Object of the Game

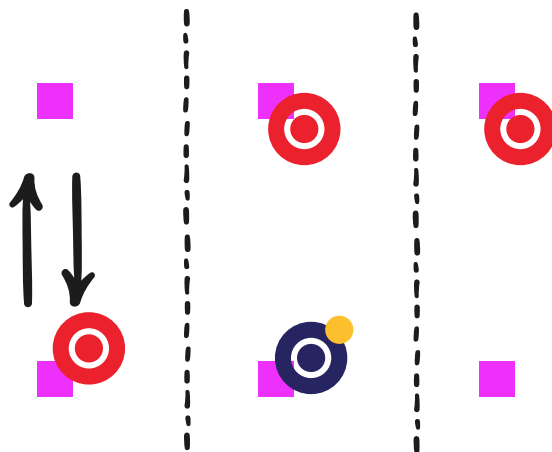
Complete the dodgeball challenge as fast as you can. You must:

- Sprint between the targets 5 times
- Make 5 successful catches
- Hit the target.

If you miss the target keep going until you hit it. Time timer starts when you set off on your first sprint and the timer stops when you hit the target.

Progression

Increase or decrease the distance between the 2 targets.
In the demonstration video Maya (aged 6) is throwing and catching from half way.



KEY



THROWER



PLAYER

■ MARKERS

● BALL

DODGEBALL FUN FACT

DID YOU KNOW?

The
Great Britain
Dodgeball Team was
formed in 2019 at The
Atlantic Cup in
Manchester and will
compete at the 2021
World Championships
in Glasgow.

DODGEBALL GAMES AND PRACTICES – SET 4 – RECIPES – MEXICAN BEAN WRAP TOASTIES

Ingredients:

1 tbsp Olive Oil
1 Onion, finely chopped
2 Red Peppers, chopped
2 Garlic Cloves, crushed
1 tsp Fajita Seasoning
1 tbsp Tomato Purée
400g (14oz) Tinned Mixed Beans,
drained and rinsed
2 Avocados, sliced
125g (4oz) Cheddar Cheese, grated
A handful of fresh Coriander, chopped
8 Flour Tortillas

4 servings | Prep and cook time: 20 minutes

Method:

Heat the oil in a large pan over a medium heat and cook the onion and peppers for about 5 minutes or until softened. Add the garlic and Fajita seasoning and cook for 1 minutes more. Add the tomato purée, beans and a splash of water. Once heated, roughly mash with a potato masher.

Spread the bean mixture on four of the tortillas, divide the avocado slices over half of each tortilla, then scatter over the cheese and fresh coriander. Top with the remaining tortillas, pressing the two together.

Heat a non-stick frying pan over a medium heat. Cook each tortilla sandwich for about 1–2 minutes each side or until the cheese has begun to melt and the tortillas are crisp. Cut into quarters and serve with salad.

This is a great option for a quick lunch. It is packed with protein (beans and cheese) which helps build muscle and helps you recover after sport. It also contains healthy fats (avocado) which help keep your body and brain well.