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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Dodge Ball | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation/Coordination  Agility |
| **Intensity Level:**  Moderate to High |
| **Description:**   * Split group into teams of 2-3-4 players (have more than one game going if need be) * Create a grid of 8x4 (badminton courts are great for this) with a half way line separating two sides. Balls start on the half-way line * The teams line up at both ends and on the whistle go for the balls and the game starts. * When a player gets hit he/she is out (or if we don’t want to keep people out, does a forfeit and is back on) | **Equipment:**   * Soft Balls (different sizes) * Cones | | |
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| **Variations:**   * Spanish Dodge Ball: one big rectangle. One team is throwing (half of the team at each end) and the other one is inside the rectangle dodging. * Bridge of DodgeDoom: build a narrow(ish) corridor with cones. One of the teams has to get players from one end to the other (running, dribbling, etc.) while the throwing team tries to hit them from both banks * Weak hand throws * Kicking instead of throwing |
| **Keep an eye on:**   * Throwing technique * Quality of movement/Readiness * Catching * Throwing Fakes |
| **Other Benefits:**   * Connection * Team work * General Fitness | **Coach’s Comments:** | | |