HEADS UP DODGEBALL GAMES

1. Dodgeball

Equipment Needed:Dodgeballs, Cones

Set Up: Create a dodgeball boundary.
                         Also can create a boundary with a "No-Man's Land".

How to Play:
1. Divide the class into 2 teams.
2. If you are hit below the shoulders, you are out.
3. If you hit someone above the shoulders you are out.
4. If you throw a ball and someone catches it before it hits the ground you are out.
5. If you cross the half court line you are out (unless otherwise stated).
6. You can block a ball with another ball (unless otherwise stated).

2. Dr. Dodgeball

Equipment Needed: Dodgeballs, Cones

Set Up: No set up needed.

How to Play:
1. Divide the class into 2 teams.
2. One person from each team is named "Doctor". Make sure players know who is "Doctor".
3. When players are hit, they fall to the ground and wait for their teams' "Doctor" to come and save them by giving a high five.
4. When the "Doctor" saves the fallen player, they can get up and play again.
5. If the "Doctor" is hit they follow the rules and must go down.
6. The game ends when everyone is down on 1 team.

3. Atomic Bomb

Equipment Needed: Dodgeballs, Cones

Set Up: Create 2 lines parallel to each other with cones.
                       Place balls in the middle between the 2 teams.

How to Play:
    1. Divide the class into 2 teams.
    2. Players are to line up behind each opposing line facing each other.
    3. No one is allowed in the middle.
    4. Players are to take the dodgeballs and try and throw it at the balls to move it across to the other team's line.
    5. If a ball is hit across the line, the team that hit it across with a ball, receives points.

4. Bump & Bite

Equipment Needed: Dodgeballs, Cones

Set Up: Create a playing field with cones.
                       Place balls on the sidelines of the boundary.

How to Play:
    1. All players will line up on 1 end of the court/field/boundary.
    2. Instructors are to be on the sidelines with balls.
    3. When the Instructor blows the whistle, players are to run from 1 end to the other without getting hit by balls that Instructors are rolling into the playing field.
    4. If a player gets hit, they become frozen.
    5. If a player catches a ball or picks up ball when they are frozen, they are back in the game.

Tips:
    • Know your own strength when rolling or throwing balls.
    • Change motions that players have to use to get to the other side; i.e. - skipping, hopping, etc.
    • Larger groups should be given criteria before they are allowed to run across; i.e.- everyone with a red shirt, everyone with long sleeves, etc
    • Allow the kids to stand on the side while Instructors run through middle at the end of the game.

5. SPUD

Equipment Needed: Dodgeball, Cones

Set Up: No set up needed.

How to Play:
1. Designate a player to be "it".
2. The rest of students stand close to "it" in a circle.
3. "It" then counts to a predetermined number, usually 10 out loud.
4. As he/she counts, the rest of the players scatter.
5. When he/she reaches 10, they all freeze in their spot.
6. Then "it" takes 4 giant steps towards the closest person (S-P-U-D) and throws the ball, trying to hit him or her.
7. If "it" hits a player, that player becomes the new "it".

6. Numbers Game

Equipment Needed: Dodgeballs, Cones

Set Up: Create a playing field with cones.

How to Play:
1. Divide the class into 2 teams and give each team its own set of number's; i.e. – 1,2,3, etc. Assign names to each team – ALWAYS ASSIGN NAMES!! i.e. - the Dragons vs. the Tigers.
2. Each player will have a same number as 1 other player on the other team.
3. Call a number and throw out 2 balls.
4. The players from the different teams with the same number must run out and get a ball
5. They then try to hit the other player by throwing the ball at them.
6. Each player gets 1 shot.
7. Whether they make it or miss, they have to collect the ball, and return it to the Instructor as fast as possible, then return to their team.

Tips:
- Award points for a player who runs back to his/her team faster than the other player, for cheering loud, and for sitting Indian style.

7. Jail Ball

Equipment Needed: Dodgeballs

Set Up: Set up a "jail" area for each team or side of playing field.

How to Play
1. Divide the class into 2 teams.
2. Follow the basic rules of Dodgeball, except that it incorporates boxes on either end of the court, "jail".
3. When a player gets out, they go to "jail".
4. In order for a player to get out of jail he/she must use a ball to get a player on the opposite team out.
5. At this point the player is released from jail to play once more.
6. The other player goes to jail.
7. If a ball is thrown and hits the backboard of the opposite basketball hoop, she/he yells jailbreak and everyone on their team that was in jail is free to return to the game.
8. Or, can be played with a player being released from jail by catching a ball thrown from your own team from across the court, they would then get a free passage to the other side.

8. Scramble

Equipment Needed: Dodgeballs, Cones

Set Up: No set up needed.

How to Play:
1. Every-player-for himself game which begins with a jump ball.
2. The 1st player to possess the ball becomes the attacker and attempts to eliminate all the other players.
3. No other player is allowed to possess the ball unless it is the result of a catch, in which the attacker is eliminated.
4. If this occurs every player that the attacker eliminated returns to the game and the catcher becomes the new attacker.

9. Basketball Dodgeball

Equipment Needed: Dodgeballs, Cones

Set Up: No set up needed.

How to Play:
7. Divide the class into 2 teams.
8. One person on your team is only allowed back in if a ball hits the backboard on the opposing team's side.
9. If a basket is made then everyone who was out on the team that made the basket gets to come back in.
10. The game ends when everyone on one team is out.

10. Battle Balls

Equipment Needed: Balls, Cones

Set Up: Create a playing field with cones.
                   Create a "No-Man's Land" boundary in the middle of the gym/field
                   This area should extend all the way across the gym/field.
                   Spread balls all over the playing area.

How to Play:
1. Divide the class into 2 teams.
2. There should be a small number of balls designated as "Battle Balls".
3. These balls (must be dodgeballs) can be used to get opposing players out by hitting them.
4. No players are allowed in the "No-Man's Land".
5. Players begin by sitting on their "No-Man's Land" line.
6. When the whistle blows, players may get up and begin throwing all the balls on their side to the other teams' side.
7. Object of the game is to have the least amount of balls on your team's side.
8. Object of the game is to get opposing players out with the "Battle Balls".

11. Space Invaders

Equipment Needed: Dodgeballs, Cones

Set Up: No set up needed.

How to Play:
1. Divide the class into 2 teams.
2. One team is deemed "The Defenders of the Earth."
3. The other team is deemed "The Space Invaders".
4. "The Space Invaders" players are given any kind of ball and they are to try and hit the Earth.
5. Earth is designated as a wall in a gym or a line of cones on a field.
6. "The Defenders of the Earth" to keep balls from hitting "Earth" (hitting wall or rolling past cones).
7. Once "The Defenders of the Earth" have secured all the balls without taking any hits, the next round or game begins.

Tips:
• Game can be played with each team defending a wall at once or with one team defending a wall, while the other team is throwing the balls and then switching.

12. Dynasty

Equipment Needed: Dodgeballs, Cones

Set Up: No set up needed.

How to Play:
1. Divide the class into 2 teams.
2. When the player gets "out" they do not leave the game.
3. Instead the player joins the other team.
4. This continues until all the players are on 1 side.

Tips:
• A player cannot block an incoming ball with another ball.
• Restricting the amount of space in relation to the amount of players left on the losing side may aid in making the game more interesting.

13. Court Dodgeball

Equipment Needed: Dodgeballs, Cones

Set Up: Create a small playing field, with a half court line with the cones.

How to Play:
1. All players begin inside the field, except for 1 or 2 who begin as attackers.
2. Attackers throw the ball into the field and try to hit the players.
3. Anytime a player touches a ball, he is out and joins the throwers.
4. The last player in the field is the winner.

Variation:
- The ball may be thrown from 1 end of the field to the attacker at the other end.
- If the ball is caught before hitting the ground the attacker catching the ball yells "FREEZE".
- All players must then FREEZE in place, providing the attacker 1 throw at stationary targets.
- After the throw (regardless of the attacker's success in hitting a player) all players are free to move again.

14. Survivor

Equipment Needed: Dodgeballs

Set Up: No set up needed.

How to Play:
1. No teams and no boundaries.
2. 2 or 3 balls are thrown in and anyone can run anywhere, trying to avoid getting hit.
3. Once you get a ball, you cannot move.
4. When it comes down to 5 players this rule does not apply.
5. The last 1 standing wins.

15. Safe Base

Equipment Needed: Dodgeballs, Cones

Set Up: Create 4 or 5 "Safe Bases" throughout the programming area using cones.

How to Play:
   1. The coned squares are safe bases.
   2. Designate a player(s) to be "it".
   3. When the whistle blows players have to run to a new safe base without getting hit.
   4. If players get hit, they then also become "it".
   5. Each round starts and ends with the whistle.

Tips:
   • Change motion players have to use to get to bases; i.e. - skipping, hopping.
   • You may not leave a safe base and come right back to it.

16. Extreme Dodgeball

Equipment Needed: Dodgeballs, Cones

Set Up: Create a playing field with several quadrants for individual teams.

How to Play
   1. Divide the class into several teams.
   2. Each team consists of only 2-5 players
   3. Each team is assigned their own quadrant to stand in.
   4. Follow regular dodgeball rules to get players in other quadrants out.

17. Traitor Ball

Equipment Needed: Dodgeballs

Set Up: No set up needed.

How to Play:
   1. Divide the class into 2 teams.
   2. Before the game begins, the Instructor has both teams line up with their eyes closed and selects 1 player from each team to be a traitor.
   3. The traitor is secretly a member of the other team, but remains on their original side.
   4. Teammates may attack each other if they suspect that the other is a traitor.
   5. If teammate targets traitor, but is wrong about whom the traitor is, they are out.
   6. The traitor is forced to decide the optimal time to turn against the team on his side of the center line, but must do so before there are only two players left.