PDC Plan (first 4 classes): Dodgeball

Programming Day Card - 1

Warm Up: Line Busters

Skill/Review: Throwing

Drill: Partner Throwing

Games:

1. Dr. Dodgeball

2. Atomic Bomb

3. Bump and Bite

4. SPUD

5. Dodgeball

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: Tag Tournament

Skill/Review: Catching

Drill: Bounce Pass

Games:

1. Dodgeball

2. Numbers Game

3. Jail Ball

4. Scramble

5. Dodgeball

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: Wall Ball

Skill/Review: Blocking

Drill: Blocking Stacks

Games:

1. Basketball Dodgeball

2. Battle Balls

3. Space Invaders

4. Dynasty

5. Dodgeball

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: World Cup

Skill/Review: Dodging

Drill: Dodging Stacks

Games:

1. Court Dodgeball

2. Survivor

3. Safe Base

4. Extreme Dodgeball

5. Dodgeball

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment