

HEADS UP DODGEBALL

Head's Up Dodgeball

Throw'm! Catch'm! Dodge'm! Grab a group of friends and test your agility and accuracy in a fast paced game of Dodgeball! Coaches will discuss the safety and game rules at the beginning of each class. Soft, foam balls are used for player's protection. Learn techniques like Peek-A-Boo, Tip-Flick and Psych-Out or make up your own strategy! Come be a part of the fun and games and really learn what it means to be on the edge of your seat and the tips of your toes! Join the game today!

Skills to focus on: Throwing, accuracy, catching, blocking, dodging.

Facilities: This activity can be played in many different spaces (indoor and outdoor) but the best is in a gym. The most important thing is to make sure the kids understand clear boundaries and that your set-up and clean-up is thorough.

Safety: We encourage, especially for younger grades, to create a 'no man's land' area for the dodgeball court. There is NO HEAD HUNTING. Players that hit others in the head are out. For large groups, think about creating multiple courts so that games are smaller. Know your own strength when throwing balls at participants. Be smart!

Tips: Be creative with Dodgeball. There are a ton of rules you can add or variations you can implement to keep the game fresh. Use different ways to get kids back in the game if they get out. Jailbreaks are always an option to get kids playing again.

Skills/Drills

1. Throwing
2. Catching
3. Blocking
4. Dodging
5. Accuracy

Games

1. Dodgeball
2. Dr. Dodgeball
3. Atomic Bomb
4. Bump and Bite
5. SPUD
6. Numbers Game
7. Jail Ball
8. Scramble
9. Basketball Dodgeball
10. Battle Balls
11. Space Invaders
12. Dynasty
13. Court Dodgeball
14. Survivor
15. Safe Base
16. Extreme Dodgeball
17. Traitor Ball