

### THE RULES

- ★ Played in even groups of 4 – 6 (so the players can compete in teams), the aim of the game is for the blocker (or bodyguard) to protect the VIP from being hit by a ball thrown by the throwers stood outside the designated area
- ★ Using small cones, mark out a medium sized circle approx. 3m in diameter for each grouping
- ★ Select two players (1 pair) to enter the circle and become the VIP and the Blocker
- ★ The Blocker is given a dodgeball to hold and to block with
- ★ The remaining players in the group are positioned outside the area with 1 dodgeball between them and are called Throwers
- ★ The Throwers can pass the ball between each other before making an attempt on the VIP
- ★ The Blockers job is to protect the VIP by pushing dodgeballs away with the ball in their possession
- ★ If the Blocker is hit by a throw the game continues
- ★ Throws which bounce before contact with the VIP do not count
- ★ Each game lasts 2 minutes – at the end of the 2-minute period a new pair (VIP and Blocker) enter the circle

### CURRICULUM LINKS

#### Type of Sport:

- ★ Invasion

#### Fundamental Movement Skills:

- ★ Agility/Balance/Coordination

#### Techniques & Skills:

- ★ Creation of space & time - dodging without the ball
- ★ Throwing & catching of the ball
- ★ Physical development: speed, power, reaction time

### SCORING

Teams can score points throughout the 2-minute round

- ★ Attacking Team (Throwers)  
5 points = VIP is hit by a ball (without the ball bouncing)
- ★ Defending Team (VIP & Blocker)  
1 point = Blocker successfully hits a ball (without the ball bouncing)
- ★ Attacking Team (Throwers)  
20 points = VIP not hit with a ball throughout the 2-minute round

### DODGEBALL



### EQUIPMENT

(Per group)

- ★ 6-8 marker cones
- ★ 2 dodgeballs (or similar soft balls)
- ★ A stopwatch



**DIFFERENTIATION & INCLUSION**

Remember you can adapt the space, task and equipment to suit individual needs and abilities, in order to attempt the challenge

**EASIER:**

- ★ Allow throws to bounce or roll before hitting the VIP or Blocker
- ★ Allow Blockers to use hands rather than a ball
- ★ Vary size of area; larger to favour defenders, smaller to favour attackers
- ★ Add additional VIPs to favour attackers
- ★ Increase the number of balls the Throwers have to achieve success

**HARDER:**

- ★ Vary size of ball used by Throwers or Blocker
- ★ Vary size of the area; smaller to favour attackers, larger to favour defenders
- ★ Add additional blockers to challenge Throwers
- ★ Add more balls to Throwers team to challenge the Blockers and VIP



**YOUNG LEADERS**

Roles & Responsibilities

- ★ Recording scoring
- ★ Officiating
- ★ Fixture management
- ★ Player rotation
- ★ Timing



**USEFUL LINK:**



**DODGEBALL**



**SAFETY**

- ⚠ Wear suitable shoes that are fastened securely
- ⚠ Set up activity in a clear space.

