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| Jc Academy Logo.pngSubject: Dodgeball  |
| Resources: Dodgeball/Discs/ Cones |
| Warm up (15mins):Light jogging, Stretches, Jogging on the spot, Walking, Jumping up and down on the spot. | Coaching points: **Listen****Concentrate****Don’t start to quick**  |
| Safety points:**Area will be checked** |
| Main Activity (35mins):Place one cone at either end of the hall or field- and 6 discs 2 ft apart from each other- The idea of this set up is to work on footwork and vision- Children use quick feet to get to the end they have to throw the dodgeball and try to hit the cone- Dependent on the age group if they struggle to begin with add another cone and link this to ten-pin bowling.•Agile Diamond- Cones are set at the front, back, left and right of a player. The player must start in the middle and run to the cone directly in front of them then back to the Centre, to the right and back to the Centre just keep repeating this pattern over and over again, while facing the same direction. This dodgeball drill helps improve ability and speed.•Blind Catch- Consists of 1 player standing and facing a wall/or marker, while player 2 stands at least 5 meters away- dependant on space, shouting left or right throwing the ball , on either side of player 1 in the direction they yell. Player 1 will then try and catch the ball before it hits the wall. This drill focuses on strengthen movement | 1 Coaching points:**Dodgeball Safety** **Ball Technique****Hand Technique**2. Safety points:**Spatial Awareness****Listening Skills****Dodgeball Equipment safety**1 Coaching points:**Movement with the ball****Movement without the ball****Spatial awareness** **Communication**2 Safety points:**Dodgeball Safety** **Spatial Awareness****Dodgeball Equipment Safety**  |
| Cool Down(10mins)**Movement around the area- Using various breathing techniques** | Safety points: |
| REDBring the practice down a level  | AMBER Continue with practice | GREENDevelop the session accordingly | Outcome of the session:  |