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| Jc Academy Logo.pngSubject: Dodgeball  |
| Resources: Dodgeball/Discs/ Cones |
| Warm up (15mins):Stretching Hamstring Stretches Light Jogging Quick Feet Jogging on the spot  | Coaching points: **Listen****Concentrate****Don’t start to quick**  |
| Safety points:**Area will be checked** |
| Main Activity (35mins):Purpose to make sure players are paying attention at all times Player in the middle should try to avoid being hit below thewaist by a size 5 sponge ball. Players on the outside of the circle must keep the ball inside the circle. Players rotate after 1 minute. A scoring system could be put in place. Eg dodger gets a point every time the ball goes out of the circle. Players on the outside get a point every time the dodger is hit by the ball.Coaching Points: Differentiation; Larger/smaller circle, fewer/more players on the edge of the circle, smaller/larger | 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:  |