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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 playe  rs 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: |
| RED  Bring the practice down a level | AMBER  Continue with practice | GREEN  Develop the session accordingly | Outcome of the session: |