DODGEBALL



... and some variations

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Equipment and set-up:

A soft ball. Markers or cones to define the playing space or play on a marked out court e.g. tennis or badminton.

A centerline is agreed. Players remain in their own playing half.

Basic rules:

These are basic rules but you may wish to play / adopt a variation.

Game 1

Players aim to hit the opposing team's legs below the knee – if they are hit, they leave the game and sit on the sidelines until everyone is out. If a ball is caught, the thrower is out of the game.

Game 2

As in game one, but players who are out then go and stand behind the opposing team. They are released if they are able to catch a ball thrown by a member of their own team. This extends playing time with more people being involved in the game.

Game 3

Bowling bowls or similar 'pins' are stood behind the teams of players with a 'no-go' area around them. So, instead of trying to hit the opponent's players, the 'pins' become the target. The first team to knock down all the 'pins' wins the match. Game play is faster so you may want to have several games or play to the 'best of five'.

NB's: Some risk assessment considerations – depending on the playing space you might decide not to have overhead throwing and only play underhand or along the ground. Monitor how fast or hard balls are being thrown. Introduce additional balls to increase the speed of play or to encourage more players to become involve.