

Dodgeball Knowledge Organiser

Key Skills:

Throwing	Various throws can be used within the game: overhead, overarm, underarm, side throw (curve ball).
Catching	A skill used to receive the ball, enabling the team to catch opponent's out.

Key Vocabulary:

Hits	Any player struck with a live ball by an opposing player will be called out. Face shots do not count.
Catches	Any catch on a live ball will be valid. The player who threw the caught ball will be called out and the catching team will gain one player from the outbox.
Blocking	Players are able to use a ball in their possession to block an incoming ball. If the ball they are holding is knocked from their possession, they will be called out.
Stalling	Players should not intentionally stall the game. Once a team has possession of 2 or 3 balls, they should look to make an attempt with at least one of those balls.

Key Terms

Tactical Skills

Changing speed
Changing direction
Awareness of others
Decision making
Dodge

Physical Fitness

Coordination
Agility
Reaction time
Power
Stamina
Strength
Balance

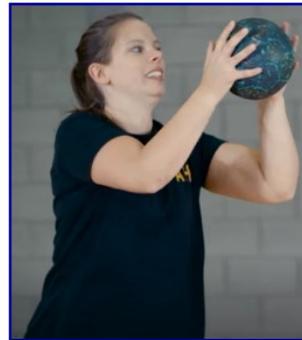
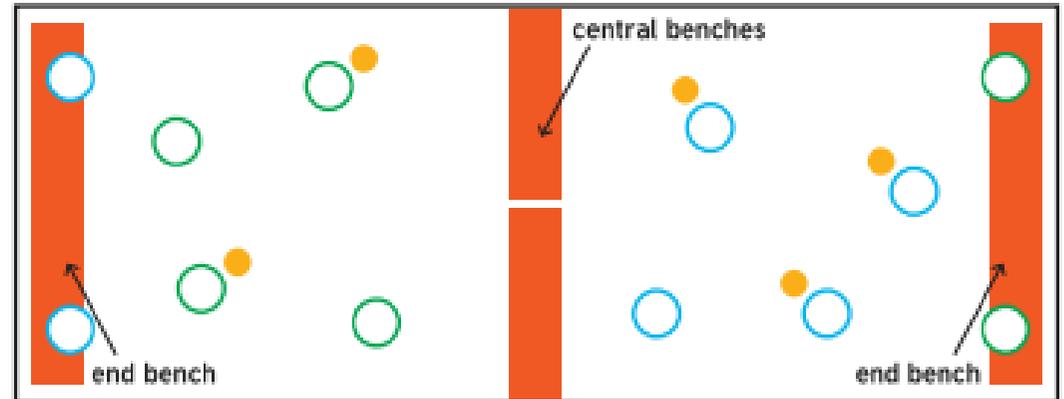
Equipment

Dodgeball
Benches
Coloured bibs

Game:

- Organise the children into equal teams.
- Each team can wear different coloured bibs.
- Set up the area as shown in the diagram.
- Place 5 balls along the central benches and start the game with a whistle.
- Once the whistle has blown, players sprint forward and try to take possession of one of the balls before the other team.
- Players then throw the balls over the central benches, trying to hit the opposition below the waist.
- If a player is hit by the opposition, they move to stand on the bench in the opposition's half.
- A player also moves to the opposition's bench if their throw is caught.
- Players can be freed by their teammates. Players can throw the ball across the opposition's half for their teammates on the bench to catch.
- The first team to have all of the opposition on their bench is the winner.

What a dodgeball court looks like:



High catch



Low catch