

# DODGEBALL GAMES AND PRACTICES – SET 2 – ON GUARD

## Equipment Required

- 2 dodgeballs\*
- 4-6 Objects to act as targets
- 1 blocker
- 1 thrower (Mum, Dad, Brother or Sister)
- Some space to play

## Set Up

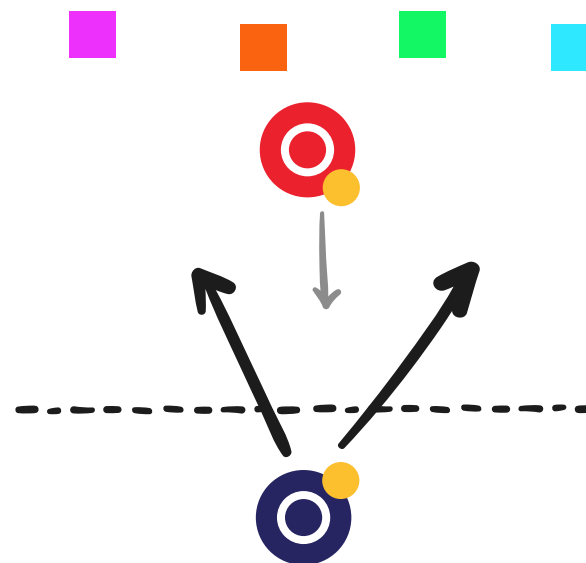
Place the 4-6 objects in a row and spread out – objects can be anything you find in the garden from other sports equipment to toys. The blocker or guard stands in front of these with the thrower a further 4-6 metres away and facing the blocker. \*If you don't have 2 dodgeballs use another type of ball or your hands together to block.

## Object of the Game

The guard is trying to protect the objects behind them from getting hit by the thrower by using the ball in their hand to block the incoming throw. A point is awarded to either player for a successful block or hit. Play first to 5 points before changing over.

## Progression

You can add additional points for a successful counter attack on the thrower by the blocker but if the counter attack is unsuccessful the thrower receives a point.



## KEY



THROWER



CATCHER



MARKERS



BALL



OPTIONAL  
CENTRE LINE

## DODGEBALL FUN FACT

### DID YOU KNOW?

Top  
dodgeball  
players  
can throw at  
speeds that reach  
over 60mph.

# DODGEBALL GAMES AND PRACTICES – SET 2 – FRENCH ~~CRICKET~~ DODGEBALL

## Equipment Required

- 2 dodgeballs\*
- 1 blocker
- 1 thrower (Mum, Dad, Brother or Sister)
- Some space to play

## Set Up

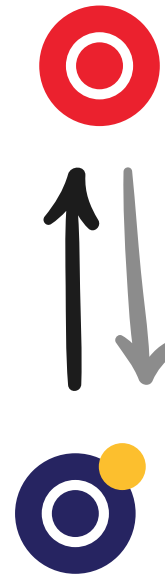
All you needs is some space to play and at least 1 dodgeball. Start with a 4m gap between the blocker and the thrower.

## Object of the Game

The thrower is trying to hit the blocker on the legs with the ball (the ball must not bounce first). The blocker is trying to defend themselves by blocking the ball away as it is thrown. Wherever the thrown ball goes to once it has been blocked is where the thrower throws from next. Players change over once the blockers legs have been hit. \*If you don't have 2 dodgeballs use another type of ball or your hands together to block.

## Progression

Make it into a dual sport game by using a tennis racket or cricket bat to block.



## KEY



THROWER



BALL



CATCHER

## DODGEBALL FUN FACT

### DID YOU KNOW?

The first ever official competitive dodgeball match was contested between Leeds Met University and Stafford University in 2005.



## DEMONSTRATION VIDEO:

[WWW.EDENDODGEBALLCLUB.COM/FRENCH-DODGEBALL](http://WWW.EDENDODGEBALLCLUB.COM/FRENCH-DODGEBALL)

# DODGEBALL GAMES AND PRACTICES – SET 2 – RECIPES – ENERGY FLAPJACKS

## Ingredients:

150g (5oz) Olive Oil Spread  
75g (3oz) Crunchy Peanut Butter  
75g (3oz) Brown Sugar  
75g (3oz) Honey  
250g (9oz) Rolled Oats  
1 tsp Cinnamon  
150g (5oz) Nuts, such as chopped walnuts, pecans and flaked almonds  
150g (5oz) Dried Fruit, such as raisins, chopped dates or apricots

**16 servings | Prep time: 15 minutes | Cook time: 25 minutes**

## Method:

- Pre heat the oven to 180 C/fan 160 C/Gas 4. Line and grease a 23 cm square baking tin with baking paper.
- Into a non-stick sauce pan put the olive oil spread, sugar, peanut butter and honey and heat gently stirring regularly until the mixture is fully melted.
- Mix the oats, cinnamon, nuts and dried fruit in a bowl. Add the melted mixture and mix well.
- Transfer the mixture into the prepared tin and press down well. Bake for 20–25 minutes until golden brown around the edges but still soft in the middle. Leave in the tin to cool and then cut into 16 squares.

**These flapjacks are a great snack to have an hour or so before playing sport. The oats, dried fruit and nuts provide long lasting energy to fuel your muscles will help you work harder for longer. Nuts are a great source healthy fat which help keep your body and brain well.**