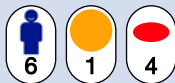
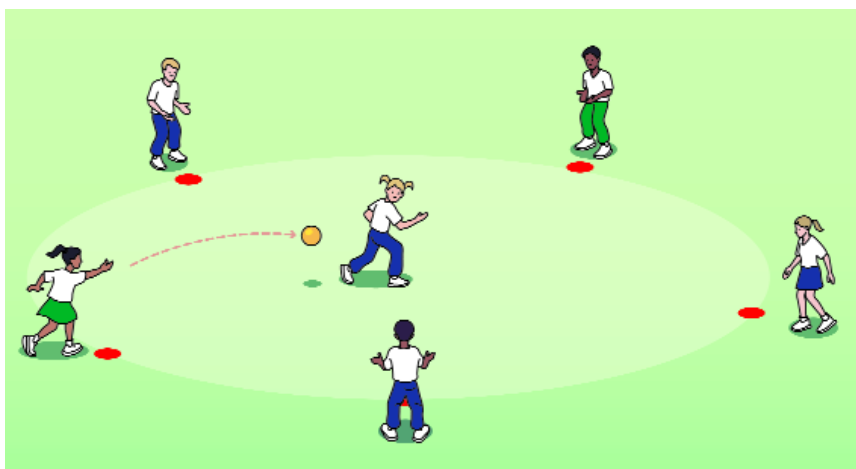


# Fielding - 10. Dodge Ball

Equipment



10 minutes



## COACHES CORNER

A great test of agility, balance and co-ordination as well as throwing accuracy

- Players stand near a cone to form a circle and face inward
- One player stands in the middle of the circle
- Player with the ball aims to underarm throw the sponge ball to hit the middle player below the knees
- Player in the middle aims to avoid the ball but if hit they are replaced

Notes

## Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Stays 'alive' for 20 seconds



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Stays 'alive' for 30 seconds



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Stays 'alive' for 50 seconds