

HEADS UP DODGEBALL SKILLS & DRILLS

1. THROWING

SKILL –

- a. Dodgeball should be held in their throwing hand.
- b. Circular motion with their throwing arm should begin by bringing that arm back.
- c. As this motion begins, players should be stepping with their opposite leg forward. Their non-throwing hand should be pointing towards their target.
- d. As arm reaches the top of the circular motion, they should have created an L shape with their throwing arm.
- e. As they release the ball their throwing arm should go down across their body, and their back leg should be brought forward.

DRILL – Partner Throwing

Equipment Needed: Dodgeballs

Set Up: No set up needed.

How To:

1. Place the player into pairs.
2. Then split the pairs into 2 stacks.
3. Have them throw and catch back and forth.
4. If you have a wall, they can throw and catch to themselves.

2. CATCHING

SKILL –

- a. Players should be told to hold their hands out in front of them, chest high.
- b. As the dodgeball approaches them they should keep their eye on the ball.
- c. When the ball hits their hands they should pull the ball into their chest
- d. Catch with two hands

DRILL – Bounce Pass

Equipment Needed: Dodgeball

Set Up: No set up needed.

How To:

1. Place players into pairs.
2. Then split the pairs into 2 stacks.
3. Have them throw a bounce pass and catch back and forth.
4. Make sure they focus on keeping their eye on ball.

3. BLOCKING

SKILL –

- a. Players with a ball can block an incoming ball with the one in their hand.
- b. This is done by gripping the ball with one hand and protecting themselves by hitting the incoming ball with the ball they have.

- c. If any part of their body is hit while trying to block the ball they are out.

DRILL – Blocking Stacks

Equipment Needed: Dodgeballs

Set Up: No set up needed.

How To:

1. Place players into pairs.
2. Then split the pairs into two stacks.
3. One player should have a dodgeball in hand to work on blocking.
4. The player without a ball will throw the ball at the other player.

4. DODGING

SKILL –

- a. As a ball is coming toward a player, the player may dodge a ball by moving their body to get out of the way.
- b. This includes jumping to the side to move the entire body.
- c. A person can duck their head so their head will not get hit.
- d. A person can jump over a ball so they are not hit.

DRILL – Dodging Stacks

Equipment Needed: Dodgeball

Set Up: No set up needed.

How To:

1. Place players into pairs.
2. Then split the pairs into 2 stacks.
3. Have one player throw the ball at the other.
4. The player without the ball works on dodging the ball.
5. Have players line up and instructor tries to throw the ball at player.

5. ACCURACY

SKILL –

- a. Pick out a target on the wall. As each player takes a turn trying to hit the target.
- b. Follow the skills of throwing.
- c. Remind players that their non-throwing hand should be point toward their target.

DRILL –

Equipment Needed: Dodgeballs, Cones

Set Up: Set up a cone with a ball on top.

How To

1. Place players into stacks.
2. Set up cone with ball on top out in front of each stack.
3. First person in line should try to knock the ball off the cone by throwing another ball at it.