

Dodgeball Curriculum

Introduction:

1. Have all the kids sit down in a group and wait for them to listen
2. Introduce all the staff members
3. Ground Rules Introduction
4. Safety Issues
5. Dodgeball Games

Ground Rules:

1. There is absolutely no physical contact
2. Watch the language – no swearing, negative comments towards anyone
3. RESPECT your team and the coaches/refs
4. Anyone steps out of line at any point – will be asked to sit out for 10 minutes and the parents will be notified, second time out for 30 minutes and final conflict will result in not being able to participate for the remainder of ALL classes
5. Coaches – be positive and encouraging at all times – your responsibility is to make sure the kids are safe, playing correctly and giving positive feedback.
6. Dismissal – Coaches have the attendance, the kids bring their ride over to the coach with the roster, check off his/her name and give a high five – High fives must be given to ALL coaches before the child is able to leave. Whoever has the attendance needs to see every kid before the leave. Dismissal is the one of the most important parts of a class!

Safety Issues:

1. All kids have to line up along the baseline, on the first whistle they can leave the line to get the balls – second whistle they can throw them
2. No sliding to get the balls in the middle!!!
3. Head shots do not count, play on
4. At the end of the game – the students have 30 seconds to pick up the balls – for each ball that is not picked up, take off 5 minutes of the class

Dodgeball Games:

1. Regular Dodgeball
2. Dr. Dodgeball
3. Break Out
4. Assault
5. Coaches vs. Kids
6. Cycle Dodgeball
7. Army Dodgeball
8. Survivor