



Dodgeball Games



BOMBARDMENT!

"It's how you play the game"

Ages: 9 years and up

Number of Players: 10- 30 players

Purpose: Teamwork, cooperation, coordination, throwing accuracy and dodging skills

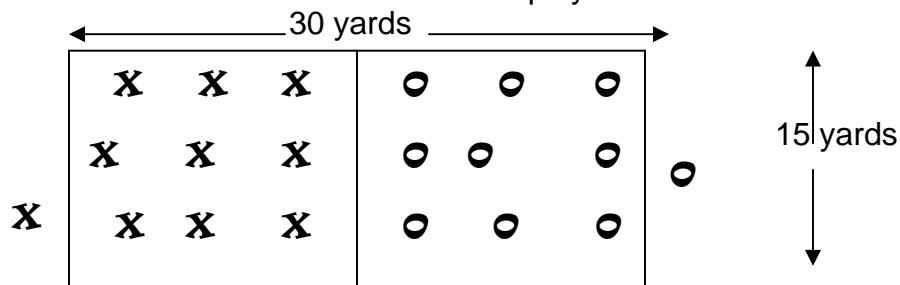
Materials Needed: 6-10 squish/soft balls and cones

Playing Surface: Blacktop, grass, or gymnasium

Number of Game Leaders: 2 YMCA Playground Partners Coaches

Game Layout

Bombardment is played on a rectangular court. The court size varies according to the number of players involved and must allow for participants to move freely. Game balls are spread across the centerline of the court when initial play is started.



To Start and play the game

1. Assemble two teams and assign each to one half of the court.
2. On the start signal, members of both teams dash toward the centerline to retrieve game balls and try to "hit" the opposing team (below the shoulders) with game balls without crossing the centerline. Teams may play any ball within their half of the court.
3. If a player is "hit" with a ball on the fly, he/she becomes a goalie and plays around the perimeter of his/her teams half of the court. If a player catches a throw, he/she is safe and the thrower becomes a goalie.
4. The game ends when all players from one team have become goalies.

Objective: Avoid getting "hit" by a game ball while trying to "hit" opposing team.

Rules

- A Ball is "dead" if it hits the ground.
- Throws must be below shoulder level.



Classic Dodgeball

"It's how you play the game"

Ages: 6-8 years

Number of Players: 4-30 players

Materials needed: 1-4 Squish/soft balls and cones

Purpose: Spatial awareness and dodging and throwing skills

Recommended Playing Surface: Blacktop/Grass

Number of Game Leaders: 1 YMCA Playground Partners Coach

Game Layout

The play area is a large circle (size should vary to fit the group size).

To Start and Play the Game

1. To begin the game, have approximately one-half of the students start the game inside the circle, the other one-half will spread out around the perimeter of the circle.
2. The object of the game is for players outside the circle to hit players inside the circle with a ball below the shoulders.
3. When a player inside the circle is "hit" with a ball he/she will then rotate positions with the player that threw the ball. The game should have a constant turnover and play will remain continuous.

Rules

- Balls must be thrown below shoulder level.

VARIATIONS

Fugitive Dodgeball

- Select one player to be *the fugitive*. The fugitive is a "dodger" inside the circle.
- All other players are scattered outside the circle trying to hit the "fugitive" inside the circle to become the next fugitive.

Countdown Dodgeball

- Organize participants into 2-3 teams.
- One team starts inside the circle, while the others spread-out around the perimeter of the court.
- The round continues until all dodgers have been eliminated from inside the circle.
- Teams switch roles and play restarts.



Crossfire

(a.k.a. The Gauntlet)

"It's how you play the game"

Ages: 6 years and up

Number of Players: Minimum of 10 players

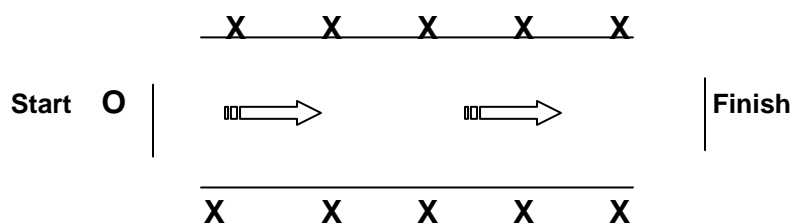
Purpose: Agility, dodging skills, and throwing accuracy.

Materials Needed: 8-10 Squish/Soft balls and cones

Number of Game Leaders: 2 YMCA Playground Partners Coaches

Game Layout

Crossfire is played on a court that resembles a "Gauntlet". Cones mark off two parallel lines that set approximately 10-15 yards apart. At the far ends of the field a cone is placed half way between the two sidelines marking the starting and ending points.



To Start and Play the Game

1. Players are positioned along the outside of the "gauntlet".
2. Game balls are randomly given to players on either side of the "gauntlet".
3. 3-4 "Runners" are randomly selected and line up at one end of the "gauntlet".
4. On a signal "Runners" dash to the opposite end of the gauntlet avoiding the "CROSSFIRE" of balls.
5. If "hit", runners must go to the outside of the "gauntlet". Players that make the "hit" join runners at the end line to begin a new "CROSSFIRE"

Variations

- 1) With larger groups of players, divide the group into 2 teams. Have one team start as the throwing team and the other as the running team. Teams alternate once everyone on the running team passes through the gauntlet.
- 2) Together, runners run to the end and back without being tagged by a ball.
- 3) Runners buddy up and pass through the crossfire.
- 4) Try to eliminate all runners.

Rules

- Throws must be below shoulder level.
- All "runners" MUST run through the gauntlet in the same direction



Dr. Dodgeball

"It's how you play the game"

Ages: 8 years and up

Number of Players: 10-30 players

Purpose: Agility, teamwork, cooperation, and dodging and throwing skills.

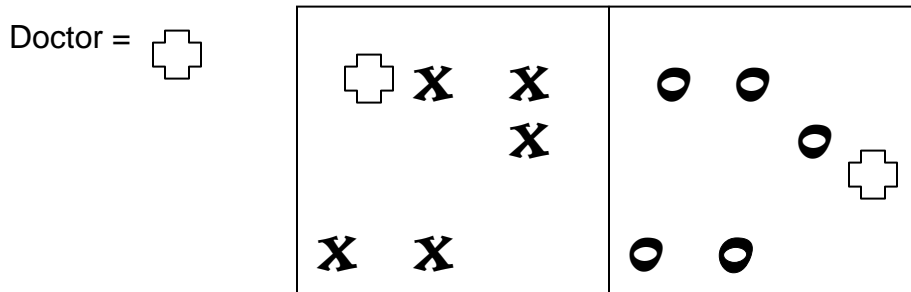
Materials Needed: 1-2 Squish/Soft ball and cones

Recommended Playing Surface: Grass/Blacktop

Number of Game Leaders: 1 YMCA Playground Partners Coach

Game Layout

The court for Dr. Dodgeball is a rectangular court (approximately the size of a volleyball court) that is divided in half to form two equally sized squares.



To Start and Play the Game

1. Each team assembles opposite to one another.
2. Teams secretly select one player to be their "Doctor". The identity of each "Doctor" is withheld from the opposing team.
3. Play starts with a basketball "tip-off" between two players at center court. Players are free to move anywhere on their side of the court.
4. The strategy of each team is to hide the identity of its doctor and guess, through process of elimination, the identity of their opponent's doctor.
5. Players "hit" with the ball are "frozen" unless they catch the throw. "Frozen" players are unfrozen when the "doctor" tags him/her. "Frozen" players must remain sitting until unfrozen by doctor. Play resumes until the doctor from one team is "hit" with the ball.

Variation

- 1) Continue play until everyone is eliminated.

Rules

- Balls must be thrown below shoulder level.
- Throws are "dead" once they hit the ground.



Hide Out

"It's how you play the game"

Ages: 9 years and up

Number of Players: 8-30 players

Purpose: fair play and teamwork, dodging and throwing skills

Materials needed: 6-10 squish/soft balls and cones

Recommended Playing Surface: grass

Number of Game Leaders: 2 YMCA Playground Partners Coaches

Game Layout

The field design is a circular area containing five boxes located inside. Four boxes are evenly spaced apart inside the circle and designated as "safe zones". A small circle is located in the center of the court serving as a "sharp shooter" zone.

See Diagram on the next page.

To Start and Play The Game

1. Select four players to be "sharp shooters" to occupy the circle at center court.
2. All other players are "runners". "Runners" spread themselves among the four designated safe zones to start the game. Specify a direction that runners must travel.
3. On the starting signal, "runners" dash to the next safe zone while "sharp-shooters" try to "hit" the runners while in route to a safe zone.
4. Runners "hit" by a ball become goalies for the remainder of the game and position themselves anywhere outside the perimeter of the court.
5. The goalies play any ball that travels out of bounds and can "hit" runners while runners are in transit.
6. Play continues until only 4 runners remain. These 4 players will start the next game as Sharp Shooters.

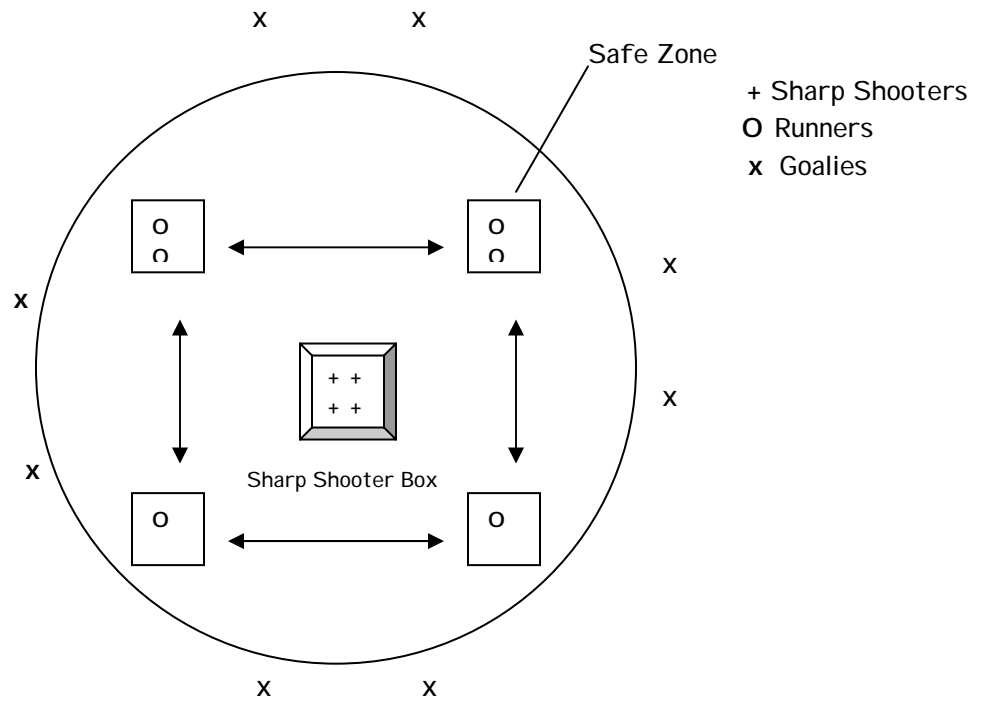
Rules

- Throws are considered "dead" when they hit the ground
- Balls **MUST** be thrown below shoulder level

(see diagram on the next page)

Hide Out

Game Diagram





Nationball

(a.k.a. Teamball/Zone Dodge)

"It's how you play the game"

Ages: 9 years and up

Number of Players: 8-30 players

Purpose: Teamwork, strategy planning and dodging and throwing skill

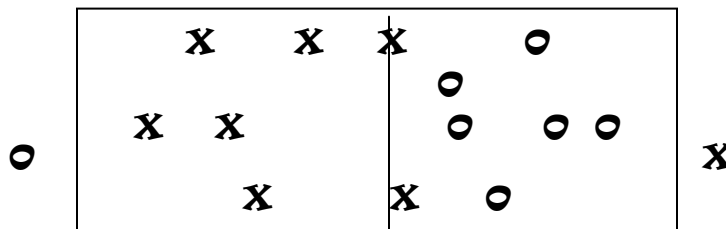
Materials needed: 2 squish/soft balls and cones

Recommended Playing Surface: Grass/blacktop/gymnasium

Number of Game Leaders: 1 YMCA Playground Partners Coach

Game Layout & Diagram

The play area is a rectangular court, similar to a volleyball court/basketball court.



To Start and Play the Game

1. Prior to beginning play, one player from each team is selected to start the game as a goalie. Goalies are positioned behind the opposing team's end line.
2. Each team starts the game with one ball. Play begins on the game leaders signal.
3. Players on the opposing team may catch the ball and try to "hit" the other team.
4. When "hit", a player becomes goalie for their team and play behind the opponent's end line. As the game continues goalies will accumulate.
5. Goalies can play any ball that goes out of bounds. Goalies can "hit" players from the opposing team or pass the ball into their own team. They can only return a ball into play from the back line.

Objective: To eliminate the other team.

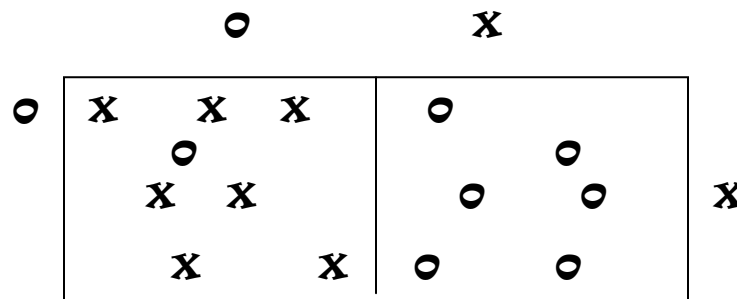
Rules

- Balls must be thrown below shoulder level.
- Players are safe if they catch a throw.

Nationball

GAME VARIATION**GERMAN NATIONBALL**

This game is identical to Nationball with the exception of one rule modification. In this version goalies are allowed to play and inbound a ball behind any boundary line of the opposing team.

**Other Variations:**

1. Goalies can join their team, when they "hit" the opposing team.
2. Balls are always live even if they bounce
3. Goalies may travel along every side of opposing team.



Prisoner Dodgeball

"It's how you play the game"

Ages: 8 years and up

Number of Players: 10-30 players

Purpose: Teamwork, cooperation, strategy planning, hand-eye coordination, and dodging skill

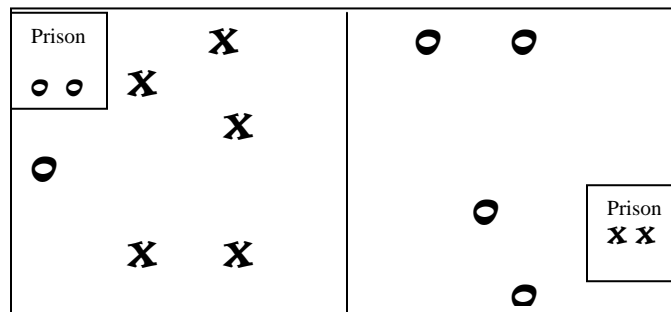
Materials needed: 4-6 Squish/Soft Balls

Recommended Playing Area: Grass/Blacktop/Gym

Number of Game Leaders: 1-2 YMCA Playground Partners Coaches

Game Layout:

This game is set on a rectangular court approximately the size of a basketball court. The court is marked with a centerline and one square, marked by cones to designate a prison on each back-line.



To Start and Play The Game

1. Assemble two teams and assign each to one-half of the playing court
2. Each team starts with an equal number of balls in their half of the court
3. On the coach's signal, play begins by throwing balls at the opposing team
4. If "hit" or if a player catches a thrown ball "on-the-fly", the player goes to the opponent's prison.
5. Prisoners can be set free to return to their team's zone by "hitting" an opponent with a ball that travels into their prison. Teammates can help out prisoners by throwing balls into the prison
6. The hit opponent must go to prison.
7. **The game ends** when one team has "imprisoned" all players from the opposing team.

Rules

- Throws are considered "dead" after hitting the ground
- Balls must be thrown below shoulder level



Quadrant Dodgeball

"It's how you play the game"

Ages: 9 years and up

Number of Players: 8-30 players

Purpose: Develops teamwork, communication and cognitive skills, as well as throwing, dodging, and spatial awareness

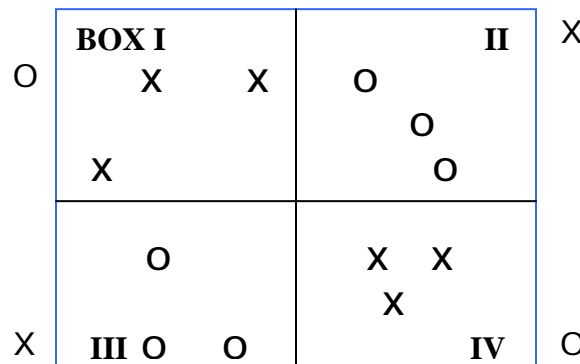
Materials Needed: 2 squish balls and cones

Recommended Playing Surface: grass, blacktop, and gymnasium floor

Number of Game Leaders: 1 YMCA Playground Partners Coach

Game Layout

The game is set on a square court that is divided into 4 quadrants. Each square court should be a minimum of 10 x 10 yards. Assign each quad a number, 1-4.



To Start and Play the game

1. Assign teams to odd or even number quadrants.
2. Prior to starting the game, each team selects two players as goalies. Goalies take position outside each the opposition's quadrants. Players starting the game as goalies may return into their team's quads any time in the game.
3. Each team begins play with one ball. Play starts on the game leader's signal.
4. The objective is to remove opponents from their respective quadrants by "hitting" them. "Hit" players play goalie for the remainder of the game.
5. A player that catches a throw he/she is safe and remains inside a quad.
6. Play continues until all players from one team have been turned into goalies.

Goalies Role Goalies play all balls that travel out of bounds. Goalies resume play by throwing the ball at opposing players or passing the ball to a teammate.

Rules

- Balls MUST be thrown below shoulder level.
- Throws are considered "dead" once they hit the ground.