

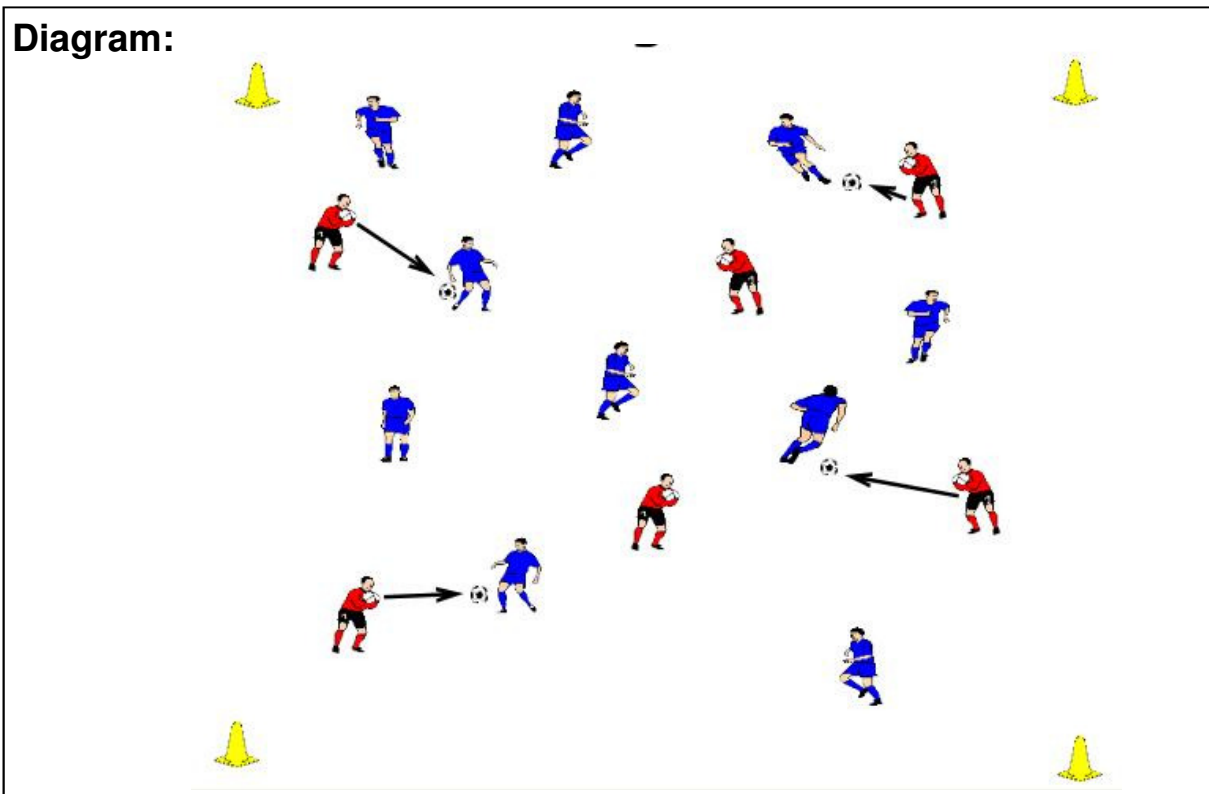
**Drill Name:** Dodge Ball

**Age Group:** U/7 to U/9

**Objectives:**

1. Fun games that increase coordination and spatial awareness
2. Fun games that improves social interaction
3. Gross motor activities that develop sound movement patterns

**Diagram:**



**Description:** Players jog around inside the 25m x 25m area and throw 6 balls around to any available player. Once the coach calls play, the players with the ball become the taggers and try to throw the ball underarm to hit another player below the knees. Once the tagger has hit a player, they give the ball to that player and that player becomes the tagger. The coach calls stop after 1 minute.

**Progressions:** Smaller Space, Less time, more footballs

**Coaching Points:** Body position, chest to the ball, fast movement, spacial awareness, getting close or on the blind side to hit players with the ball.