



Dodgeball Games



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Cave of Time

By: D. Goode

This is dodgeball game with twist. To start the game take a three-by-three mat and fold it up into a peak with one of the ends sitting against the wall to make a cave. You can have one cave on each side of the gym or two caves if you wish. When you get hit by the ball waist down (hands and arms) you must crawl through the cave of time. When you crawl through the cave of time you have the option of coming out of the cave like a toddler or elderly person (hence cave of time). When you come out of the cave you must do a fitness activity to return to your normal self. You can have the students perform 10 step-up and 10 squats. If students are trying to get out on purpose, add burpees or push-ups to the game. This version helps kids stay active even after they are hit and avoids students being sidelined or “out”.



Blackout Ball

By: Mark MacDonald

The group bought glow in the dark wristbands and we all wore them, turned out the lights and played dodgeball in the dark. Even the kids who never participate were into it. Everyone was excited to play it, although I did have to stress and re-stress the safety rules. All balls had to be thrown at feet only. There was a mat in the middle for students to hide behind and those who were smart (or scared) stood in the corner and put their wrist behind them. There were the emergency lights that showed us a little, but it was funny watching all the neon bouncing around the gym. I am not sure if I would suggest this game (principal knows nothing), but I thought I would mention it as a funny game if nothing else.



Kung Fu Masters

By: Chris Wilson

I set up a number of lines with a master facing each line holding one or two short pool noodles. Attackers line up and attempt to hit the master on the front of the body and become the new master. Ninjas can dodge or use the noodles to block like a sword.



Lemon Ball

By: HYSKids

Equipment: you will need at least 5 players,
a big playing space with boundaries
a ball (preferably yellow)

How to Play: - A player is chosen to be "it" will step out of the playing space while the remaining players decide on a player to be the "sugar" (this player will return frozen players to the game)

- The player that is "it" will have the ball and uses it to throw it at the remaining players who are running around the playing space.

- When a player is hit by the ball they stand frozen where they were hit preferably with a sour look on

their face (because they were hit by a lemon) they can be returned to the game by being tagged by

the player who was chosen to be the "sugar"

- if the "sugar" player is hit everybody who is currently frozen and the sugar are out of the game. Any

remaining unfrozen players who from that point in the game get hit with the lemon ball will now be out of the game.

-Once all players are out a new round with a new "it" and new "sugar" can begin!

Submitted by Club Member Blade - Age 12



Modified King's Court

By: Andy Raithby

10 players on at a time, other players on the bench. If you get hit you go off, join the end of the line and the next player comes on. Scorers keep track of the number of hits and exchanges of players. Team with the most hits in the 15 minute game wins.



Survivor Dodgeball

By: Gillian Matthews

1. Everyone starts with a gator ball and there are no formal teams you are on your own!
2. If you get hit below the waist, you must sit on the spot you were hit while the game continues.
3. You may rejoin the game when the person who hit you gets hit - the kids LOVE this, because when the person who hits the most people finally gets hit (and he or she probably will), a huge number of people suddenly get up and join in the game. VERY EXCITING!
4. This game encourages players to be vigilant, as they may be hit, or their hitter may be hit. You may also see some 'alliances' form - always makes the game interesting!



Ultimate Dodgeball

By: Mark MacDonald

Everyone plays all the time, if you are hit, you sit in the spot you were hit in, but continue to play, passing or throwing...whatever. Put a hockey net at either end of the gym. The two goals are to: 1. Score goals and 2. Get others out.

Once one team is all sitting down, count how many players are left on the winning side, they then get one point for every person still standing. One point for a goal is also recorded whenever they are scored. You may want to remind someone to play the goalie position and maybe even get hit there, so they are always sitting in front of the net. You can also add what my students now call a jailbreak. If one student gets to the other net and back without getting hit, their whole team stands up. I make a no holding the ball rule to speed things up. If someone does hold a ball, one or two people on that team have to sit down.