

## 02 BENCH/DODGEBALL COMBO



HOW MANY CAN  
TAKE PART?

6+

AGE RANGE

SECONDARY

### WHAT'S NEEDED

- Balls (any type)
- Cones, benches

### HOW TO SET UP

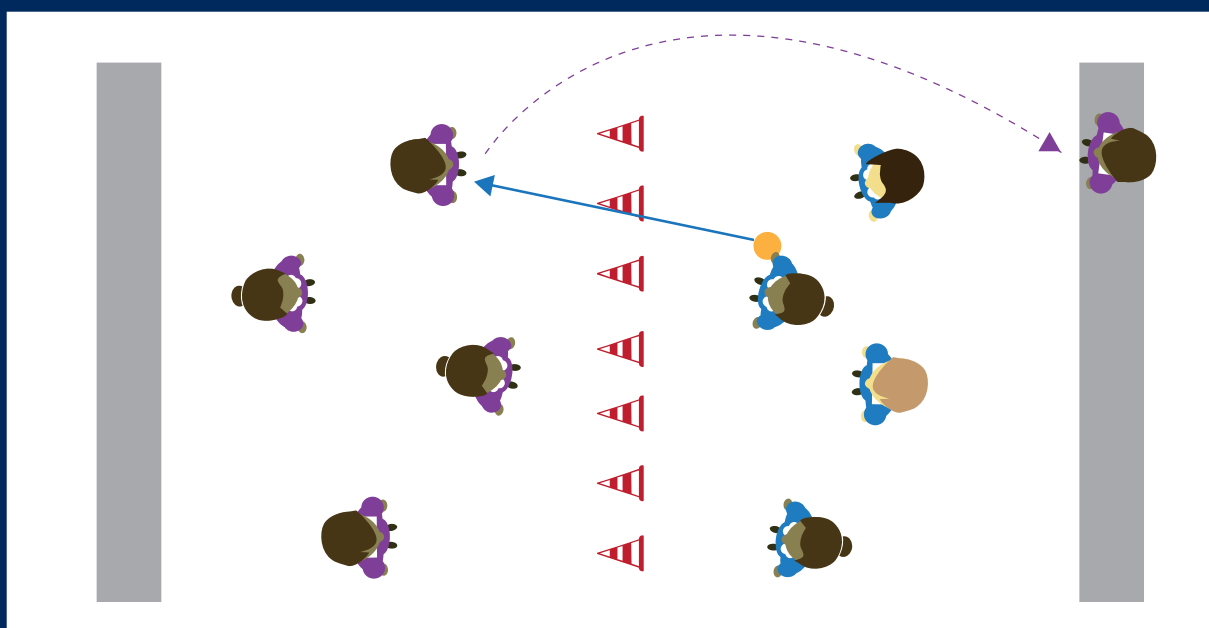
Mark out a playing area with a line of cones through the middle and benches at opposite ends. Split the group into two teams.

### HOW TO PLAY

Normal dodgeball rules apply i.e. players stay in own areas and throw their balls at the lower body of their opponents to try and eliminate them. However, once hit, players go and stand on their team bench (at the back of their opponents' territory). To get back in the game, they have to catch a ball while stood on the bench, that has been thrown by one of their teammates. The winning team is the team that get all their opposing team out and stood on the bench.

### ADAPTATIONS

- Change the number of balls in play
- Introduce a defender who can block passes to players on the bench



What are the best  
tactics to play?



Run to touch the  
middle cones after  
each throw to get  
that heart rate up



Can you throw  
with your  
non-dominant  
hand?