



GET ACTIVE



15 MINUTES



IN THE
CUPBOARD

REVERSE DODGEBALL



➤ GETTING INTO THE ACTIVITY

A twist on the classic game of dodgeball. Starting with just one player on each team, can you build your team up from nothing?

Divide your meeting space in half with cones. On these cones place 4-6 soft balls. Split into two teams, with the teams standing at either ends of the meeting space.

Team captains should be selected. They will start on the dodgeball court and everyone else will stand to the side of the meeting space. The rules are the same as normal dodgeball (if you are unsure of these, then they can be found via an internet search), however when you get hit, instead of losing a player, the other team gain a player. So, if you hit a player on the opposite team, you can call a teammate into play, meaning your team is getting stronger. Continue playing until all your team are on the court.

When a team has all their players in play, the game automatically changes back to normal dodgeball (regardless of how many players the other team have on court. This could mean the teams are now uneven). This is where you are aiming to hit other players, to get them out of the game. The aim now is to get all the players on the opposite team out.



WHAT YOU'LL NEED

- Cones
- Soft Balls (4+)



KEEPING EVERYONE SAFE

Maintain social distancing as required, you could mark out the meeting space into zones to help with this or you could introduce sin bin penalties for anyone who gets too close to another player. This game uses shared equipment so ensure hands are washed before and after the activity. Remind players not to touch their faces during the game.