

## Longball Dodgeball

### How to play this game:

Split the children into 2 teams, one batting and the other fielding. Set up as below with the bench or safe area marked out at the far end and a 'home' area at the near end. The ball is bowled underarm and the batter has to 'hit' the ball with any part of their body. To score a point a player has to run to the bench and get both feet on it and return to the 'home area'. Batters can remain on the bench for as long as they want but the batting team cannot have more than 4 players on the bench at any time. When on the bench batting children cannot be out. To get a child out the fielding team can catch a ball they have hit or hit a batter who is between ends with the ball. Once a team has no remaining players at the near end to be able to bat then their innings is over and the children swap over.

This game works well if you have a large number of children and a big playing area.

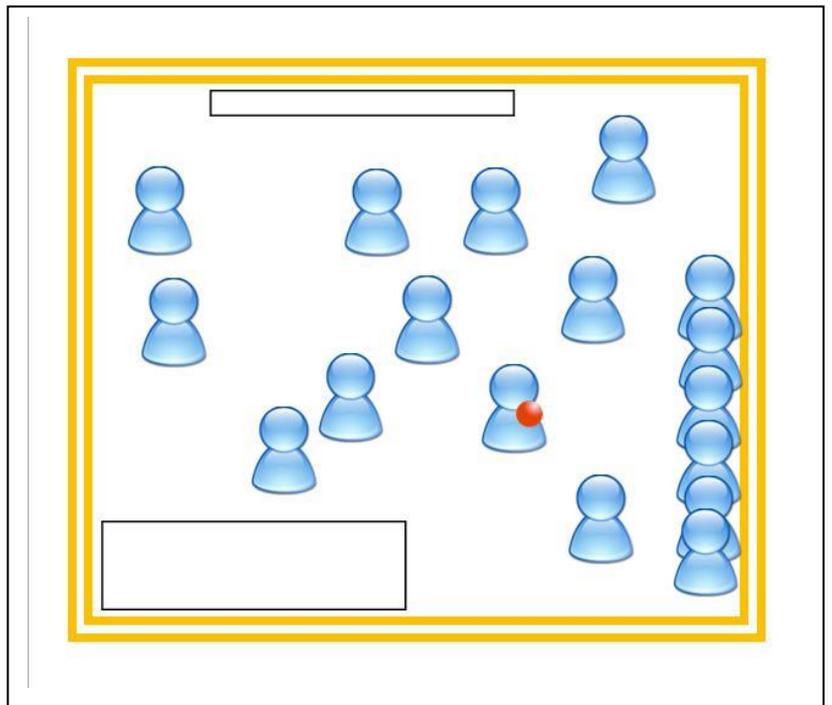
### Adaptations

Increase the number of players a team can have on the bench at any one time. This makes for exciting runs when you have a large number of pupils all running towards the home area and the fielding team trying to throw the ball at them to get them out and prevent them from scoring.

You can give the batter a bat to hit the ball with but remember you must use a softball and a large one such as a volleyball is best.

Introduce some additional 'safe areas' by using throw-down spots, limit the time that a player can stand on these to a few seconds.

Limit fielding player to only taking a limited number of steps at a time with the ball to encourage them to practise their throwing skills, either aiming for a running batter or passing to a fielder in a better position.



### Learning Objectives

- Taking turns
- Co-ordination
- Reaction time
- Running fast over short distances
- Can be used as a fun cool-down or warm-up

### Resources

- Activity area
- Soft volleyball