

Suomen Polttopalloliitto

(Finnish Dodgeball)



TAFISA
RECALL

Games of the Past – Sports for Today

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Aim of the game: To avoid getting hit by a thrower throwing a ball

Set up: Select a free area. Draw a circle on the pitch, big enough to allow all players to fit inside it and dodge.

Rules:

All players stand in the drawn circle, apart from one participant who is designated as the thrower and stands outside of the circle.

The thrower tries to throw the ball and hit the players inside the circle, while they try to dodge it. The ball must be aimed to hit below the shoulders. When a player is hit, he / she is eliminated and must get out of the circle. The last player remaining inside the circle without getting hit is the winner.



Equipment and Materials:

Soft ball the size of a volleyball (sponge ball if available)

Age:

5+

Number of players:

5 - 20

Duration:

10 minutes

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TAFISA
The Association For International Sport for All

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Teaching Style

1. Provide clear and simple instruction
2. Complete a walk through the playing area
3. Practice games before introducing full rules
4. Encourage players to communicate throughout the game
5. Encourage players to explore different ways of using the ball (E.g. rolling etc.)
6. Safety instructions to be tailored to the environment and participants playing the game.

Equipment

1. Range of balls can be used that vary in weight, size, speed, texture, density etc.
2. Audible equipment can be used (e.g. bell or rattle ball)
3. Brightly coloured equipment can be used

Rules

1. Introduce a rule that the ball must bounce once before it hits a player
2. Introduce a rule that players can only be hit from the hip down
3. Create 'safe' zones where players cannot get caught but can only stay in for a decided time.
4. Increase the number of throwers.

Environment

1. Increase/decrease the size of the circle.
2. Ensure the playing area has a smooth surface and is free of obstacles

