

Völkerball

(Dodgeball)

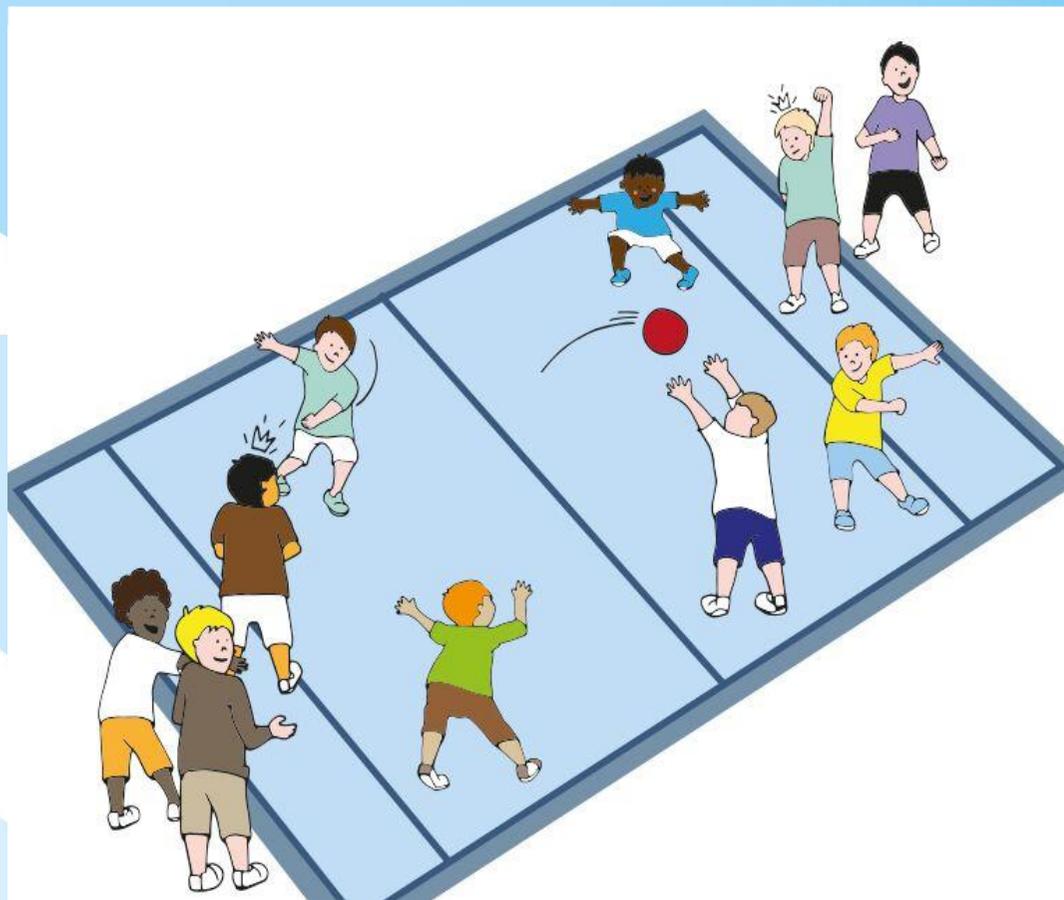


Aim of the game: Players try to hit other players on the opposing team with a ball while avoiding being hit themselves

Set up: Any indoor or outdoor place which allows children to run freely with the safe surface. Volleyball court/school play area is sufficient.

Rules:

The playing field is divided into two parts. Each team takes place in his own part of the field, the “King” takes place at the bench area of the opposite team. At the beginning of a game, the ball is lined up on the central dividing line. The players then rush towards the center line and try to grab the ball and throw or roll it backwards to their teammate. The players throw the ball at members of the opposing team trying to eliminate these players by hitting them. When a player has been hit, he has been eliminated and must move to his team's designated bench area. The same rules apply if a player tries to catch the ball but drops it. If a player from the bench area hits a member of the other team with the ball, he is allowed to return it into his own field. When all the players of one team are hit out of their field and on the bench area, the “King” enters his own field. He has got three “lives”, that means, the match is finished when the “King” is hit the third time.



Equipment and Materials:

Soft ball (made of sponge or soft rubber), bibs or sashes

Age:
5+

Number of players:
6 - 40

Duration:
Depends on size of team

Völkerball

(Dodgeball)



Let's Inklusivize TSG!

Teaching Style

1. Provide clear and simple instruction
2. Balance the ability level of the team
3. Complete a walk through the playing area
4. Practice games before introducing scoring
5. Encourage players to communicate throughout the game
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
3. Brightly coloured equipment can be used

Rules

1. Certain players may only be allowed to play with their weak hand/roll the ball instead of throwing it
2. Identify the body part to be targeted.
3. Increase/decrease time limit
4. Increase/decrease number of players

Environment

1. Increase/decrease the playing area/distance/ boundaries/zones/ shape
2. Ensure the playing area has a smooth surface and is free of obstacles

