Dodgeball Variations

Protect the President

Your class will stand in a large circle or two large circles (depending on numbers) with two people in the middle.

One person in the middle is the President, the other is the Bodyguard. Those standing around the circle try to hit the president with the soft balls.

The bodyguard may do anything to block the ball with his/her body: jump, squat, dive, etc. If the ball touches the President at any time, the person who threw the ball then becomes the Bodyguard, the Bodyguard becomes the President and the President rejoins the circle.

Note: Mats should be used for this version. You can use a variety of softballs large and small.

Doctor Dodgeball

Keeping to the original format, divide your class into two teams with each team going to opposite sides of the area.

Before the game starts, each team will choose a doctor which they keep secret. Play the game as you would normal dodgeball with teams throwing one or more soft balls at the legs of the opposing team.

Eliminate the other team by getting all its players out. When someone is hit below the knee, they must sit. The secret Doctor can touch the injured and bring them back into play. Once the Doctor is hit, the team's only hope is their skill.

Hint: Players shouldn't jump up as soon as they have been touched as this will give away the identity of the doctor.

Dungeon Dodgeball

Dungeon dodgeball is similar to the original dodgeball game, except when a player is hit, they are put in the dungeon behind the opposing team.

You can use hoops or spots to mark out the dungeon.

To get out of the dungeon, a trapped player must catch a ball thrown by a teammate. A player in the dungeon may not eliminate anyone from the opposing team.

Protect the Pin

The children will be split into two teams. Each team will have four bowling skittles or balls on cones at the back of their side.

The aim is to knock down the other team's balls/skittles whilst protecting your own balls/skittles.

This variation draws children away from hitting each other with the balls and encourages them to think of teamwork strategies to knock down the opposing team's pins.

Barrier Dodgeball

The children will be split into two teams. Each team will have a few barriers that they can hide behind during the game to protect themselves. The children can think tactically and choose the best moments to strike their opponents.

Island Dodgeball

You can split your class into a few teams and use mats to create those islands. No player is allowed to leave their island unless it is to collect a ball. Players must stand on their island (mat) and try to hit players on the other islands.

Stranded Dodgeball

Just like in island dodgeball, you will need a few mats to complete this version of dodgeball. You can choose one player to stand on a mat and you can have five players a few metres away (marked by cones). The players on the outside will try to hit the stranded islander on the mat. Time the islander and create a leaderboard of best times. You can also give the stranded islander lives.

Fitness Dodgeball

This variation of dodgeball ensures that all children are participating in the game for the entire duration. Once a child is hit they must complete a series of movements instead of being out. E.g. 10 star jumps etc.

Shrinking Islands

Set up an area that is large enough for all your class to move freely. One person starts on the outside of the area and will try to hit as many people on the inside as possible. Once a player on the inside has been hit, they join the outside of the island. Once the players dwindle in the middle, reduce the size of the area and repeat until you get a winner.

Zone Dodgeball

Split the group into four teams and split a square area into four smaller areas. In this variation, each team will go against the other three to eliminate their players. Once players are out they can collect the balls to help their team but they can't throw and get other players out.