

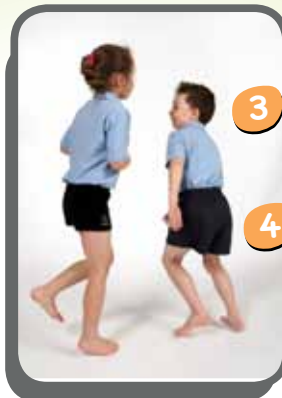
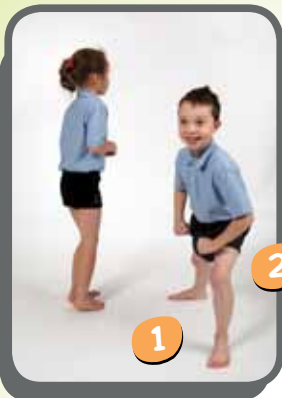
As they become more skilful
Body Management

Dodging

Dodging is a quick transference of weight from one foot to the other. It is used to deceive or flee from an opponent or evade an obstacle. It is important in invasion games.

1 Plant one foot and push off this foot quickly to change direction (plant and go)

2 Change direction by bending the knee and pushing off with the outside of the foot



3 Step/lean one way, and go the other (fake/feint/dummy)

4 Assume a low body position when changing direction

5 Move quickly

6 Dodging occurs in one action

If you see...

Observation	Likely cause	Solution
Knee bend is minimal and weight is on one foot only	Approaches the change of direction too upright	Push off on one foot and drive away
Feet cross	Inability to control speed	Place down marker spots
No clear effort to fake or deceive	Moves slowly and the change of direction is too decisive	Play some games where the child has to stop quickly and respond to instruction and move
Unable to shift bodyweight from one foot to the other	Not using bent knees	Place some marker spots on the floor. Place feet on them. Use audio cues to move from one to the other
Takes one or two more little braking steps before changing direction	Push-off foot is in line with body	Plant foot outside body and push away from foot to change direction

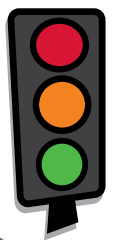
Opportunity to develop:
 Coordination - Balance - Control - Spatial awareness - Agility
 Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' skills sections

Safety!
 Ensure...
 children run with heads up
 surface is not slippery

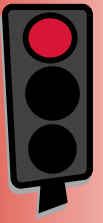
As they become more skilful

Body Management


Dodging




mostly x's
✓ and x
mostly ✓'s




- Place marker spots on the floor. Put left and right foot on these. Keeping the same foot on the spots, transfer weight from one to the other
- Practise lunge
- Running, stopping and changing direction on a whistle



- Place a number of cones about 0.5 metres apart around the room. Ask the children to move through as many of the gates as they can
- Slalom run around cones, slalom run inside cones, zigzag around cones without touching them, keeping head up



- Place a row of marker spots in parallel over a distance of 5 metres
- Run down the room stepping on the spots, only driving off spots to change direction
- Place a zigzag course with cones and poles or children. Move through the course as quickly as possible without touching the cones, children or knocking the poles
- Timed zigzag slalom



- Dodge in different directions and at different speeds, then in response to a range of cues
- Dodge to get away from a defender who is in front of you, behind you or to the side of you
- Dodge to get away from a defender, to include feinting, faking or dummying

Can you see...?

- the child bending their knees and slightly leaning forward?
- the child pushing off with the outside foot?
- the child faking/dummying with their head and shoulders?
- the child changing direction easily?
- the child showing good sideways movement?