

# Dodge Ball

**Aim: How to play dodge ball.**

**You will need: An even amount of players, half the amount of footballs, a few things to mark out the two teams.**

**Step 1: Divide the players into two different teams.**

**Step 2: Place the footballs in between teams spaced evenly apart.**

**Step 3: When someone says start everyone has to run towards the balls.**

**Step 4: If you get a ball throw it at the other team.**

**Step 5: Aim to hit the other team below the waist.**

**Step 6: Try to avoid being hit below the waist. If you are hit below the waist by the ball you're out.**

**Step 7: If you have been knocked out and a player from your team catches the ball before it bounces you are allowed back in.**

**Step 8: The team that wins is the team with the last person standing.**

**Gary Sharkey.**