



# DOUBLE THREAT DODGE BALL

- Place: A field
- Players Needed: 2 teams of 6 players
- Equipment: Dodge balls (or any other medium-sized ball)

## Directions

The game has 4 rounds (3 minutes each). A hit is worth 1 point. 6 players are inside "the pit" and 3 players are launchers on the outside and another 3 are reserves on the opposite side of the outside region. Launchers and reserves are on the same team. Launchers stand behind "the line of fire" and throw the balls at the players in the pit. Players in the pit cannot throw balls back at the launchers. Reserves cannot throw balls at the pit team. If a launcher throws the ball into the pit and it's caught before it hits the ground they are out and a reserve must come to take their place. Once you are out, you must stay a reserve till the game is over. Launchers cannot step over the line of fire. Balls are not to be thrown higher than the waist.



**Safety Tip:** Always get your parents help or permission before attempting this move (you never know, they might want to join you!).



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