

# KATALYST

A KATALYST FOR CHANGE AMONGST THE YOUTH OF THE NEAR EAST

[WWW.KATALYSTNE.NET](http://WWW.KATALYSTNE.NET)





# Fun Games

## Dodge Ball

### اسم اللعبة

This is a fun, high energy game of survival.

أكتب هدف اللعبة هنا

Players: not limited to any number

Age Range: ages 6 & up

### You will need:

- Soft balls (amount depends on number of players)



## How to play [or Instructions]

- Split the group of participants into two teams.
- One team stands outside the DODGE zone (circle or square that is clearly marked).
- The other team stands inside the DODGE zone.
- The team on the outside of the zone throws or bounces the ball across the circle to hit the players in the middle.
- If a ball hits a player in the DODGE zone, they are out. They must join the other team on the outside of the circle.



- The last player inside the DODGE zone is the winner of the game. Alternatively, you can give points for how many players are out in a set amount of time.

## Variations of the Game

- This game can be played once or in different rounds depending on how long the game is desired to last.
- For ages 6-13, the ball must hit the players below the knee in order for them to be “out” and join the outside team.
- For boys; ages 14 and up, the ball must hit them below the shoulders in order for them to be “out” and



join the outside team. If girls are playing, modify this rule - the ball can only hit below the hip.

- The number of balls used is dependent on how many players there are and how difficult you would like for it to be for the team in the middle to avoid being hit by the balls.

## **Video Link or Picture**

