

# Player Development Framework



## Guiding Principles

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Modelled on approaches such as Sport Canada's Sport For Life model, which promote and support active engagement in physical activity in addition to the ongoing development of physical literacy, the World Dodgeball Federation has established the following principles regarding player's long term development and out active-for-life approach:

### 1. Physical Literacy

Dodgeball should be a vehicle to develop fundamental movement skills alongside providing confidence to be active-for-life.

### 2. Long-Term Development

Programmes should be designed with individuals in mind; supporting learning throughout all stages of development (whether based on age, experience or engagement)

### 3. Excellence

Pursuing excellence in dodgeball promotes engagement, fitness and the development of holistic life skills; excellence is progressive and may have different definitions to each individual.

### 4. Health & Wellbeing

Dodgeball should promote physical, mental, social and community health, and the importance of each may be balanced according to the individual.

### 5. Inclusion & Diversity

Everyone should have access to dodgeball and its communities, regardless of background, age, ability, ethnicity or gender.

### 6. Collaboration

Building key relationships with a variety of stakeholders including players; organisers; officials; national ministries; governing bodies; and commercial enterprises is critical for growing dodgeball.

### 7. Safe Sport

Safe sport is characterised as an environment which fosters positive experiences, fair play and ethical behaviour. In this environment, all participants will feel safe, accepted, included and respected.

### 8. Leadership

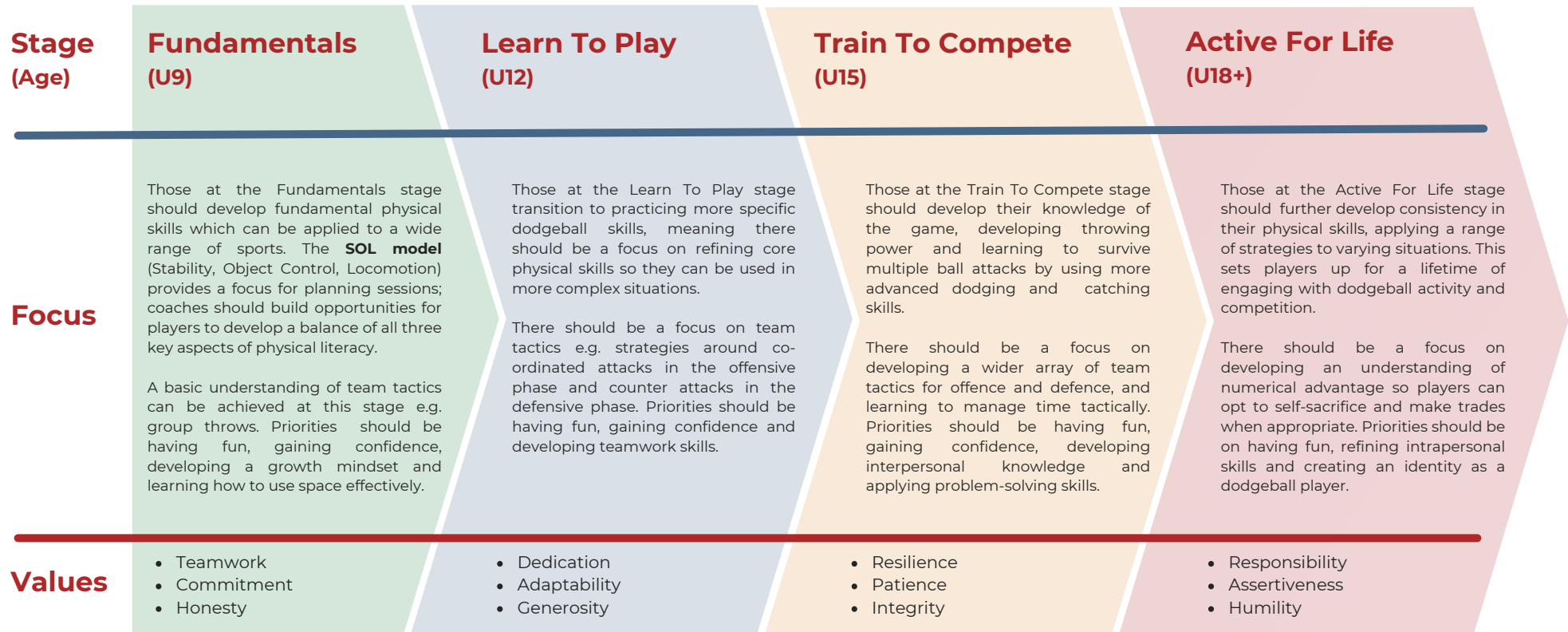
Empower strong leaders. Develop knowledgeable coaches who can deliver high quality sessions in line with our guiding principles. This accelerates player development, ensures safety and creates trust.

# Player Development Framework



## Introduction

This is a summary of the recommend development stages for dodgeball players, providing a useful basis for planning.



## Age-Free Development

When players of any age join dodgeball as a beginner, coaches should determine which of the above stages they are at in order to facilitate appropriate development. Coaching new players should be structured to allow them to develop skill and tactics found at each of these stages, building an adequate level of understanding and skill acquisition, before they are ready to proceed to the next stage of development. As they move into Active for Life, players should continue to develop all of the above in addition to developing the ability to adapt individual and team strategies in response to the strengths and weaknesses of themselves, their teammates and their opponents.

# Player Development Framework



## Primary Skills

This page outlines the recommended skills-related development stages of a dodgeball player. Each development stage's skills are designed to be built upon and should still be practiced regularly as players advance through each stage.

Stage (Age)	Fundamentals (U9)	Learn To Play (U12)	Train To Compete (U15)	Active For Life (U18+)
<b>Throwing</b>	Develop good throwing technique with grip, elbow position and body rotation.	Develop improved throwing power using hip-shoulder separation, whilst refining technique.	Develop improved throwing accuracy whilst maintaining technique.	Further develop consistent power, accuracy and implement throw variations (e.g. jump throw).
<b>Catching</b>	Adopt the ready position. Develop eye tracking and ability to catch slower balls using snatch technique.	Develop ability to catch balls aimed at the body using tunnel technique.	Develop ability to catch balls aimed away from the body using snatch and parry techniques.	Further develop consistent catching of balls aimed at the body from individual and organised attacks.
<b>Dodging</b>	Adopt the ready position. Develop basic dodging movements in a range of directions and heights.	Develop reactive dodge movements and sequence basic dodges.	Develop advanced dodge movements (e.g. fake, dive, leap), and combine more complex dodges.	Develop survivability through implementing a range of dodge types depending on the situation.
<b>Blocking</b>	Adopt the ready position. Develop basic blocking technique, using one object to control another.	Develop ability to control balls, applying purposeful directional control when blocking.	Develop ability to protect oneself from powerful throws through movement and body positioning whilst blocking.	Further develop ability to control balls, implementing directional blocking depending on the situation.

### Age-Free Development

When players of any age join dodgeball as a beginner, coaches should determine which of the above stages they are at in order to facilitate appropriate development. Coaches should ensure players reach an adequate level of skill-acquisition and understanding of each stage before progressing to the next stage.

# Player Development Framework



## Secondary Skills

This page outlines the recommended skills-related development stages of a dodgeball player. Each development stage's skills are designed to be built upon and should still be practiced regularly as players advance through each stage.

Stage (Age)	Fundamentals (U9)	Learn To Play (U12)	Train To Compete (U15)	Active For Life (U18+)
<b>Faking</b>	Begin to develop a pump fake	Refine pump fake to look more believable	Develop use of effective pump fakes in team situations e.g. group throws	Develop use of effective pump fake in team and individual situations e.g. open play
<b>Trapping</b>	Develop awareness of thrown ball positions on and off court	Develop ability to trap balls when bouncing off a back wall	Develop ability to trap balls bouncing off a back wall immediately after dodging	Further develop ability to trap balls after dodging and decision making regarding vulnerability in a variety of situations
<b>Rushing</b>	Develop basic sprinting technique	Develop effective sprint start and deceleration techniques	Develop passing techniques upon gaining ball possession. Develop quick-throw technique frif attacking	Develop survivability through the rush by working on retreat movements. Develop offensive/defensive movements after receiving a pass.
<b>Set Position Movement</b>	Develop basic throwing technique	Develop basic ability to advance and retreat using whilst adopting the set position	Develop ability to pump fake and release quickly from the set position	Improve survivability by developing the ability to switch between the set position and the ready position for blocking & dodging

### Age-Free Development

When players of any age join dodgeball as a beginner, coaches should determine which of the above stages they are at in order to facilitate appropriate development. Coaches should ensure players reach an adequate level of skill-acquisition and understanding of each stage before progressing to the next stage.

# Player Development Framework



## Tactics

This page outlines the recommended progression of tactical knowledge and application of a dodgeball player as they develop. Each development stage's tactics are designed to be built upon and should still be practiced regularly as players advance.

Stage (Age)	Fundamentals (U9)	Learn To Play (U12)	Train To Compete (U15)	Active For Life (U18+)
<b>Offensive</b>	<ul style="list-style-type: none"> <li>Single ball attack</li> <li>Group throw</li> </ul>	<ul style="list-style-type: none"> <li>Throw targeting</li> <li>Group throw basic tactics (e.g. holds)</li> </ul>	<ul style="list-style-type: none"> <li>Quick play (attacking before play ball is called)</li> <li>Group throw advanced tactics (e.g. fakes, staggered release)</li> </ul>	<ul style="list-style-type: none"> <li>Group throw decision making (situational assessment)</li> <li>Low risk play</li> </ul>
<b>Defensive</b>	<ul style="list-style-type: none"> <li>Retreat after attack</li> <li>Basic running counter attack</li> </ul>	<ul style="list-style-type: none"> <li>Covering &amp; trading</li> <li>Pre-throw</li> </ul>	<ul style="list-style-type: none"> <li>Co-ordinated pre-throws &amp; running counter attacks</li> <li>Post-throw</li> </ul>	<ul style="list-style-type: none"> <li>Defensive decision making and pressure levels</li> <li>High press &amp; sacrifice charge</li> </ul>
<b>Strategic Understanding</b>	<ul style="list-style-type: none"> <li>How to use lateral space and distance effectively</li> </ul>	<ul style="list-style-type: none"> <li>Situational decision making - individual: Throw aggression, dodge vs catch decision making</li> </ul>	<ul style="list-style-type: none"> <li>Time management and opening up/closing down play</li> </ul>	<ul style="list-style-type: none"> <li>Situational decision-making - team: aggression levels, numerical advantage and self-sacrifice</li> </ul>

### Age-Free Development

When players of any age join dodgeball as a beginner, coaches should determine which of the above stages they are at in order to facilitate appropriate development. Coaches should ensure players reach an adequate level of strategic understanding and execution of tactics in each stage before progressing to the next stage.