



# DODGE BALL LEADERSHIP GAME

The activity is suitable to teach leadership

## NUMBER OF PARTICIPANTS TO BE INVOLVED

6 v 6 or  
2 teams of equal number  
not more than 10 in a team

## SPACE AND TECHNICAL REQUIREMENTS (MATERIALS)

- A Sport hall or a pitch
- Ball for volleyball or some other not very heavy
- 2 Equal teams of people not more than 10 in each

## SESSION OBJECTIVES (EXPECTED LEARNING OUTCOMES)

- To raise awareness and teach leadership
- To discuss matters of different leadership styles

## THE SESSION STEP BY STEP



5-10 min

Before training begins, participants need to make a short warm up.



10-15 min

### Part 1

The following rules are presented to learners. This are the basic rules of the game called Ball of the prisoner or Matar in Spanish.

- The group is split in 2 equal teams who play against each other (A and B)
- The aim is by throwing the ball to touch a person from the other team without that he/she catches the ball
- If team A throws the ball and a person from opposite team B is touched by the ball, he/she goes behind the line of the team A
- If the person from the team B catches the ball he has the right to throw.

- If team A didn't manage to touch anyone or ball has been caught by someone from team B, then person who threw goes behind the back line of the team A. People from both teams standing behind the backline have the right to catch and throw the ball on the opposite team.
- Persons behind the line can be saved and come back inside the field in case if someone from their team catches the ball

Let the learners play for 10 - 15 min.



10-15 min

### Part 2

A second round is introduced where one new rule had been added. Each team should chose a representative (captain). When they choose him, tell that the rule is that only this person from both teams is allowed to

speak. If somebody else speaks is same, as the ball has hit him so goes behind the line of the opposite team. Let play 10 – 15 min



10-15 min

### Part 3

Next last part of the game everybody from each team receives an assignment on a little paper which should not be shown to others when they play. The assignments are:

- try to include everyone in the game
- be not interested in the game
- coach / lead the team

- be super enthusiastic and involved in the game
- play as normal

You can write the assignments several times according to number of participants so that everyone received one. It is ok to have several people in the same role  
Then let a new play for 10 – 15 min



30 min

### Debriefing

This exercise raise awareness about leadership and how we act as leaders and how this is helping us to coordinate volunteers. Sport is the best way to see those effects and connect them to reality. For debriefing then you can ask the following questions:

- How was the game? How do the participants feel after it?
- What happened? ( 1st/2nd /3rd part) Were there any differences between the different parts and what were they?
- How easy/ difficult was to play in the different parts of the game?
- Which one they like most and why?
- Regarding the 2<sup>nd</sup> part – how was to play as a leader and how was to play without speak? What was more easy/ difficult and why?

- Regarding the 3<sup>rd</sup> part how easy/difficult was to play in the given role ( usually this is the strongest part because for some people it is hard to not be interested if they like to play, and for some it is hard to be super involved especially if they are shy. A hint might be that you give the assignments to people according or even opposite to their personalities and not let them choose randomly in order to make it even more powerful). So ask to speak about the roles and how was each role.
- Next: Ask did participants learn something out of the game and what they have learned?
- Can they connect this game to a real life situation and which one? How usually we could connect such play to reality?
- Can they reuse the results of this exercise in their real life and how?



### TIPS FOR THE TRAINER

*Synthesis of most important key notes, outputs, results of the session, etc*

*Then according to how the discussion goes ( if they manage to have some learning outcomes or they do not speak much) you may conclude telling that leadership is needed when you coordinate teams, especially if you work with a lot of people, so learners should be aware that there might be people who are over enthusiastic and super motivated, others less or they should look for them and make them interested, try to involve everyone in the same way etc*

*This exercises is also relevant if you speak about volunteering or organizing teams of volunteers, etc.*