






# DODGING

Cor i leataobh



Target Pupil								Comments
<p><b>Head</b> up and eyes focused forward</p> 	Head							
<p><b>Low body position</b></p> 	Trunk							
<p><b>To change direction</b> plant foot, bend knee and push off from the outside of the foot</p> 	Legs							
<p>To add a <b>deceptive element</b> to the dodge, step/lean one way and push off in the other direction</p> 	Deception							
<p>Able to dodge on <b>both sides</b></p> 	Extra							

Hints	What instructions should I give?	From where should I observe this skill?	What equipment do I need?
	Zig-zag forwards between the cones as fast as you can.	The front.	Cones placed in a zig zag formation, whistle.