

Find a bunch of friends and agree not to hurt each other.

HOW TO WIN AT

Dodgeball

1 Mark off the boundaries of the playing area with cones or other markers. The playing area should be roughly the size of a basketball court.

2 Dodgeball is typically played with six soft foam balls that are easy to throw and catch. You can also use rubber balls, but make sure they are not too hard or heavy.

3 Dodgeball is typically played with two teams of six to ten players each. Each team should stand on opposite sides of the playing area.

4 The game begins when one team throws their balls at the other team. The goal is to hit players on the other team with the balls and eliminate them from the game.

5 If a player is hit by the ball, they are out of the game.

6 If a player catches the ball thrown by the other team, the player who threw the ball is out of the game. The player who caught the ball can also bring back a teammate who has been eliminated.

7 The game continues until one team has eliminated all of the players on the other team.

Dodgeball Pro Tips

- When your opponent is backed into a corner, throw balls to push them out of bounds.
- To avoid getting hit by an opponent's ball, don't stand directly in front of your teammates.
- Use your teammates as shields to protect yourself from incoming balls.
- Work with your team to throw multiple balls at a single, stronger opponent to eliminate them first.
- Fake your throws to trick your opponents.
- Target opponents when they jump to take advantage of their inability to dodge.
- Aim low near their feet to make it harder for them to catch the ball.
- Throw as soon as your opponent has thrown their ball to catch them off guard.
- Startle your opponent by screaming when throwing.
- If you're outnumbered, focus on catching balls to bring your teammates back in.
- Be unpredictable with your footwork and practice shuffling and side-stepping.

FUN FACT During the filming for "Dodgeball: A True Underdog Story", Ben Stiller hit his wife, Christine Taylor in the face with a ball and broke three cameras in one scene.