

Answer the following questions by highlighting the appropriate answer in the text or provide the answer as directed.

DODGING, FLEEING & CHASING

Provide an example of a sport or game that requires the skills of dodging, fleeing and chasing. _____

What is dodging? Underline the definition.

If you are moving in a forward direction and change direction to move toward your right, what type of dodging skill would you use?

What is fleeing? Underline the definition.

When a defender is close to you, you should run (circle one):

FAST or SLOW

When a defender is far from you, you should run:

FAST or SLOW

Why would you not want to run fast all of the time?

What are the four elements of movement?

1. _____
2. _____
3. _____
4. _____

Identify a skill (Dodging, Fleeing or Chasing) for each of the following elements:

_____ Body: Stutter Step

_____ Space: Sideline

_____ Effort: Strong/Powerful

_____ Relationships: Toward

Dodging, Fleeing & Chasing

Physical Education

There are three skills that are often used in various team sports and invasion/tagging games: **Dodging, Fleeing and Chasing**. Each of these skills are important in creating space, avoiding an opponent or preventing forward movement of an offensive player. To be successful in these activities you need to be able to combine relationships, levels, speed, direction, and pathways.

Dodging is a skill that is used to change pathways to gain a positional advantage over another individual. By changing direction, the offensive person is trying to create a greater amount of separation between him/her and the defense. The dodging skills are:

1. Open Step—used to gain ground or maintain position.
2. Drop Step—any movement in a backward direction. You lose ground to retreat.
3. Reverse Pivot—used to cut back in a different direction.
4. Cross Over Step—used when you are stationary or when you pivot on one foot.

Fleeing occurs when a person moves away from another person to create a larger separation between the offensive person and the defender. Change in speed, direction and pathways are important elements of fleeing.

Chasing is movement that is used to pursue another individual from different angles. When pursuing another person, you must be able to react quickly to any change in direction.

When performing the different movement skills (dodging, fleeing and chasing) you will demonstrate the elements of movement:

1. moving his/her body in different ways (BODY)
2. moving through space by changing levels and directions (SPACE)
3. changing the amount of effort through time, force or speed (EFFORT)
4. changing your position in relationship to other people (RELATIONSHIPS)

	Dodging	Fleeing	Chasing
Body	Position/ Skills: Athletic Position Stutter Step Open Step Drop Step Reverse Pivot Cross Over Step	Skills: Running	Skills: Running
Space	Directions You Can Move In: Forward/Backward Left/Right Diagonal Area You Use the Skill In: Personal Space Pathway: Zigzag	Directions You Can Move In: Forward Backward– to retreat Left/Right Diagonal Area That You Want to Move Toward: Open Space Pathways: Straight Zigzag	Angles of Pursuit (Directions You Can Move In): Forward Left/Right Diagonal Area That You Want to Move Opponent Toward: Sideline Space Toward a Teammate for Support Pathway: Straight
Effort	Time: Fast Accelerating/ Decelerating Force: Strong/Powerful	Time: Fast/Slow Accelerating/ Decelerating	Time: Fast/Slow Accelerating/Decelerating
Relationships	Beside/Across Parting Apart Away From	Parting Apart Away From	Beside/Across Together Toward

Answer the following questions by highlighting the appropriate answer in the text or provide the answer as directed.

SKILL DEVELOPMENT

When accelerating you want to change your center of gravity so that it is (circle your answer):

LOWER HIGHER

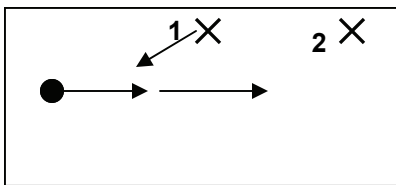
When you have a small cushion/separation between you and a defender should you (circle your answer):

ACCELERATE DECELERATE

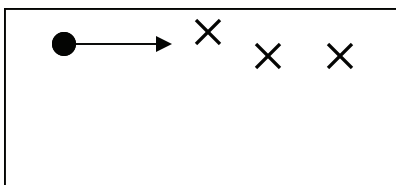
Stutter stepping is used to (circle your answer):

ACCELERATE DECELERATE

If you (1X) over pursue your opponent (●), draw a line of the angle of pursuit that your teammate (2X) should use to stop (●) from continuing to advance forward.



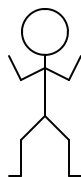
In the diagram below, draw an arrow to identify where the offensive player (●) wants to move to avoid being tagged.



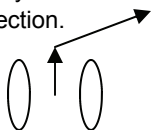
SCIENTIFIC PRINCIPLES

Label the figure with numbers to identify the order in which the muscles will move to generate a greater amount of force:

1: Core 2: Legs 3: Arms



You are performing an open step and changing direction to travel to the right. Shade in the oval that represents the foot that will apply force to the ground to change direction.



SKILL DEVELOPMENT

Acceleration occurs when there is an increase in speed at a faster rate.

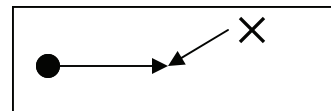
- Raise the level of center of gravity
- Steps become larger
- Smaller base of support
- Offense wants to increase the cushion/separation (amount of distance between him/her and the defense)
- Defense wants to decrease the cushion/separation (amount of distance between him/her and the offense)

Deceleration occurs when there is a decrease in speed at a faster rate. It is used to come to a complete stop or to slow down enough to change direction.

- Stutter step
- Create a large base of support to generate a greater amount of force when changing directions
- Lower the level of center of gravity to increase your balance
- Offense can slow down if there is a large cushion/separation

Angles of pursuit are the angles that the chaser or defender (X) uses to stop forward progress of the offense (●). The angle of pursuit should drive the fleeing person or opponent inside out (toward the sideline).

- Predict the changes in direction
- React quickly to the person you are pursuing
- Shoulders square to the person you are pursuing
- Use the sideline to provide support and prevent further progress down the field
- Have a teammate provide support in case you over pursue the offensive player



Space is created by using changes in direction and pathways.

- Offensive players want to move to open space
- Defenders want to force the offensive players toward the sideline or a teammate.

SCIENTIFIC PRINCIPLES

Summation of Force is the use of muscles in a sequential order to maximize the amount of force that you can produce. The core should stabilize, then the large muscles will produce force (extension through the legs) and then the smaller muscles will support the movement.

Law of Acceleration requires the body to produce a force that is greater than the force that is acting on the body at rest. The ability to accelerate is dependent upon how much force a student can create. When changing directions, the greater amount of force that you can create with each leg, the faster you will be able to accelerate.

Law of Equal and Opposite Reaction requires force to be applied in the opposite direction that you want to go (this occurs when a student changes direction). In order to move to the right using an open step, you must apply force using the left foot and push off in the opposite direction.

Law of Motion is when the body wants to continue in the direction that you are already traveling. In order to change direction, a student must change the movement pattern (running to stutter stepping). By increasing the number of times the feet interact with the ground in a certain amount of time, the student is able to gain a greater amount of control over the environment (transferring the energy to a different direction).