

# MAKING LIFE MORE FUN

## The Return Of Dodgeball

(NAPSA)—If you've ever thrown something as hard as you can at a good friend—and still remained friends—chances are you've played dodgeball.

Dodgeball, the popular playground game many people played as children, has made an impressive comeback in the U.S. Today, there are dodgeball leagues (one of which is televised nationally), dodgeball tournaments, books and even dodgeball fashion.

If you plan to join the dodgeball "revolution," try these tips from the National Dodgeball League:

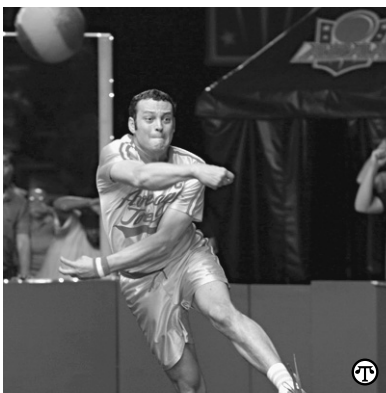
- **Throwing**—Most players throw overhand, but don't underestimate the power and control of an underhand throw. Try using the same techniques used in fast-pitch softball.

- **Catching**—Chances are it's been a long time since you've caught a dodgeball, so you may want to practice before playing. Remember, bring the ball into your chest. Don't try to catch with just your hands.

- **Tactics**—Most players are eliminated because of hesitation. Learn to make playing decisions (to catch or dodge) quickly.

- **Rules**—Different leagues may use different rules. Ask your teammates for a quick rule breakdown before playing.

So why has dodgeball suddenly come bouncing back? Much of its regained popularity can probably be traced to the movie "Dodgeball: A True Underdog Story." In the popular comedy, Ben Stiller stars as White Goodman, the power-



**Have A Ball—From movies to professional leagues, dodgeball has made a comeback in the U.S.**

mulleted ego maniac owner of Globo Gym.

Goodman is determined to take over a gym called Average Joe's, owned by underachiever Peter LaFleur (played by Vince Vaughn). LaFleur puts together a ragtag team of less than average "Joes" to compete against the physically superior Globo Gym team in a winner-takes-all game of dodgeball.

The recently released DVD and VHS versions of the movie include two featurettes: "Dodgeball Boot Camp: Training for Dodgeball" and "Anatomy of a Hit." They also feature commentary by the director, an alternate ending, deleted scenes and a bloopers/gag reel.

For more information about the "Dodgeball" DVD, visit [www.dodgeballdvd.com](http://www.dodgeballdvd.com). For more information about dodgeball, visit [americandodgeball.com](http://americandodgeball.com).