

Five “D”s of Dodgeball (for everyday life)  
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Some may recall the scene from the 2004 movie ‘Dodgeball’ where the coach of a misfit team, the Average Joes, delivers a motivational speech on the fundamentals of the game.

He explains from his wheelchair that the five D’s of dodgeball are: “Dodge, Duck, Dip, Dive and Dodge.” To make the moment memorable, he dumps out a bag of wrenches and boldly states, “If you can dodge a wrench, you can dodge a ball.”

He then proceeds to hurl one of the wrenches at a player, striking him squarely in the head. Throughout the team’s training sessions, members are often hit with wrenches at inopportune times. The result of their training regimen -- a nimble team prepared for the big tournament.

Though this movie may not be completely grounded in reality, there are some life lessons we can take from the dodgeball “D”s:

- Dodge – There are a lot of things in life we need to steer clear of. Bad relationships, unhealthy thoughts, too little sleep, negativity, judgement and pride are a few. We need awareness to avoid those situations which we know will cause us or those we love unnecessary pain. We have to know ourselves well enough to react before trouble starts. Understanding our trigger points – what makes us upset or angry or depressed – will pay dividends.
- Duck – Life circumstances will throw us curve balls. Sometimes it feels like folks are gunning for us, maybe even like that wrench is heading right towards our head. We didn’t get promoted; we don’t make enough money; we’re not as successful as our friends. Duck it, then ask for help, recover and take care of business.
- Dip – The dictionary says to “sink, drop, or slope downward.” Sometimes we just need to hit the floor as fast as we can. Drop what we’re holding onto and get out of the way. Stay down until it is all clear. Then recover.
- Dive – This move definitely requires us to leave our feet. When there’s no other way to avoid the hit, we have to give our all to move. At times, we’ll hurt our knees and elbows getting out of the way. We may even have to give up control!
- Dodge – This one gets twice the airtime for comical effect. Dodging is really core to our survival. If we can’t avoid some forms of conflict, outrun some of our bad habits, get through the emotional pain of loss, death, or break-ups, we end up spread out on the floor face down. Don’t dodge responsibility, but do dodge those circumstances that are unhealthy for us or the people we love and are within our span of control.

In the end, the Average Joes went on to do pretty well because they trained, knew their weaknesses, and endured some pain dodging (or not) wrenches along the way.

We each have to find our source of strength and motivation in life. Dig deep, let go and be ready for the wrenches!