

Lesson Plan #1

Objective of the week: Introducing a group to KIN-BALL® sport

Introducing a group to KIN-BALL® sport takes between 15 and 20 minutes depending on many factors such as:

- The experience of the presenter
- The age of the participants
- The amount of participants

In order to give you the right tool to properly introduce a group to the sport, you will find, at the end of this document, an easy to follow 8 steps initiation. This procedure has been tested over the course of many years and has proven to be the simplest way of teaching a group how to play.

The scheduling of a first KIN-BALL® sport lesson should be divided as follows:

Introduction including safety rules:	2 minutes
<ul style="list-style-type: none">- Do not hit the ball with your head.- Always hit the ball with two hands.	
Warm up game (<i>see the game of the week</i>)	3-5 minutes
Initiation using the 8 steps	15-20 minutes
Playing time (<i>Loose refereeing, gradual addition of the unmentioned rules</i>)	25-30 minutes
Cool down and relaxation	5 minutes
Conclusion	2 minutes

At the end of this first hour, your participants will know how to play basic KIN-BALL® sport.

At the end of the initiation the following rules should have been seen:

- Designation Fault: page 11 of the rulebook
- Missing a contact: page 12 of the rulebook
- Downward angle: page 13 of the rulebook
- Throw too short : page 14 of the rulebook
- Time Fault: page 18 of the rulebook

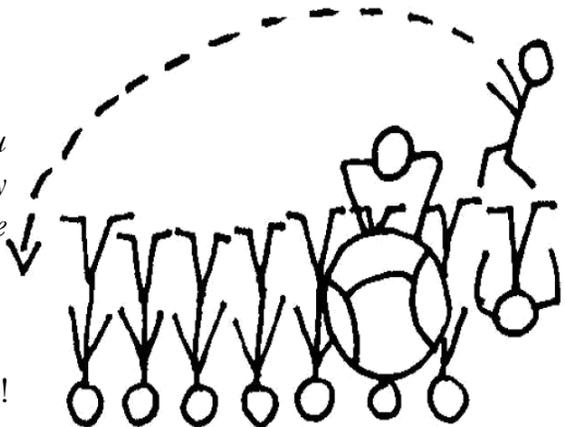
Game of the week

The Train

All the players must lay on their backs, side by side, shoulders to shoulders, in a line. They will be the railway on which the train is going to travel on. The ball is the train and will be rolling on the railway. As soon as a player has been rolled on by the ball, he must stand up, run to the end of the railway and lay on his back next to the last person in line in order to keep the ball moving. The group will have to turn corners to avoid having the train hit the wall. The game ends when the players are out of breath or the train has reached its destination.

Safety tips:

In order to avoid head injuries, make sure you tell your players to run to the end of the railway by passing around the group on the side of the feet of the other players rather than their heads.



Thank you very much for your interest in the sport, please contact us for any question!

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GROUP INITIATION

Objective:

To be able to direct a group of beginning or experienced players through KIN-BALL® sport initiation regardless of their age.

STEPS:

1. Divide the group in three teams:

Three teams of equal number of players to which you'll give pinnies.

2. Explain the objective of the game:

- Number of teams (*page 4 in the rulebook*)
- Court's limits (*page 4 in the rulebook*)
- Designation (*page 11 in the rulebook*)
- How to hit (*page 4 in the instructional manual*)

3. Explain the individual and collective offense position:

- Individual : arms, head, legs (*page 17 in the instructional manual*)
- Collective : triangle around and under the ball (*page 17 in the instructional manual*)

4. Explain the defensive positioning:

- Explain the individual positioning (*page 11 in the instructional manual*)
- Explain the collective positioning (*page 10 in the instructional manual*)
- Give numbers to each player from 1 to 4 and add the letter A or B to create the A and B cells.
- Players of the teams: in square, at 3-4 meters around the ball.
- Practice the defensive square displacement while holding the ball.

5. Hit Simulation:

The coach will hold the ball by the opening as it is hit. As soon as they have understood how it works, let the players play by themselves.

6. Substitution:

After playing 3-4 minutes, make a player change

7. Re-execute step 5 with the new players.

8. Regular game, as you explain rules that were not explained yet.

N.B - *Loose refereeing.*

- Make sure you execute changes in order to have everyone playing.