

Lesson Plan #3

Objective of the week: The two person ball control

In order to develop the ball control skills of your participants, we recommend that you proceed with an educational exercise followed by a modified game. With this skill, the players will be able to bring the ball to the center of the gymnasium where the hitting options are greater than near a wall.

Here are the details of this technique:

- Team-mates must be in front of each other.
- The hands are on the side of the ball.
- The players cannot see each other.
- Players must push slightly on the ball.

Educational exercise:

The educational exercise is a relay race.

All the participants are paired up 2 by 2 at one end of the gym. Taking control of the ball while respecting the technical key points listed above, each pair of players must run sideways while controlling the ball across the gym. Once they get there, they must put one knee on the floor and drop the ball on the floor. They must then stand up, raise the ball at the appropriate height, hold it properly and finally come back to their starting point where they will hand the ball off to the next pair.

Continue this exercise until all the pairs have performed it once. If you have enough time and space, you could also have them continue doing it as many times as necessary, until they are able to perform it correctly.

Since most of you have only one ball, in order to give the participants a challenge, you can time them and see how fast they can execute it therefore instigating a little competition between the pairs.

Modified games:

In order to encourage your participants to use the skill during game time, you can proceed with two different modified ways of playing the sport.

The **first** one would be to give a bonus point to a team each time the first two players touching the ball in defense establish a “two person ball control” and bring the ball back to the middle of the court. It is not mandatory to bring the ball to the middle of the court but if they do so they get an extra point. When you proceed this way, the team that executes this skill the most often will get more points and will be more involved by the game than the other teams. If you are using this game, to avoid always having the same team attacked over and over, you have to make sure that the teams are balanced and you could want to reset the score every two minutes.

This modified game is more efficient for younger participants (elementary schools).

The **second** modified game consists in telling the players that they have to bring the ball to the middle of the court our gym every time they catch it. If they don't respect the rule, you will give them a fault for call an illegal offense. In order for this modified game to work better, make sure once again that your teams are balanced.

It is important to understand that because of the rules of the sport, this displacement of the ball can only be done after a hit has been caught. When restarting the play after a fault, according to the rules, you can only move the ball for a distance of two ball diameters which means that they won't have to perform it when restarting after a fault was committed.

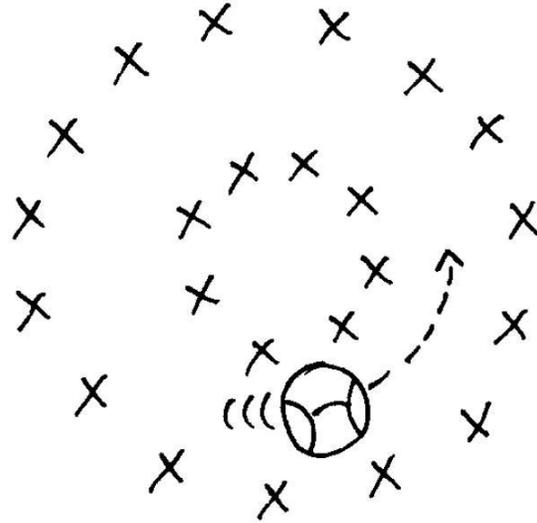
This modified game is more efficient for older participants (middle and high schools).

REMINDER: You should not use modified games for the entire playing time. You should use this modified rule for a maximum of 10 minutes if your activity lasts one hour.

Game of the week

Start your engines!

The players are positioned in two circles; the larger outside circle is surrounding a smaller inner circle. The players from the two circles face each other and the distance between them should be large enough for the ball to pass between them. Using only their hands, the players will push on the ball to allow it to move forward between both circles. The objective here is to have the ball rolling in the speedway (between the circles) as fast as possible for a pre-determined amount of laps. You can start with 5 laps and see how much time it takes to do it in one direction. Then having the ball rolling in the opposite direction for another 5 laps, time how much faster they are able to get. You can vary the amount of laps during the game.



Safety tips:

In order to avoid injuries, make sure you tell your players to keep their feet on the ground at all times and never kick the ball. You should also request that the ball stays on the ground while playing the game.

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

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