

Lesson Plan #4

Objective of the week: Hitting better part 1

In order to develop the ability of hitting the ball, your participants can work on hitting the ball horizontally. By working with this skill, the teams in defense will have more difficulty catching the ball. To improve horizontal hits, it is important that the center of the ball is at the height of the hitter's shoulder and that this player hits at the center of the ball.

You will find the details of this technique in the “*KIN-BALL® sport instruction manual*” at pages 18 and 19.

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 hitting player hits the ball in the center of it producing a hit with a horizontal trajectory. In order to judge correctly the appropriate execution of this skill, take as reference the horizontal patterns on the gymnasiums walls such as the lines of the bricks. You can adjust the level of severity to the level of the participants.

Proceeding this way, the team that executes this skill the most will get more points and will be more involved in 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 reset the score every two minutes.

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

For the **second** modified game we suggest that you proceed using a visual reference such as the basket-ball rings. During the modified game time,

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every time a hit is higher than the visual reference you are using, the team gets a fault for illegal hit. You can see the referee signal at page 36 of the “*KIN-BALL® sport official rules*”.

You’ll then realize that fewer hits are going to be recovered by the defensive teams. You can then remind your participants to use their kicking skill explained and practiced in *Lesson Plan #2*. You can also remind the players the principle in KIN-BALL® sport that says: “Low balls are way harder to catch than high balls”.

In order to make the play more efficient, make sure that your teams are balanced.

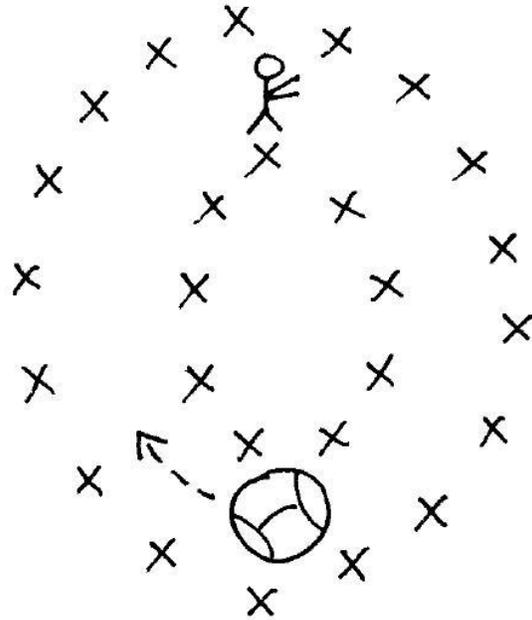
This modified game is more efficient for older participants (middle and high schools).

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

Indiana Jones

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. A player is then identified and will become Indiana Jones. He will have to run between both circles run away from the big rock (the ball) that the others are rolling towards him. Before the rolling starts, the player must start at the opposite side of the circle from the ball. During the game, the ball and the player can switch the rotation direction of the ball. When that player gets touched, another Indiana Jones is designated.



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 program, please contact us for any question.

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