

## *Lesson Plan #6*

### *Objective of the week: Quick designation*

In order to improve the speed of the game and to reduce the amount of designation faults that may occur when players hit the ball at the same time as they say the color, the objective of this week newsletter is to bring your participants to make an earlier designation.

If you look at the “*KIN-BALL® sport official rules*” at page 11 and 12, you will find the details about the designation rules.

- Before hitting the ball, a player of the attacking team must say the word “OMNIKIN” immediately followed by the color of one of the defensive teams.

Since designations can be done at any moment after the designated team has established one contact in defense and before the hit, the idea of this week’s objective is to bring the player to complete their designation between the second and third contact.

### **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 a player of that team is able to complete the designation between the first and third contact in defense. To help them you can request that they use the two player ball control (seen in *Lesson Plan #3*) to bring the ball back to the middle of the court. While the ball is being brought back to the center of the court, the two other players of the team will have to communicate together to determine which one is going to make the designation.

Proceeding this way, the team that executes this skill the most often 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 you will request the designation to be completed before the third contact. Once again you can request of your participants that they bring the ball back to the middle of the court as described in *Lesson Plan #3* using the two player ball control. Once they have understood what communication is required to make it correctly, you can then let them play the ball from anywhere on the court, making sure they respect the condition you requested which is to complete the designation between the first and third contact. If this condition is not respected, the team will receive a designation fault.

You will then notice that the players will become better and faster at completing the designation which will increase the speed of the play and reduce the amount of designation faults.

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

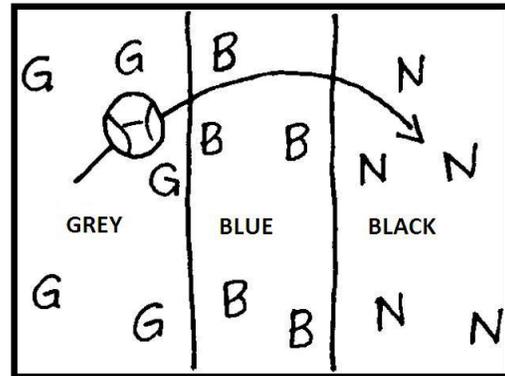
This modified game is more efficient for older participants (middle and high schools).

**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

### Middle Ball

Divide the group into three teams, one being positioned between the two others in the gymnasium. In order to play the game, the two teams that are on the outside have to throw the ball (as they would during a game, i.e. proper position under the ball and one member hits it) to each other over the heads of the players of the team in the middle. The middle team's objective is to intercept it. If they succeed, they will take the place of the team that threw the ball that was intercepted. When the ball is successfully sent to one of the outside team, this team has 10 seconds to get ready and throw the ball again. Designations must be executed and the players have to decide who the hitter will be.



#### Safety tips:

*In order to avoid injuries, make sure you tell the players of the middle team that they have to stay between their lines and must be at least 6 feet away from the ball when it is hit by one of the side team, making sure they don't receive it directly in the face.*

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

Pierre-Julien Hamel  
 General Manager IKBF  
 +1-514-252-3210  
[info@kin-ball.com](mailto:info@kin-ball.com)