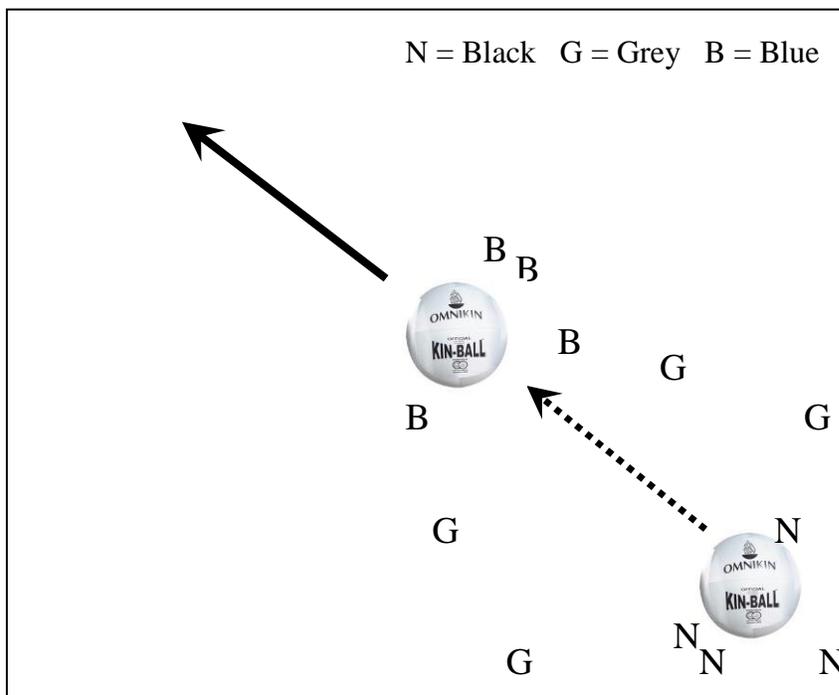


Lesson Plan #7

Objective of the week: Hitting better part 2

In order to have your participants use speed against the other teams, this week's newsletter objective will be about what is called the extended hit.

If you look at the “*KIN-BALL® sport instruction manual*” at page 26, you will find an exercise idea to increase the general speed of the play. The extended hit is one of the ways to use speed and consists in extending the ball's trajectory after it has been caught by the team in defense. To explain it you can show your participants that if they hit the ball using the same direction as the previous team did and are able to accomplish this, the previous team to hit will not have enough time to get back into position around the ball and defend their corners. Here is an illustration of the extended hit. The black team (N) attacks the blue team. The blue team then sends rapidly the ball to the black team in the same direction the ball came to them.



Educational exercise

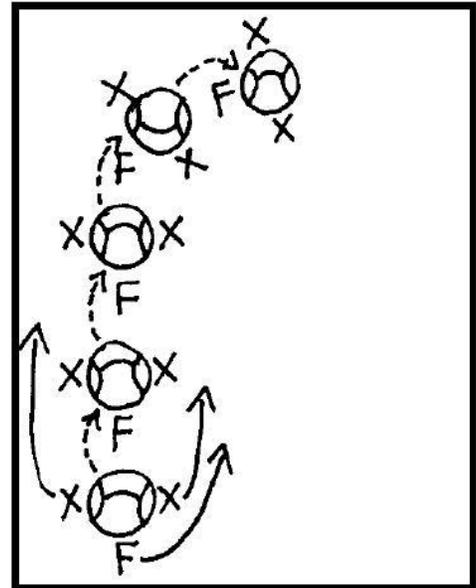
In order to develop this skill with your participants, use the following exercise named “Hit and Follow”.

Hit and Follow

Each team is formed of three players (one hitter and two others holding the ball). One team is in possession of the ball and the other ones are aligned in front of them. This team is going to make a designation and then hit the ball, controlling the hit, to the next team.

The players of this team will then have to catch the ball and send it to the next one.

After a hit, the team who just hit the ball moves behind the next team. The exercise can be performed in a continuous motion until they have completed a full rotation (or more) around the gymnasium.



In order to make the exercise more efficient, make sure you mention to your participants that the hits must be done with control and at a proper height. The hit should be parallel to the ground and be directed between the two defensive players.

If the ball touches the ground, keep going anyway with the exercise.



Modified game

In order to encourage your participants to use this new skill during game time, you can proceed by using this modified game no matter how old your participants are.

The way of proceeding consists in giving a bonus point to a team each time the team is able to realize an extended hit, meaning every time they are able to hit the ball in continuation of the previous hit trajectory.

Every time a team successfully accomplishes an extended hit, this team gets a bonus point.

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. You will then notice that the hitting team will avoid hitting the ball in the middle of the court to avoid being beaten by this strategy. Learning where to hit will be the objective of *Lesson Plan #9*.

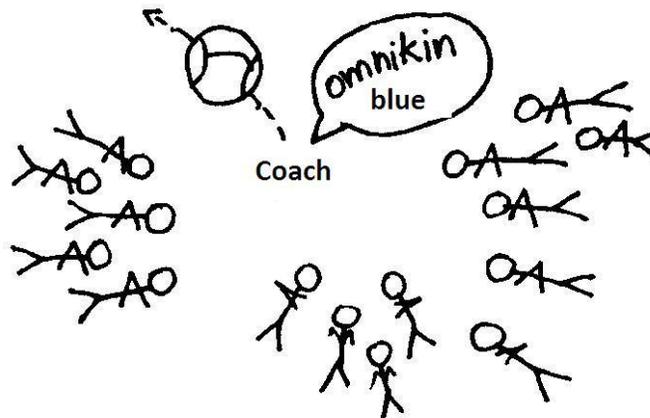
If you are using this game, to avoid always having the same team attacked over and over, you have to make sure that the teams are balanced and you could reset the score every two minutes.

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

The Countdown Bomb

The players are spread around the gymnasium and are lying on the floor. The coach then throws the ball in the air and makes a designation (ex: Omnikin blue). The players of the designated team must then stand up and catch the ball. If they catch it, they will then have 5 seconds to hit the ball back to the coach after completing a special designation (ex: Omnikin Coach) and hit the ball toward the coach. If they can complete it within the given 5 seconds their team will get one point. If they can't, both other teams will receive a point. After completing the hit, they go back to their position and the coach will then name another team. According to the age and level of play of the players, the coach can modify the height at which the ball is thrown in the air.



Safety tips:

In order to avoid injuries, make sure to throw the ball where the players of the designated team will have enough space to handle the ball without trampling on students of the other teams.

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