

## Lesson Plan #8

### Objective of the week: Last one to the ball hits

This week's objective is designed to increase the speed of your teams during their transition from defense to offense. Very effective in extended hit situations (see *Lesson Plan #7*), this way of designating the hitter is logical and your participants might already be using it even if you haven't taught them.

The "last player to the ball" strategy consists in having the hitter designated according to which direction the hit that has to be recovered was made. All the players must get to the ball before the hit can be executed after catching the ball. So by having the last player to arrive at the ball hit it, you significantly lower the time between offense and defense.

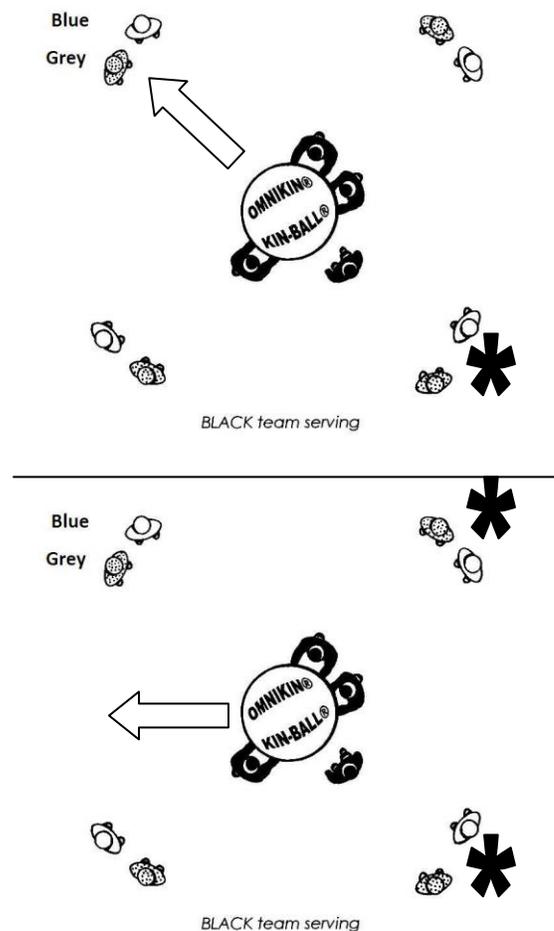
How it works:

If the ball is hit directly into a corner, the player of the opposing corner will be the hitter.

On the image, the arrow represents the hit and the \* symbol is the player who will hit the ball.

If the ball is hit between two players, the other two players of the opposite side will need to communicate in order to determine which one of the two is going to take the hit.

On the image, the arrow represents the hit and the \* symbol are the players who will have to communicate to know who will be hitting.





## 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 they are able to hit the ball within 5 seconds following the first contact in defense and use the last to the ball strategy. In order to make it more efficient, you will probably want to give your players numbers to help them understand at which moment they should make the hit. You can also indicate to the players, as soon as the ball is hit, which player should be the hitter.

You can adjust the 5 second countdown to the level of the participants.

By playing 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.

During the game, make also sure that the fastest players don't end up never hitting since they are the quickest to get under the ball.

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

With the **second** modified game you will request of your participants that they work on communication skill while working on the last to the ball strategy. To do so, each team has to find a way of identifying the last player to the ball without using their voice. The only thing the participants are allowed to say is the designation. For example the player in the opposite corner could raise his hand to show his teammates that he's taking the hit. If that player is not in the opposing corner or side of the hit you will whistle and give the team a fault for illegal offense. If the ball is sent between two players, then the other two will have to find a way to determine who the hitter will be.



Once you feel that your players are getting good at it, you can spice up the game by adding a loud countdown of five seconds, forcing them to play the ball from where they catch it. During the game, make also sure that the fastest players don't end up never hitting since they are the quickest to get under the ball.

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).

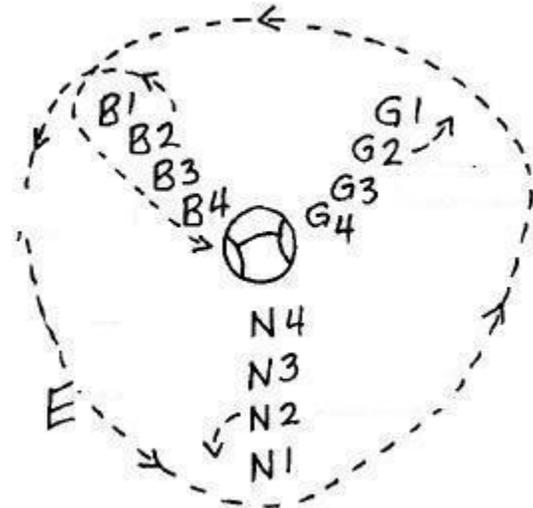
**REMINDER:** You should not use modified games for the entire playing time. You should use this modified rule for a maximum of 10 minutes if your activity lasts one hour.

## Game of the week

### Taxi, Bus, Subway

All the players are split into three teams and placed as shown on the image and given a number. The coach (E) has to name one of the three following: Taxi, Bus or Subway and then a number.

As soon as the coach says a number, the player of each team with that number must circle around the two other teams by running behind the other team and get back to the end of their team line. Then the players must use the transportation given by the coach.



If the coach says TAXI the player must zigzag between each player of his team to get to the ball.

If the coach says BUS, the player will have to leap frog over the people in his team to get to the ball.

If the coach said SUBWAY the other players will have to open their legs and the designated player will have to crawl under them to get to the ball.

The player that gets to the ball first wins the race and a point is given to his team.

### Safety tips:

*To avoid accidents, make sure that the non designated players position themselves correctly according to the transportation called out as soon as they hear it.*

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

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