

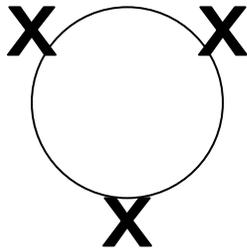
Lesson Plan #16

Objective of the week: The Corridor

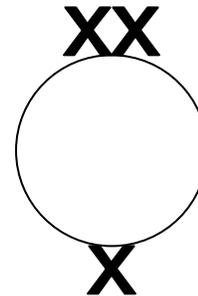
This week's objective is a very important one that will enhance the hits and increase the level of play of your participants. The corridor is in fact the best way to position the ball holders under it.

During the course of the initiation sessions we presented a way of positioning the ball holders which is called the tripod. The tripod position, which is large triangle allows for much greater ball stability when it's on the cell especially with participants that are beginners. When your students get better at it, you can improve this position by showing them the corridor. You can see how it differentiates from the tripod position from the images below:

The Tripod



The Corridor



By using the corridor position you might lose a little bit of stability when it comes to holding the ball. That's why it is important to remind your students to use the proper position under the ball as shown on page 17 of your "*KIN-BALL[®] sport instruction manual*".

And here are the key criterions of a corridor:

- The first two players to get to the ball place themselves in front of each other make a two person ball control (*Lesson Plan #3*) and take their individual offense position.
- The third player to come in contact with the ball places himself close to one the two other players to complete the corridor.

- The size of the corridor is determined by the size of the ball's circumference. The players are placed around the ball and not under it.

The player who is alone on his side of the ball has a very important role and we call him the pillar. It is very important, in order to maintain the ball stability, that he holds the ball with two hands. The two other players have to be side by side, shoulder to shoulder for a functional corridor.

This position has the advantage that the hitter can really complete his weight transfer when hitting the ball by walking through the cell without risking of walking or falling onto a player holding the ball.

In order to reach this objective, make sure you take the time to demonstrate the position of each player before using the modified game.



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 demonstrate the Corridor position. To help them you can suggest that they establish the two player ball control (seen in *Lesson Plan #3*) before putting a knee down to allow the third contact to achieve the position correctly.

Every time a team successfully demonstrates the corridor position, this team receives a bonus point.

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).

The **second** modified game you will request that the team in control of the ball make a corridor before executing the hit. To help them you can request or suggest that they use the two player ball control to bring the ball to the middle of the court which will slow down the game a little bit and give enough time for the third player to take the appropriate position. If the position of the players is not the corridor then you will whistle a fault for “Illegal Hit” (you can find the referee signal at page 36 of the “*KIN-BALL® sport official rules*”). Following a fault, you should also demand the players of the team restarting at the ball to form a corridor. The moment when the ball is “dead” (after a fault was committed), is the perfect moment for the players to take the opportunity to position themselves in a corridor.

You will then notice that this way of playing will probably slow down the speed of the play in order to allow for a proper execution of the skill but the positive effects of taking such a position are really going to show up quickly as there will be fewer hits that will bounce on heads or on hands. The final

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result will take a week or two to show up but this way of holding the ball is definitely going to increase the general level of play of the game.

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

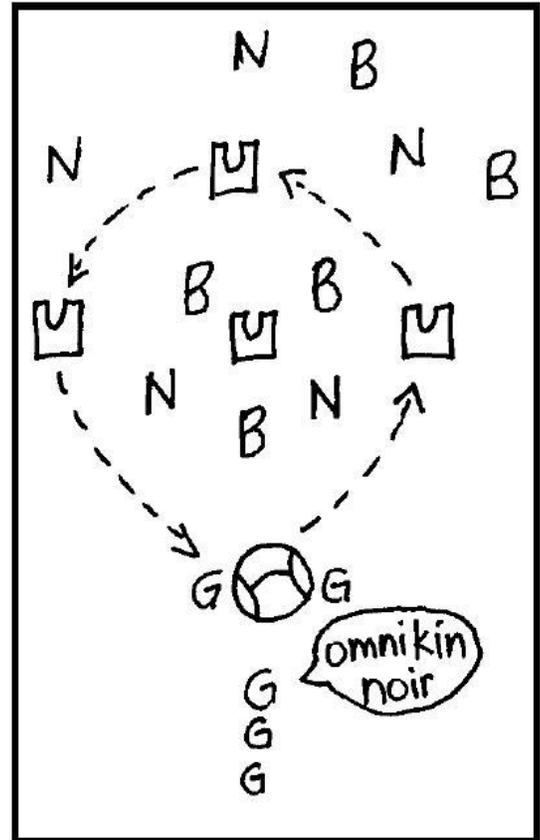
This modified game is more efficient for older participants (middle and high schools).

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

Giant Base-Ball

This game is similar to the actual game of base-ball. Position 4 bases in the shape of a diamond, a good distance away from the center of the court and divide the group into 3 teams. One team is at offense, and is lined up behind the home plate while the two others are spread out on the field. Two players of the team in offense will hold the ball for the hitter (using the Corridor position) and the hitter will have to make a designation (ex Omnikin black) before hitting. He will then run toward the first base. The players of the designated teams in defense will have to catch the ball, control it and, using the two player ball control, bring the ball back to the pitcher's mound (center of the gym). If the player who hit the ball is between two bases when the ball is brought back to the pitcher's mound he's out. Of course you can vary the distance between the bases. After a pre-determined amount of strikes (usually 3) the hitting team is changed for one of the two others.



Safety tips:

In order to avoid injuries, make sure you tell the players in defense to stay at least 4 meters away from the hitter.

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

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