

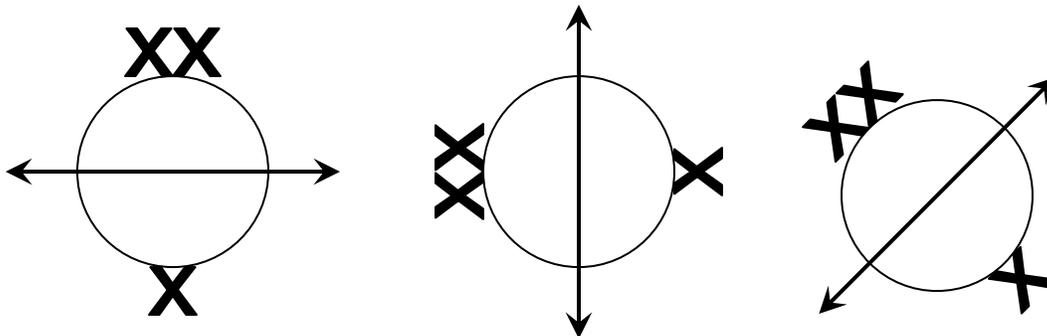
Lesson Plan #17

Objective of the week: The Orientation of the Corridor

This week's objective, the orientation of the corridor, follows the very important objective which was the corridor.

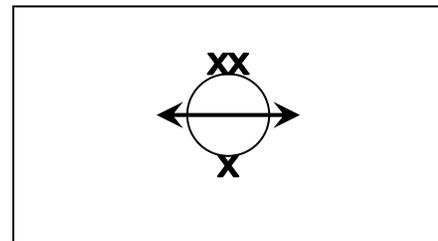
Using the corridor's collective offense position gives you many advantages (such as described in *Lesson Plan #16*) and one of these is that it allows the person hitting the ball to finish his weight transfer by taking a step after the hit. To do so he has to hit the ball in a precise direction called the corridor's orientation.

The corridor's orientation is shown by the arrows:



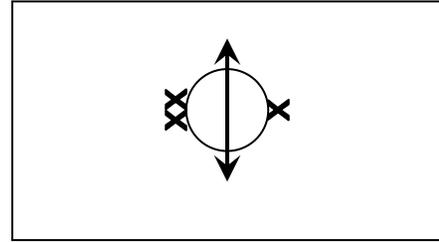
Vocabulary:

When the corridor's orientation gives the hitter the possibility of hitting along the longest width of the court, the orientation is called the "long line orientation". See the following image:



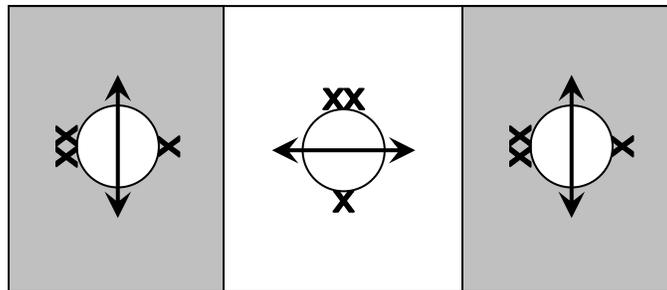
Vocabulary:

When the corridor's orientation gives the hitter the possibility of hitting along the shortest width of the court, the orientation is called the "short line orientation". See the following image:



In order to avoid being targeted by an extended hit (as seen in *Lesson Plan #7*) and to avoid hitting the ball in the dangerous zones (as seen in *Lesson Plan #9*) it becomes important to know how to orient the hitter by positioning the players under the ball in the appropriate orientation of the corridor.

To do so, the team in offense has to position the corridor by taking into account from which zone they are hitting from. The court is then split into three zones:



When the hitting teams hits from inside the gray zone the orientation to pick is the "short line orientation".

When the hitting teams hits from inside the white zone the orientation to pick is the "long line orientation".

Exception:

There is one exception to this concept and it when the team in offense realizes an extended hit. In this situation the orientation to give to the corridor is the one from which the ball was hit by the previous team. This way, the hitter performing the hit will simply have to hit in front of the cell.

Modified game:

In order to encourage your participants to use this new skill during game time, we suggest that you proceed with the following modified game no matter how old your participants are.

The modified game would be to give a bonus point to a team each time they demonstrate the appropriate orientation of the corridor according to the position at the moment of the hit. To help the teams you can suggest that they establish the two player ball control (seen in *Lesson Plan #3*) before putting a knee down to allow the players holding the ball to position correctly according to their position on the court.

Every time a team successfully demonstrates the appropriate orientation of the corridor, this team gets a bonus point.

In order to make them capable of making the appropriate choices, you could decide not to allow them to bring the ball back to the middle, each team having to hit the ball from where they caught it.

BONUS OPTION: If they are able to proceed to an extended hit (*Lesson Plan #7*) and adapt the orientation of the corridor according to the direction of the previous hit, you could give them 2 bonus points instead of one.

Proceeding this way, the team that executes the 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.

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.

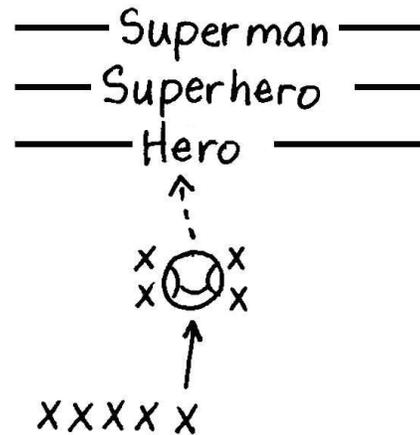
Game of the week

The Canon Man

Four players must hold the ball using the individual offense position creating a corridor. Then one at the time the other players will take a hit trying to reach one of the three predetermined lines. When a player is able to reach the first line, he's a hero; the second one he's a Superhero and the third one a Superman!

The hitting technique to be used can be predetermined for everyone or chosen by the hitters.

Before hitting, the hitter must yell the code: Omnikin to the rescue!



Safety tips:

In order to avoid injuries, make sure you tell the players holding the ball use the full individual position such as show in your "KIN-BALL® sport instruction manual" at page 17.

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

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