

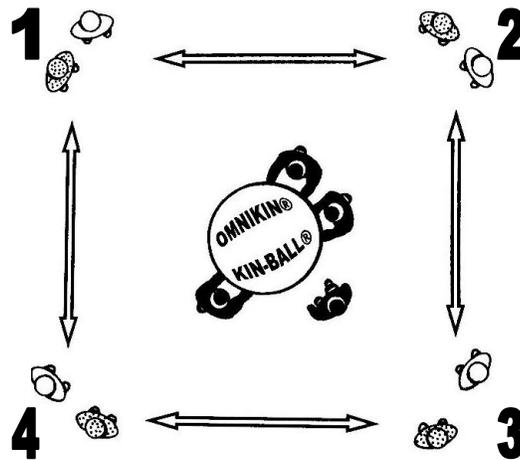
Lesson Plan #18

Objective of the week: Corner and line defensive positioning

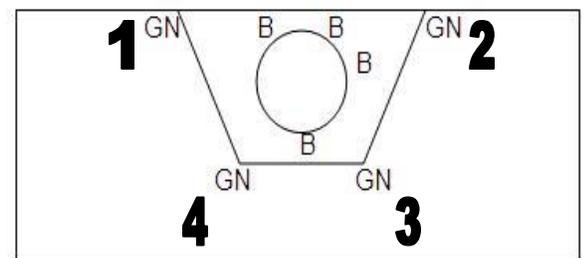
This week's objective is a collective defensive positioning on how to be positioned in a corner or near a line.

You have already taught your participants to position themselves in a square around the ball but keeping the square position might be more complicated when the team in offense starts over with the ball from a corner or near a line.

Here is how to position your team in the basic square position:

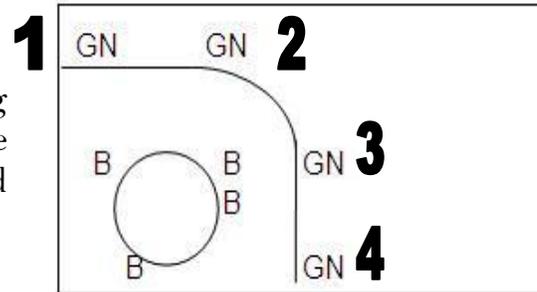


When the ball is near a line, the collective positioning is called the trapeze because of the shape taken by the players.

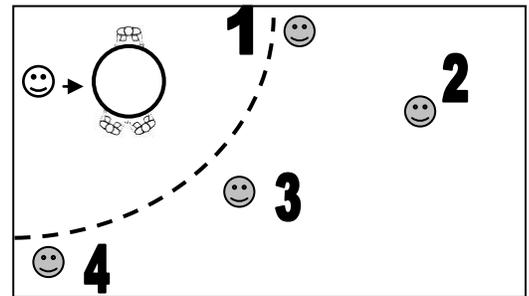


When near a corner you then have two options:

The **half-moon** gives the advantage of being simple to understand and to use during the game. It also gives the team a good repartition around the ball.



The second option you have is a positioning called the **Y** position. This way of getting positioned is a little more complicated but gives the advantage of having a player dedicated to catching the high hits that could be executed by the hitter. It also prepares the team in defense to use the extended hit against the attacking team if they ever hit the ball towards the middle of the court.

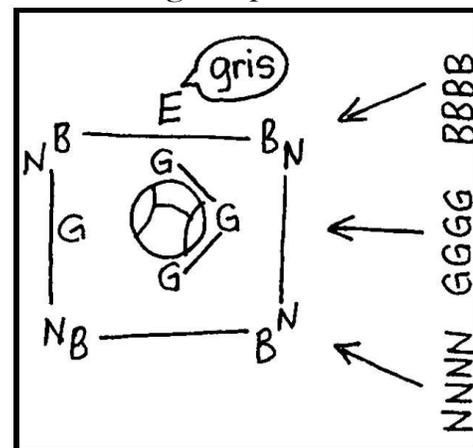


Educational exercise:

In order to bring your participants to be able to understand and practice these new strategies, we suggest that you use an educational exercise which is also a game that was used in *Lesson Plan #14: The Magic Square*.

The Magic Square

All the participants are divided into teams of 4 players (you can have more than 3 colors) and are lined up near a wall and facing it. The coach is behind them in the middle of the gym. When the coach designates a team the players of the team have to get under the ball to hold it while the players of the other





teams get into their collective square position around the ball. The first team to get into the proper position gets a free point. To increase the level of difficulty, you can change places quickly before designating the team. You can have a look at the “*KIN-BALL® sport instruction manual*” on page 10 to see how the square works.

This time, instead of having the ball placed in the middle of the court you will simply get near a line or near a corner. Then, the first team who will position itself correctly will get a point before the game starts. You can then let the teams keep their points before you start playing.

As you call the color you can also call out which corner positioning you would like to see. For example you could say “Blue Y” or “Grey half-moon” and see how your participants are doing and how they will react.

We suggest this exercise for players of all ages.

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 consists in giving a bonus point to the first team to take the correct defensive position. When the ball is “dead” (following a fault), ask the players to position themselves around the ball and accordingly to where the ball is on the court, and give a bonus point to the first of the two teams that are in defense.

When you proceed this way, the team that executes this skill the most often will get more points and will be more involved by 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 want to reset the score every two minutes.

This modified game is more efficient for younger participants (elementary 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

The Hot Pinnie

This is a tag game that is played in sets of 10 to 15 seconds for which the goal is to get rid of your pinnie by touching another player and giving him the pinnie. First split the group into 3 teams and give pinnies to every player to wear. There are 2 or more colours of pinnies of that will be circulating and the objective is to touch a player of another team in order to get rid of the pinnie. At the end of the countdown, the players who still have pinnies will see the other teams than theirs receive a point. The player who gives his pinnie to another can't be touched by that same player. You can play as many sets as you wish but usually after 5 minutes, the players are exhausted.

This game emphasizes the team concept and teaches the kids how to count the points in KIN-BALL® sport.

Safety tips:

In order to make it safer, make sure you use a line as a limit to avoid having the players running too close from the walls and the other obstacles in the gym. Also make sure that you remind them that they have to look where they are going.

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