

## *Lesson Plan #20*

**Objective of the week (elementary):**  
**Better defensive positioning**

**Objective of the week (secondary):**  
**The Walking Rule**

*For the first time, this week, there will be an objective for elementary schools and another one for middle and high schools. The reason is simple: the walking rule applies only to players from grade 7 and up.*

**Objective of the week (elementary): Better defensive positioning**

In order to increase the efficiency of the defensive play, this week's objective will be used to adjust the distance from the ball of the players in defense. Over time, players usually have a tendency of taking a position farther away from the ball than the explained positioning seen during the initiation. In fact, if you take a picture of your players while they're playing you'll probably notice that instead of standing at 3 or 4 meters away from the ball, they'll be standing between 4 and 5 meters to avoid being lobbed by a high hit. Even though playing a wider defensive square is good against high hits, it creates larger holes in the defensive square allowing the hitter to hit straight hits right into these holes.

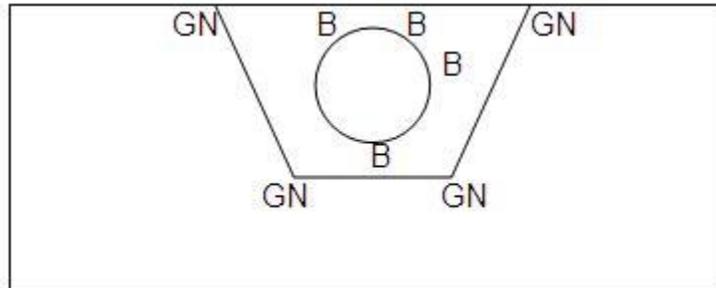
This week's objective is therefore more of a refresher of the basics than a new strategy but it might make a big difference as your players should now be able to use body feints and as they now know where to look when it's time to find a hole in the defense of another team.

### **Educational exercise:**

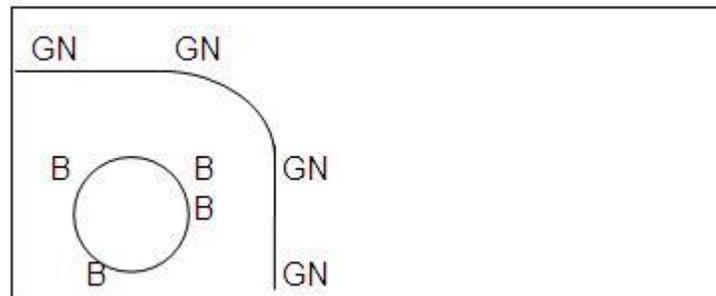
In order to reach this objective we suggest that you first use the exercise seen during the initiation that was called the truck driver. As a reminder you can pretend that the ball is the engine of a truck, you are the driver and the players in defense are the wheels. At this time make sure your students are well positioned in a square at 3 to 4 meters. Then move the ball in

many directions and make sure the players are following in a manner to keep the square intact. At this time you can also show them how to position themselves when the team in offense is near a line or in a corner as shown in the images below:

Near a line, the collective defensive positioning is called the trapezium:



Near a corner, the collective defensive positioning is called the half-moon:



Then once they have understood how to position themselves, you can play a little game in which they will position themselves in a square while the ball is in the middle of the gym. Then ask them to close their eyes and to sing a song so they can't hear you when you move. While they sing the song, you move the ball to another place in the gym and when you blow the whistle, they stop singing, open their eyes and the first team that has all of the players positioned correctly and at the good distance receives a point. Repeat the exercise as many times as needed.

### Objective of the week (secondary): The Walking Rule

This objective regards a complex rule that will bring more challenge for the players but also to you when you'll be acting as a referee. Here is the rule:

*“After catching the ball and establishing one or two contacts, the team in control is allowed to move the ball on the court until a third contact is established. After three different players have been in contact with the ball, the third player who makes contact with it is entitled to a pivot only. If the second a third contacts happen simultaneously, both players will be entitle to a pivot.”*

### Modified game:

In order to bring your students to understand how to adapt their way of playing to this new rule, we suggest you use the following modified game.

The modification to bring to the game is to have the player of the designated team yell out loud which contact they are. For example the first player of the designated team who will touch the ball will have to yell “ONE”, the second “TWO” and the third “THREE”. That way it will help the player to realize if they must or not pay attention to the walking rule and to use only a pivot. It will also help the referee for which this rule is new to identify the third player who will have to abide by the rule and have only a pivot foot.

If the players of the designated team don't count out loud they will get a designation fault. Of course you can adjust the severity of this modified rule and give those two or three seconds after they touched the ball to yell their number, especially if they are doing a slide to recover the ball.

By proceeding this way, the team that executes this skill the most 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 want to reset the score every two minutes.



## Game of the week

### **The Pac-Man Tag**

All the players are pac-men and they are only allowed to walk on the lines that you have on your gym's floor. Pac-men are allowed to change from one line to another but they can't jump from one line to another, they must use intersections between lines. The teacher or a designated student will be the ghost running after the pac-men. This ghost will use the ball to touch the pac-men and does not have to stay on the lines of the gym, he can run anywhere.

When a pac-man is touched, he becomes a rock and blocks the line on which he was when he was touched. This means that other pac-men won't be able to use the line and pass over him. The game ends when all the pac-men have been turned to rocks.

Safety tips:

*To avoid accident the pac-men who got turned into rocks should remain in a standing position.*

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

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