

Lesson Plan #23

Objective of the week: The two player offense approach

This week's objective is another efficient offense strategy and is used by all the teams both at the highest and the lowest levels because it is very simple and also really effective.

The two player offense approach consists in having two players holding the ball and the two others acting as if they were both going to hit but at the last second, one will get under the ball while the other one will hit the ball.

Technical key points:

In order to produce the proper results make sure that you take the time to mention the following points to your players.

The signal:

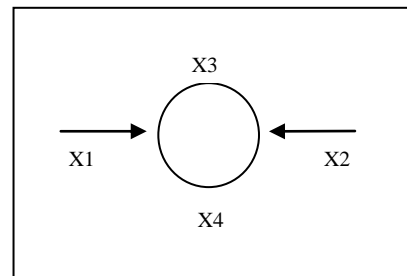
In order to be successful in performing the two player offense approach offense strategy, the players of a same team should find a code or a signal that will confirm which one of the two players will be the hitter. The simplest codes that can be used are:

- One player makes the designation, the other one hits
- The player who is in the axis of the cell will be the hitter

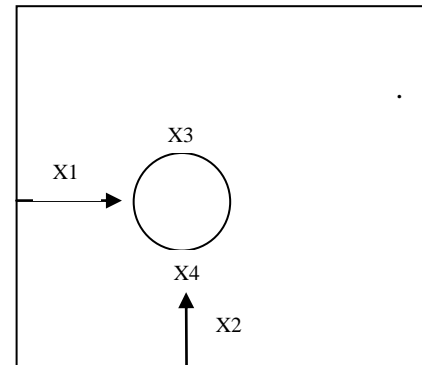
The positioning:

There are two efficient ways of performing a two player offense approach.

The sandwich: The two players will get to the ball facing each other. Here x_3 and x_4 are the ball holders while x_1 and x_2 are the players who will perform the feint. This way of executing the two player offense strategy is used when the ball is hit from the center part of the court.



The 90 degree approach: The two players will position themselves towards the ball with a 90° angle. Once again x_3 and x_4 are the ball holders while x_1 and x_2 are the players who will perform the feint. This way of playing the two player offense approach is used when the ball is hit from a corner of the court or near a line. Make sure that you mention to your participants that the x_1 and x_2 must face the center of the court when performing this strategy.



The speed of execution:

The execution speed is important in order to really surprise the teams in defense. Of course, the first times your players will execute this strategy, they will be slow and the teams in defense might have the time to react. The faster the execution, the bigger the surprise and the higher are the chances of scoring points.

You can look at the pictures below to understand how synchronized the players performing it must be:

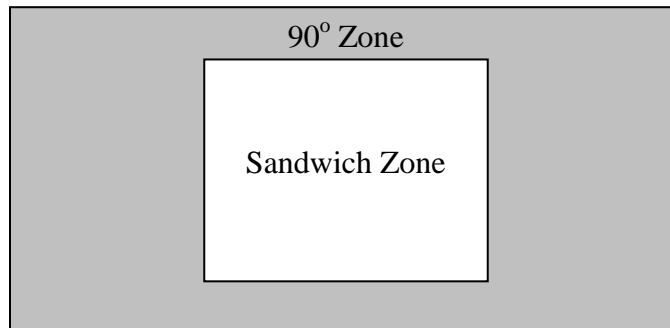
The Sandwich



The 90 degrees



In order to show your participants which one of the two positions to use, you can draw the following image on the board so they understand which one they should use.



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 use the two player offence approach whether they score or not. At this moment, confusion may appear because each player will want to be the hitter or the player doing the feint. In order to solve this issue, you can pair up the players. For example Mike, every time it will be your turn to hit, Sophie you will be doing the feint. Jonathan will do the same with Andy and vice versa.

After playing this way for a couple of minutes, you can then put more emphasis on one of the technical key points such as the choice of a sandwich or a 90°, or the speed of execution. If the players don't choose the appropriate way of executing the two player offense approach, they will not receive a bonus point.

The first time you will use this strategy, we suggest that you ask your participants to only push the ball instead of hitting it in order to avoid injuries caused by confusion between players.



By playing 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 must 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).

For the **second** modified game you will request of your participants that they use the two player offense approach on every play and that they choose the appropriate way of performing it. If they don't use this type of offense strategy, the team will get a fault for Illegal Hit.

At first, your players will be slow and not so convinced that this is a good strategy as the teams in defense will catch most of the hits. It will be important when making the transition to the normal play to encourage and emphasize a proper execution of it. You could, for example, use the first modified game after using this one. The better they will become in performing it, the better the results will be during the game. This is a very good way of working on team spirit and cooperation.

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

The Toilet Tag

This game requires that you divide your players into three teams. The coach will be “It” and will chase the players and try to touch them with the ball. Once they have been touched by the ball, they must take the toilet position (see the image). To be freed, a player must have someone from his team to sit on his knee and lower the arm that is up as he makes the flushing noise. When you stop the game, the team with the lowest amount of players turned into toilets receives a point.



This game emphasizes the team concept.

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

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