

Lesson Plan #24

Objective of the week: The three player offense approach

Following the strategies learned in the last two lesson plans (the fake hitter and the two player offense approach), this week's objective is on another great effective strategy and globally used by teams.

The two player offense approach consists in having one player holding the ball while the three other players will act as if they were all going to hit but at the last second, two of the players will get under the ball while the third 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:

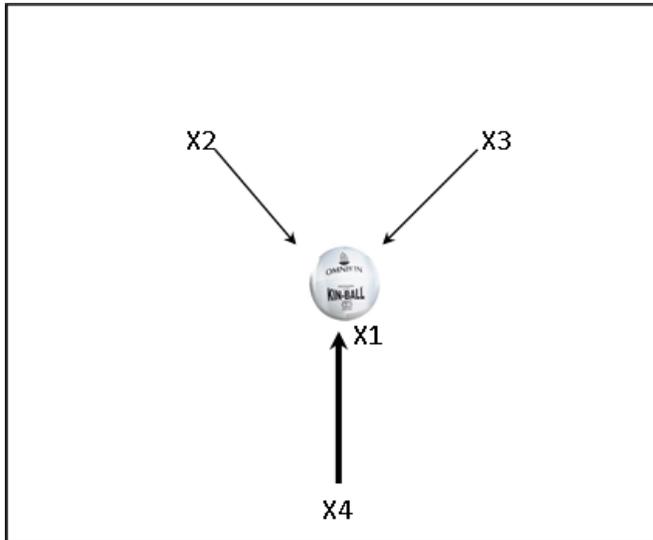
In order to be successful in performing the three player offense approach strategy, the players of a same team should find a code or a signal that will indicate which of the three players will be the hitter. Here are two simple options:

- Pair up the players. The player in pair with the player holding the ball will be the one hitting the ball.
- The player holding the ball will place himself in front of one of the three players. This player will be the hitter.

The positioning:

- The player holding the ball should be able to hold it so the ball is stable and at the right height. He should be able to hold the ball with both of his hands and with all his body parts under the ball.
- Before executing this strategy, the three players should be coming from three different directions to optimize the strategy. Before heading towards the ball, they should be positioned at the same distance from the ball.

- This strategy is more efficient when performed at the center of the gym.



Here is an illustration of this strategy:

- X1 is holding the ball alone and X2, X3 et X4 are positioned around the ball and at the same distance from the ball.
- X2, X3 and X4 will make their approach to the ball. Then X2 and X3 will get under the ball and X4 will make the hit.

The synchronism:

The three players performing the approach should leave at the same distance from the ball, start their approach at the same time and head to the ball at the same speed. The goal is to have all three players reach the ball at the same time and that the hitter makes the hit just moments after the two other players have touched the ball. If the execution is well synchronized, the bigger the surprise and the higher are the chances of scoring points.

In order to have a better idea about the three player offense approach, you can watch this video. The strategy is used many times during this following video.

Name of the video: Coupe du monde de KIN-BALL® 2009 Masculin

Link: http://www.youtube.com/watch?feature=player_embedded&v=3sp-bxYtZIw

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 three player offense approach whether they score or not. At this moment, confusion may appear because each player will want to be the hitter. In order to solve this issue, you can pair up the players. For example Mike, every time Sophie will be the one holding the ball, you will be the hitter 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 positioning and the synchronism. You could then decide that the team will not receive the point if the hit happened too long after every player was under the ball.

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 three player offense approach on every play. If they don't use this type of offense strategy, the team will get a fault for Illegal Hit.

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 Atomic Bomb

The ball is an atomic bomb. To start the game, you must toss the ball up towards the players and with their hands; they must keep the ball up in the air. When the ball touches the ground or bounces off the wall, the bomb explodes. (The coach can blow the whistle or yell out “boom” to signal to the players to stop pushing the ball). At this moment, all the players must sit down on the floor. The last player standing receives “the harmful effects” from the bomb. In fact, the player will receive a consequence. Here are a few funny consequences: impersonate bacon frying in the pan, run around the gym dancing and yelling like an Indian, or mimic an animal. You could also play this game with eliminations. The last one standing is eliminated from the game.

Safety tips:

In order to avoid injuries, make sure to tell your participants to keep a good distance between each other.

When the players are sitting on the floor, ask them to put their hands in front to protect themselves from the ball if it happens to come back after it explodes.

Merci de votre intérêt pour ce sport, contactez-nous si vous avez quelques questions que ce soit!

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

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