

Lesson Plan #27

Objective of the week: The lob

This lesson plan's objective is designed to teach you one more hitting technique that can be used by players of all levels: "the lob". You might have noticed that some of your participants try to hit the ball over players in defense but are not able to score because their hits tend to float in the air or end up out of bounds because of a lack of control.

In fact, it is possible to hit the ball in such way that the ball rises up in the air and then suddenly falls behind a player in defense. The hitter must give a spin effect similar as the "drop" (*Lesson Plan #26*). Compared to the drop, we do not want a horizontal hit.

The lob can be used if you notice that the players playing in defense are close to the ball. Being closer, the free spaces between players are limited. With the lob, the hitter can find new free spaces located behind the defensive square.

Technical key points:

Before the impact:

The arms are in full extension and the hands are behind the hitter and are at the level of the hips.

During the impact:

The motion of the arms must start at a low behind position and end high in front of the player. The contact must be made at the lower **third** of the ball.



As illustrated, the hands should start at point A, follow an upward and straight trajectory and the contact with the ball should be at point B (lower third of the ball). If we consider the trajectory that the hands take to come to the ball, we could say that the contact is made at the "center of the ball".



In this case, the contact is made at the lower third of the ball but the trajectory of the hands is parallel to the ground. The hitter will not be able to give the right trajectory to the ball and will not have control of his hit. Therefore, the ball will float in the air and the opponents will catch the ball with ease.

After the impact:

The arms must keep going up in the air and end over the head. Again, as the drop hit the ending motion should be similar as a tennis player racquet motion.

The result:

If the lob is executed correctly, you should be able to notice the particular trajectory of the ball which will take an upward trajectory at first, pass over the opponent and then quickly fall behind that player.

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 a player executes a lob whether he scores or not. At this moment, some players will probably have trouble hitting a lob since the change of direction in the motion of the arms takes some time to integrate.

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 “bell” trajectory of the hit, the place where the hands make contact with the ball, the place where the hand end up after the hit and the effect given to the ball.

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

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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 lob every time they hit. You can ask the participants to bring the ball back to the center to provide the necessary space to perform a lob. You can adapt the level of severity to the skills of the player and allow the ball to float in the air.

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

Kin-Ball Crossing

Your students love the bulldog/bubble gum game? Here is the 2.0 version of the game! On one side of the gym there is the river bank KIN and on the other side the river bank BALL. These two banks are divided by the OMNIKIN river. All the players (divided in 3 teams and wearing pinnies) start on a river bank and when the coach names a river bank, all the players must swim (run) across the river to the other bank. When a player is touched by the ball, that player must remain standing with his legs opened at the spot where he was touched. To be freed, a player of the same team must crawl between the touched player's legs during a crossing. For a higher level of difficulty, you can require the players to cross from one bank to another in a certain number of seconds. If a player has not reached the bank before the end of the countdown, that player must freeze on the spot.

Safety tips:

In order to avoid injuries, make sure you tell your players to stay away from the walls. To do so, you could use a line on the side as a limit.

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

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