

Lesson Plan #28

Objective of the week: Hitting the ball and giving it an effect: the curve

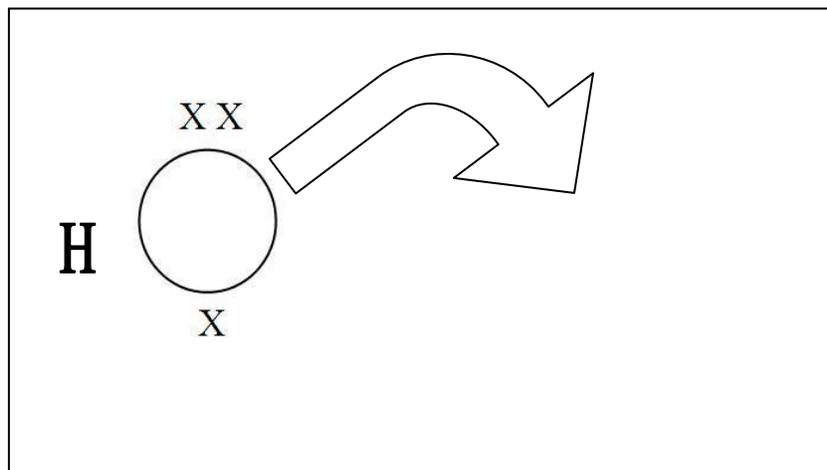
This lesson plan's objective is designed to teach your participants how to put some effect in the ball as they hit it in order to fool the teams in defense in a spectacular way. These effects are not easy to master and it might take many shots before your participants see results in their execution.

You have already seen how to put a downward effect in hits in *Lesson Plan # 26* (the drop). In this lesson plan we will learn how to perform the curve.

The Curve

This effect is the easiest to execute but is not so easy to master. It can be used in various situations but it is most commonly used in two situations: near a wall or between two defensive players.

Near a wall: by using the curve, you will fool the players of the defending team into thinking that the ball is heading out of bounds but because of the effect, the ball will curve back into the court, which might surprise the defending players. (See the image)



Between two defensive players: by using the curve hit between two players, the ball will pass by the closest one and when the effect will appear, it is going to curve away from the second one who thought he could recover it.
 (See the images)



Here is the link of the video on which these images were taken. You will find this sequence at the 1:35 mark.

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

Link: <https://www.youtube.com/watch?v=3sp-bxYtZlw>

Technical key points:

Before the impact:

The arms are straight and the hands are at the level of the shoulders of the hitter. The motion of the arms is parallel to the ground and when at the moment of the impact, the hands of the hitter are directly in front of him.

During the impact:

The motion of the arms must be circular and the contact with the ball is made right at the center of it.

After the impact:

The arms must continue their circular motion after the impact and stay parallel to the ground.

The result:

The ball's trajectory is parallel to the ground and curved. The side the ball will curve is the side of the body on which the hand were at the beginning of the hit.

In order to get your participants to understand this motion we suggest that you have them practice the motion in the air and have them experiment it many times with the ball.

Modified games:

In order to encourage your participants to use these techniques during game time, we suggest you proceed with this modified game no matter how old your participants are.

Of course before asking your participants to execute the effects hits, we suggest that you explain in details the different motions and that you let them experience them with the ball before you start playing with them. You can also show them the little videos so they have an idea of what the final result should be.

In this modified game, we suggest that you give a bonus point to a team each time a player executes a curve whether he scores or not. At this moment, some players will probably have trouble hitting the ball with the appropriate trajectory because it's not easy to integrate the motion of the arms while hitting. At this point you will probably be whistling more out of bounds faults that you would normally.

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After playing this way for a couple of minutes, you can then put more emphasis on one of the technical key points of each effect such as the trajectory of the hit, the place where the hands end up and the moment they choose to execute the hits.

By playing this way, the team that executes this skill the most often 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.

We suggest this modified game for players of all ages. However not all players will have the strength and capacity to execute this skill.

Game of the week

The Monster Truck

First of all, you will have to place the participants in a circle around you and ask them to lie on their back. Then one by one, you will simply go around and roll over them with the ball. As you do, you can hit the ball with your hands with more or less strength. When you do so, make sure the ball is on their belly and not on their face.

For your “special students” you can give a super hit such as shown on the second picture.

In order to dose the appropriate strength with which you want to hit the ball, we suggest that you ask one of your colleagues to do it on you so you'll have an idea of how strong you can hit it.



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

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