

Lesson Plan #29

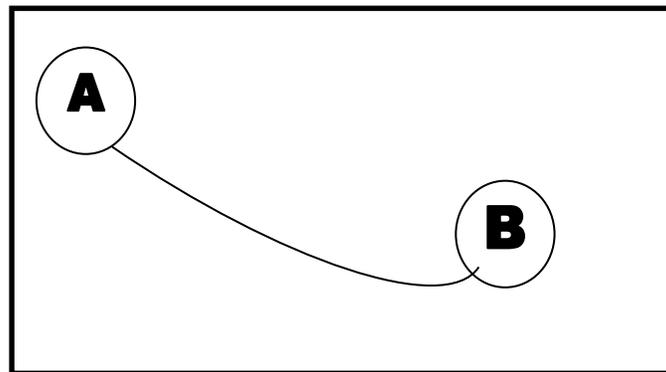
Objective of the week: *Hitting the ball and giving it an effect: the parabola*

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 the most 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 make you hit drop (*Lesson Plan # 26*) and how to make the ball curve (*Lesson Plan #28*). In this lesson plan we will learn how to perform the most spectacular effect: the parabola hit.

The Parabola Hit

This effect is the hardest to execute and the most difficult to master. It is spectacular but is not the most useful one. When the parabolic hit is well executed, the teams in defence will think that the ball is going to be a downward hit. In fact if you look in your "*KIN-BALL® Official Rules*" manual at page 14 you will see the following image representing the trajectory of a parabolic hit.



Why isn't the parabolic hit a downward angle hit?

In the rule book, if you look at the definition of a downward angle hit, you can read the following at page 12:

“c) Trajectory: A part of the ball's trajectory must have an upward or straight line from the point of serve.”

As you can read, it is not specified if this part of the ball trajectory must be at the beginning or the end of the hit, meaning that a parabolic hit is accepted since the ball will be parallel to the ground or have an upward trajectory later after the hit.

Technical key points:

Before the impact:

Les bras sont droits et les mains sont tenus à la hauteur de la tête et à l'arrière.

During the impact:

Contact with the ball should be slightly above the centre of the ball.

After the impact:

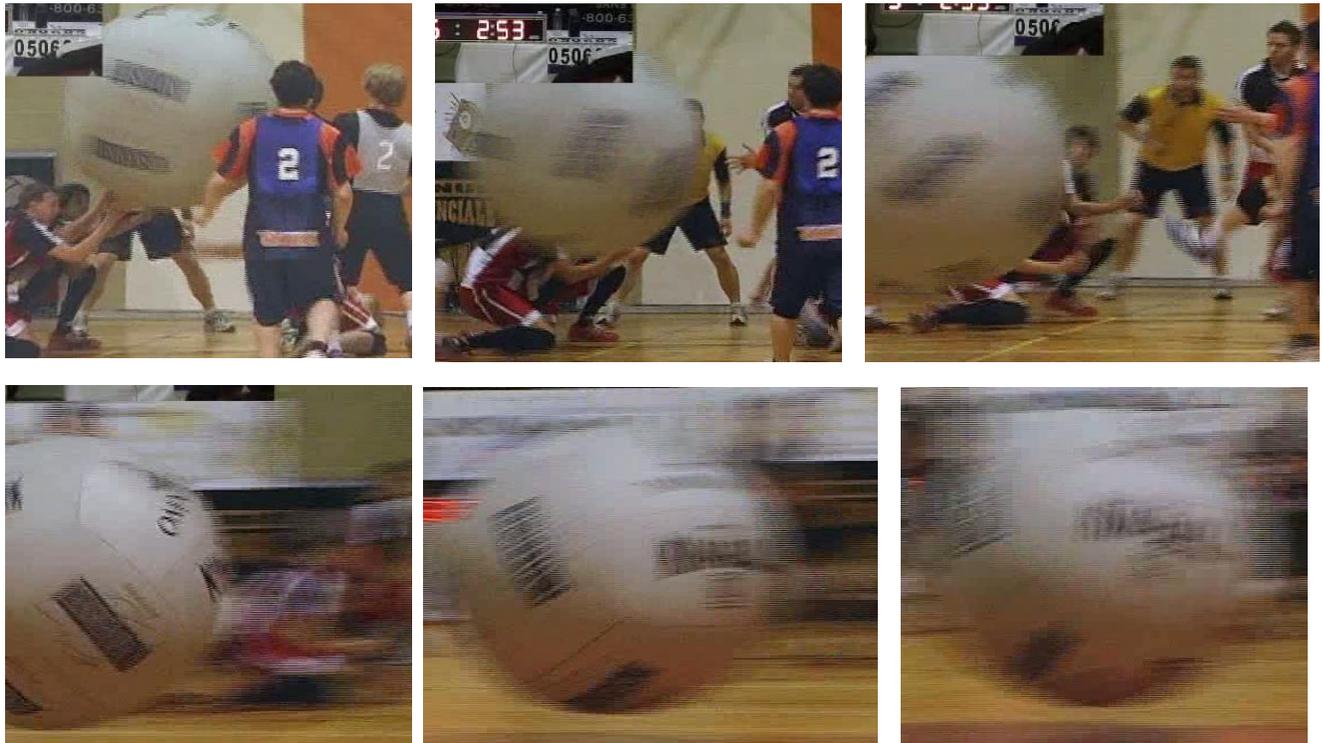
The motion of the arms after the impact must go from high behind to low in front.

The result:

The ball's trajectory begins downward and before almost touching the ground, the ball heads slightly back up.

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.

You can see from the images below how the effect changes the ball trajectory in order to bring it from a downward angle to an upward or flat angle.



Modified games:

In order to encourage your participants to use this technique 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 motion 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 parabola hit 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 a lot more downward trajectory hits than usual.

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 more 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 capacity to execute this skill.

Game of the week

The Four Corners

First of all separate the group into 4 teams and separate the gym into “four corners” (as seen on the image). Each team will be assigned a corner in which they must stay in.

The ball must be thrown from one corner to another. Each player of a team must be in contact with the ball and under it to be able to throw it to another corner. The throw must be in an upward angle and the teams must catch the ball before it touches the ground. It is possible to play with 2 balls.

The game can be played with or without points.

- 1 – If the ball touches the ground, it is picked back up and the game keeps on going; or
- 2 – The team that threw the ball receives a point if the ball touches the ground in one of the 3 other corners.

You can designate a team captain who will be responsible of the order of the hitters.

Safety tips:

In order to avoid injuries, make sure you tell your players to not hit the ball directly onto a player of another team.

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

Pierre-Julien Hamel
General Manager IKBF
+1-514-252-3210
info@kin-ball.com

