

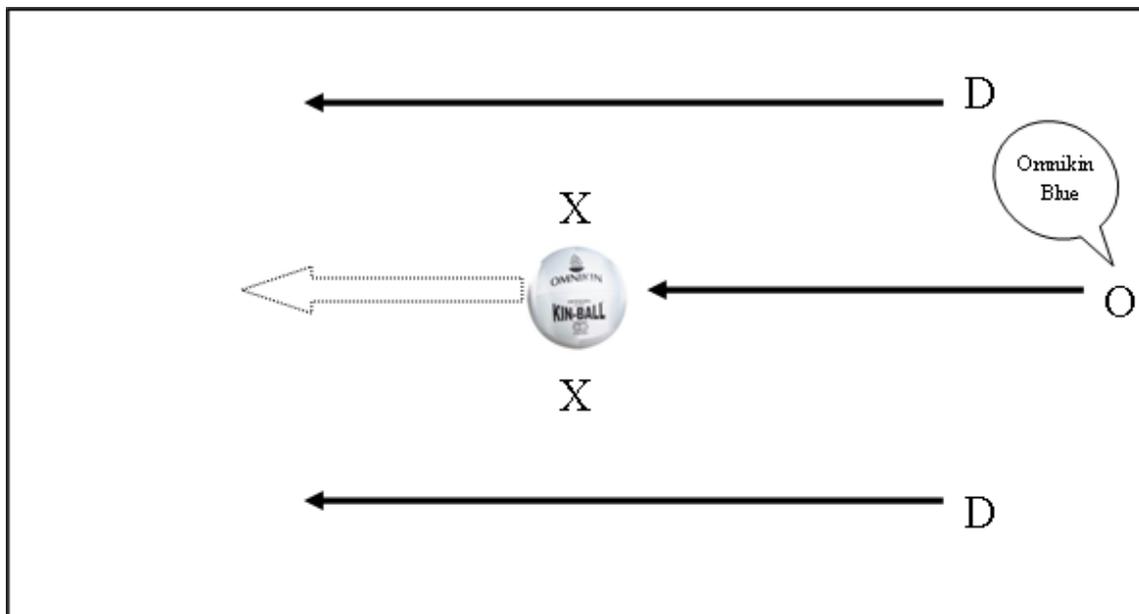
## *Lesson Plan #30*

### *Objective of the week: Increasing the speed part 2*

You have noticed that your participants have quickly learned to use speed in their game (as seen in *Lesson Plans #5 and #8*) and that they throw the ball quickly after the third contact. However you have perhaps also noticed that your participants are not always back in their defensive position on time to catch the ball. The objective of this Lesson Plan is to increase the response and the speed of the players when they are heading back in defense.

### **Educational exercise:**

Before beginning the exercise, you must have two players holding the ball in the centre of the gym. You must also have three players, side by side, lying down on their stomachs or with one knee down. The participant in the middle must be behind the two others. At the whistle, the three players must stand up and run. The one in the middle must make the designation, run towards the ball and hit it. The other two must run to get there in time to catch the ball. *See figure below.*





This educational exercise allows the players to increase their speed so they can quickly complete a throw. The objective of the hitter is to throw the ball before the players in defence are able to catch it.

This exercise brings also the players in defense to increase their speed and to develop a quick response so they can return quickly to their defensive positions. We are then simulating the transition between offense and defense.

**ROTATION:** The players can rotate every time they execute the exercise. You can also make the players change position every 1-2 minutes.

This educational exercise can be used with grades 5 and 6 in elementary school. It is quite efficient with participants in middle and high school.

### **Modified games:**

In order to encourage your participants to use the skill during game time, you can proceed with these modified games.

The **first** modified game is similar as seen in *Lesson Plan #5*. If the team cannot hit the ball within five seconds, the team will receive a fault for “time fault”. According to the group, you can then bring the time to hit the ball after the first contact to four or three seconds. By using this modified game, you will notice an increase in the speed of the game. You should not use this modified game more than 5 minutes since your participants will be exhausted.

This modified game is more efficient for older participants (grade 5 and 6, middle and high school).

The **second** modified emphasizes on the transition between offense and defense. When a player does not immediately and quickly return in his or her defensive position after the ball is hit by his or her team, the team will receive a fault for “time fault”.

This modified game is more efficient for older participants (middle and high schools).



## Game of the week

### **Push or Kick**

First of all, you will have to place all the participants in a circle around you. Then you will test the listening and reaction abilities of the participants. One after the other, you will throw the ball towards a player. However before throwing the ball, you will say either PUSH or KICK. Then the participant must do the opposite. If you say push, the player must kick the ball with its foot, and if you say kick, the player must push the ball away. When a participant makes a wrong play, he must sit down and wait for the next round. The game ends when only one player remains standing.

You should throw the ball so it arrives at hips height. You should gently throw the ball towards the participant. Do not throw the ball with strength. To make the game more difficult, try saying push or catch more and more later (before you throw, while throwing, right after throwing, etc.)

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

Pierre-Julien Hamel  
General Manager IKBF  
+1-514-252-3210  
[info@kin-ball.com](mailto:info@kin-ball.com)