

Lesson Plan #2

Objective of the week: Developing the kicking skill

When at offense, a hit must be executed with a part of the body that is above the hips. However in defense, a player can use any part of his/her body to catch the ball. Knowing this, the foot can be quite useful for keeping the ball from touching the ground.

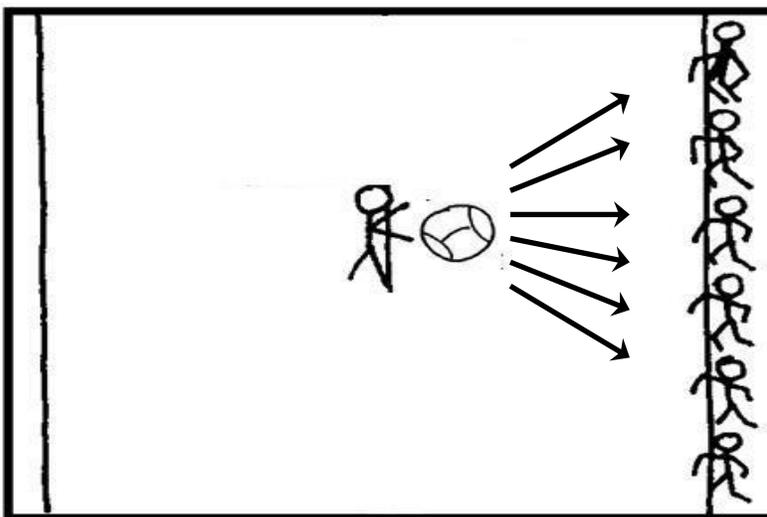
In order to develop the kicking skills of your participants, we recommend that you proceed with an educational exercise followed by a modified game.

Here are the details of this technique:

- Rapid and incomplete extension of the leg under the ball.
- The toes are pointing towards the ground.
- Contact with the ball is made from the toes to the knee on the upper part of the foot.

Educational exercise:

Place all your participants on a line facing you as shown on the following image. Throw the ball to each one of your participants and ask them to lift it by kicking it so they can experience the feeling of kicking a ball.



They must kick the ball in such a way as to have it rise over their head so they can control it like illustrated on page 12 of the instruction manual. Repeat the exercise with the ones who are having more difficulty mastering this skill and remind them of the technical points listed on page 13 of the instruction manual.



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 their first contact in defence is done using the foot. 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. To avoid always having the same team attacked over and over, you have to make sure that the teams are balanced and you could also reset the score every two minutes.

This modified game is more efficient for younger participants (elementary schools).

The **second** modified game consists in forbidding the players to use their hands to make the first contact when in defence. If they use their hands you could give them a fault for “illegal defence”. In order for this way of playing to function well, make sure once again that your teams are balanced.

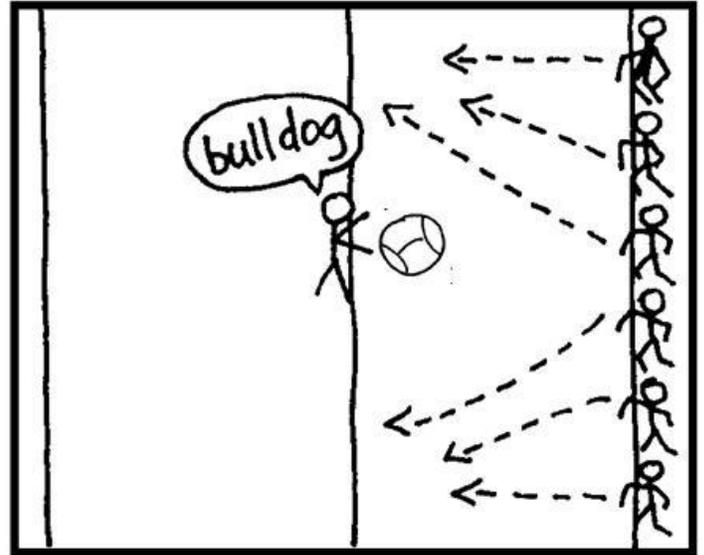
This modified game is more efficient for older participants (middle and high schools).

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

Bubble Gum

A player or the teacher is in the middle of the gym with the ball (the bubble gum), while the other participants are behind a line at one end of the gym. When the teacher yells “Bubble Gum” the players must run across the gym and get to safety behind a line at the other end of the gym without being touched by the ball. The players that are touched by the ball are then stuck in bubble gum, meaning they can't move anymore and become bubble gum statues. From that moment, if other players get close to them, they will try to touch them to change them into bubble gum statues. Once all the remaining players are behind the line at the other side of the gym, simply repeat these steps until there are only one to three survivors.



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.

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