

## *Lesson Plan #5*

### *Objective of the week: Increasing the speed part 1*

Since “speed” is one of the most effective offense strategies of KIN-BALL® sport, here is how to develop your players’ ability to play fast. In the course of the game, the team in reception has 10 and 5 seconds to hit the ball to the next team during which they can make ball displacement and passes.

- The team has 5 seconds when the ball is put back into play (after the two whistle blows).
- The team has 10 seconds to hit the ball back to another team from the moment the first player in defence makes contact with the ball.

Even though using this time to come back to the middle of the court to have more attacking possibilities is a good strategy, freezing the ball where it’s caught and surprising the other teams by playing it as fast as possible is often better.

You will find the details about the 5 seconds and 10 seconds rule in your “KIN-BALL® sport official rules” book at pages 18.

### **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 they are able to hit the ball within 5 seconds following the first contact in defense. In order to make it more efficient, the teacher will have to make a loud count down during the play so the participants know how much seconds they have left. Start the countdown at the moment the first player of the designated team touches the ball. You can adjust the speed of the countdown to the level of the participants.

Proceeding 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.

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

For the **second** modified game you will have to make a loud countdown of five seconds from the moment the designated team touches the ball in defence. During the modified game time, every time a team takes more than five seconds to catch and hit the ball back, you will whistle a fault for time. You can see the referee signal at page 34 of the “*KIN-BALL® sport official rules*”.

You'll then realize that fewer hits are going to be recovered by the defensive teams. You can then remind your participants to make sure they go back to their collective defensive positions as fast as they can after their team hit the ball to avoid being out speeded.

In order to make the play more efficient, make sure that your teams are balanced.

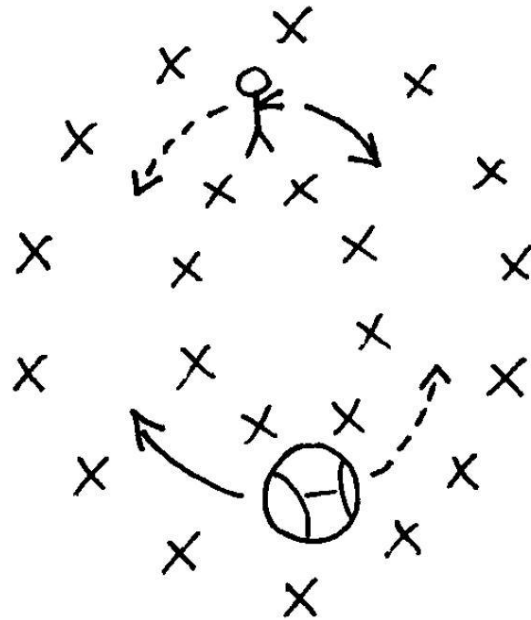
This modified game is more efficient for older participants (middle and high schools).

**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

### The Planet Hunter

The players are positioned in two circles; the larger outside circle is surrounding a smaller inner circle. The players from the two circles face each other and the distance between them should be large enough for the ball to pass between them. Using only their hands, the players will push on the ball to allow it to move forward between both circles. A player is then identified and will become the planet hunter. He will have to run between both circles in order to touch the ball that the other participants want to keep away from him. When beginning the game, the planet hunter has to be on the opposite side of the circle from the ball. During the game, the ball and the player can switch direction. When that ball gets touched or when the planet hunter is exhausted, another planet hunter is designated.



### Safety tips:

*In order to avoid injuries, make sure you tell your players to keep their feet on the ground at all times and never kick the ball. You should also request that the ball stays on the ground while playing the game.*

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

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