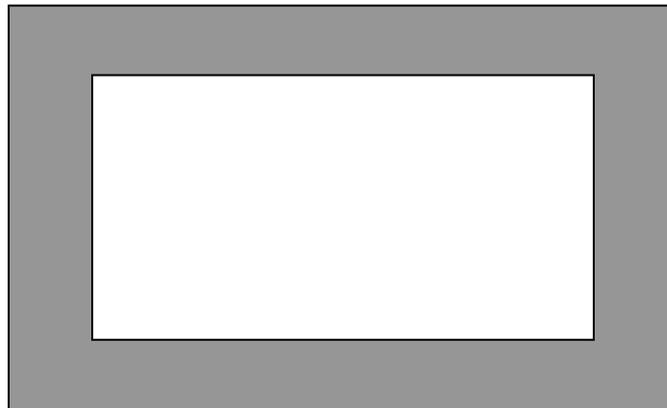


Lesson Plan #9

Objective of the week: Hitting better part 3

The objective of the two last newsletters was to use speed against the other teams. This newsletter's objective will be about how to prevent other teams from using this tactic.

Since the extended hit is a very efficient strategy for the team recovering the ball, the way to prevent the other teams from using it is simple: Hit the ball in a direction which renders the use of the extended hit impossible. How? Simply hit the ball toward the edge of the court (grey area) as shown on the following illustration.



Modified game

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 it hits the ball into the designated area (the grey zone).

Every time a team successfully hits the ball into the grey area, this team gets a bonus point.



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 have to 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).

With the **second** modified game you will request the hits to be sent into the grey area. If the ball is dropped by a team inside the white area, the ball will be considered “out of bounds”. During the modified game, players are allowed to carry the ball inside the white area and hit it from there but if the team in defense drops the ball inside it, whether they have touched it or not, the ball will be considered out of bounds for the hitting team and both other teams will score a point. You could allow your participants to bring the ball by using the two players’ ball control as described in *Lesson Plan #3* to a place on the court where it will be easier to hit into the grey zone.

You will then notice that the players will probably slow down the speed of the play in order to execute the skill correctly and try to find other ways and places to hit the ball. In defense, you will also see that more balls will be recovered since the area to cover is smaller. Once you have finished with the modified game and get back to the normal one, players should be more aware of where they hit the ball and will try to exploit the opportunities they have to score points in the surroundings of the court instead of always trying to go for the long hit.

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

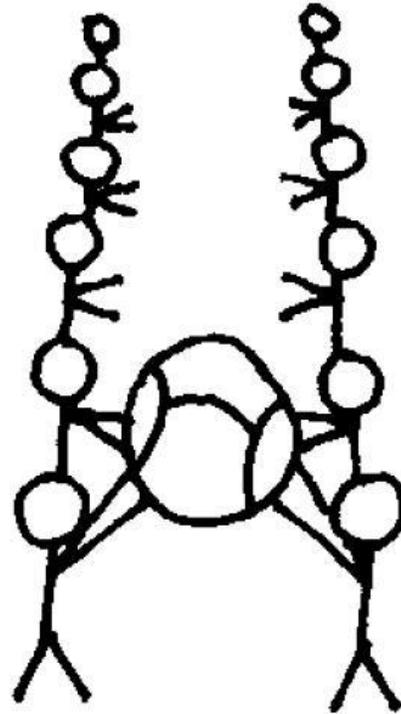
This modified game is more efficient for older participants (middle and high schools).

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 Corridor

The players have to pair up and stand facing each other in two lines of the same length. The players should be at a ball distance apart. The ball then has to be carried from one end of the line to the other end of the line without touching the ground. All the players must touch the ball. If the ball falls on the floor, it is simply picked up from where it was when it fell. If it falls on the floor a second time, the ball is brought back to the beginning of the lines. You could time how much time it takes to make it to the end of the line and you can then add variations regarding the ball's height or the position of the players. You could for example have the students standing back to back or laying on the floor feet to feet or head to head.



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 unless they have to use their feet to handle it.

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

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