

Lesson Plan #10

Objective of the week: Hitting better part 4

This week's objective is designed to allow the player hitting the ball to increase his chances of success when hitting the ball.

Even though the players in defence should not move before the ball is hit, most of them will try to interpret the movements of the hitter and change their position in order to have greater chances to catch the ball. This week objective is about body feints.

There are two kinds of body feints that can be executed by the hitter:

The lateral feint: With this type of feint the hitter pretends that he is going to hit towards one side of the court but then suddenly changes his motion to hit the ball in the other direction. For the hitter using the "baseball hit" technique or two arm hit, they should hold both arms on one side, for example as if they were right handed, and then, at the last minute, switch their hands to the other side, as if they were left handed, and hit the ball in the other direction. For the hitter using the one arm technique, they can pretend to hit the ball with their right arm but then hit the ball with the left arm.

The hitter can also come towards the ball, run around to the other side of the ball and hit it in the opposite direction.

The distance feint: This time the hitter moves in such a way as to let the defensive team believe that he or she is hitting the ball with a lot of power but finally ends up making a short hit. The opposite is also a possibility, the hitter could have a body language that would let the defensive team think that he or she is making short hit but then he execute a distance hit over the head of the defensive players. The second option is harder to achieve for the reason that the hitter would have to make a powerful hit without being able to use a weight transfer.

To show that to your participants you can log on Youtube and look carefully for feints motions that are available on the different videos. Here

are couples of links that you can refer to in order to demonstrate what a body feint looks like.

<http://www.youtube.com/watch?v=GzjNrBqccwY&feature=related>

<http://www.youtube.com/watch?v=3sp-bxYtZlw>

<http://www.youtube.com/watch?v=UsjEa2fdjH4>

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** modified game would be to give a bonus point to a team each time a hitter uses a body feint before he or she hits. This body feint can be either a “lateral feint” or a “distance feint”.

As the players can use the “distance feint” we suggest that prior to the lesson where you show your participants to use it, you review the “throw too short” rule in your “*KIN-BALL® sport official rules*”.

By 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 can reset the score every two minutes.

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

For the **second** modified game you will request that the hitter uses a body feint every time before the hit. If this condition is not respected, the team will get a fault for Illegal hit. You can see the referee signal at page 36 of the “*KIN-BALL® sport official rules*”.

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



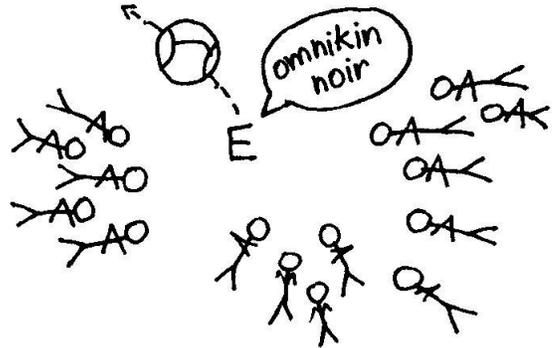
This modified game is more efficient for older participants (middle and high schools).

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 Bungee

The players are spread in the gym and are laying face down. The coach then throws the ball in the air and designates a team that has to catch it before it touches the ground. Once the ball is caught the coach takes the ball back and hits it again, designating another team that will have to catch it. The players of the previous team who had to catch it go back to where they were before. The coach can adapt the height of the throws to the level of the players regarding how skilful they are at recovering the ball.



Safety tips:

In order to avoid injuries, make sure that you hit the ball in an area where there are no players of a non designated team laying on the floor.

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

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