

Lesson Plan #11

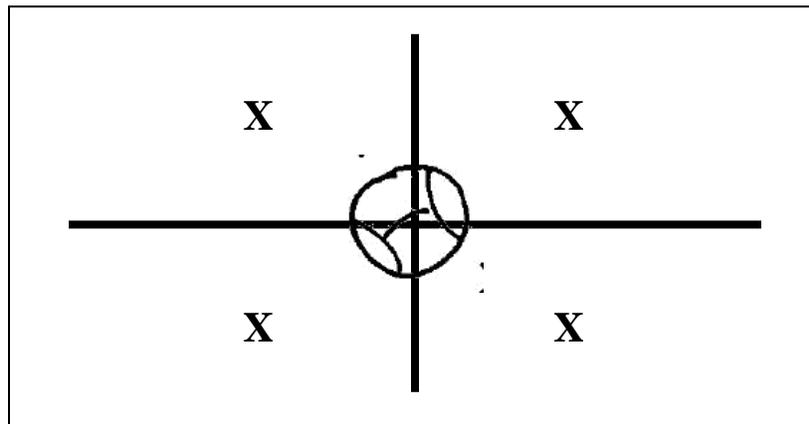
Objective of the week: Hitting better part 5

This week's objective is a technique used to increase your participants' hit efficiency by hitting at the best spots.

In order to reach the objective of having the designated team not being able to catch the ball, it is important to hit the ball in the areas where the defending team is not. Of course the players in the defending team will position themselves and move towards the ball but there are some areas on the court that have higher chances of being free of players.

The Kin-Ball Cross

Since the defensive players will usually be positioned in a square around the ball as shown on the image, the spaces between them will usually be the best targets when hitting the ball. This is called the Kin-Ball Cross.



Body Feints

As seen in *Lesson Plan #10* lateral body feints are a powerful weapon to open “holes” in defense. Good players will often use one or two feints in



order to get the defensive square to move, opening areas that will usually occur on the Kin-Ball Cross.

We recommend that you explain both of these aspects to your participants and remind them of a couple of body feints to use during the modified game.

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 a player hits the ball onto the Kin-Ball Cross or towards an unguarded area. To do so the teams will have the choice of bringing the ball at the center after catching it and try to hit along the cross or target an open area after using speed on an extended hit (*Lesson Plan #7*). To judge if the ball is hit in a free spot you can consider that if the ball was easily caught by a single player who did not have to move, it wasn't.

It is not mandatory to hit the ball on the Cross or in a free spot but if a team does so, that team gets a bonus point.

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. Also you will notice that the players in defense are going to adapt their position in order to catch more balls. At this point, it would be interesting to remind the hitter to use body feints and to watch if a new free spot opens.

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 want to reset the score every two minutes.

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



The **second** modified game consists in demanding the players to hit the ball on the Kin-Ball Cross or in free spots or to attempt a body feint before the hit. If they don't, the team will have a fault for Illegal Hit.

In order to develop the skill of finding empty spaces to hit the ball, you could also try to play the game with teams of 3 players instead of 4. If you do so, you'll notice that the players in defense will have trouble to position which will open bigger free spots to hit the ball. The players can then work on looking around the court before hitting the ball. Also when playing with only 3 players, it's easier for the teams to use speed and extended hits.

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

Sharks and Foxes

This game is designed to work on the team concept and only requires pinnies.

First, divide the group into three teams and give a pinnie to each player. In each team there will be a player who is designated as the shark and who has to wear the pinnie as usual. All the other players will be the foxes and will have to place the pinnie in such a way as to make a tail with it. The players are then spread in the gym and when the game begins, the sharks will try to take the foxes tails of the players of the other teams. Once a fox loses its tail, he becomes a shark also and has to put the pinnie on to be identified as a shark and starts chasing the foxes of the other teams.

The team that has the last fox alive wins the game.

Safety tips:

Use a line on the ground as a limit around the playing area to avoid having the players hit the wall.

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