

Lesson Plan #12

Objective of the week: Hitting better part 6

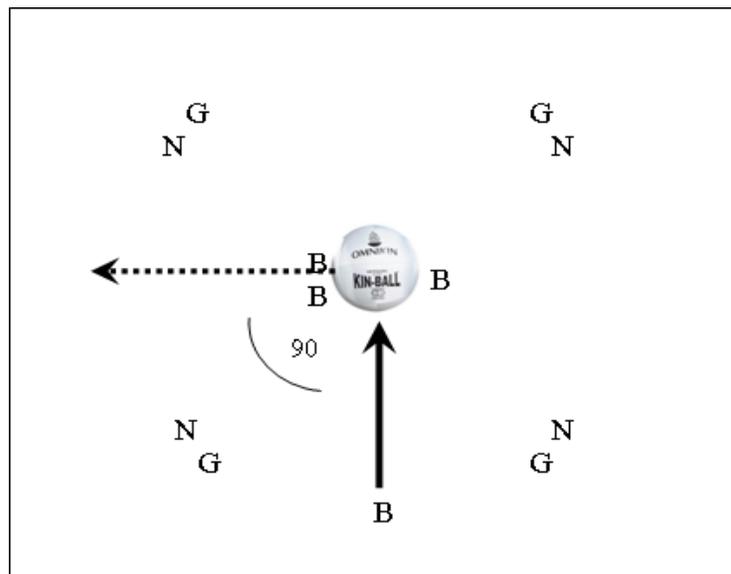
The 90 degree throw

This week's objective is a technique used to increase your participants' efficiency to hit the ball to the right spot. A 90 degree throw will allow the players to hit the ball in the areas where the defending players are not and to throw the ball in the Kin-Ball Cross as seen in *Lesson Plan #11*.

To execute a 90 degree throw, the player must arrive facing the ball, must feign hitting in one direction, take a step leftwards or rightwards (depending in which direction he wants to hit) and make a hit so that the direction of the ball is of 90 degrees from the player's initial trajectory.

You will find the details of this technique in the *KIN-BALL® sport instruction manual*' at page 23.

It is also possible to execute a pushed 90 degree throw. In this case, the execution is the same. However, the player places a hand on the side of the ball (on the lower third portion) and pushes the ball with a short and fast movement. This time, you can find this technique in the *KIN-BALL® sport instruction manual*' at page 20.





For the younger participants in Elementary School: instead of these techniques, you can ask the children to turn ninety-degree around the ball and then push the ball with both hands.

Modified games:

In order to encourage your participants in using the ninety-degree throw during game time, you can proceed with one of the two following modified games.

The **first** one would be to give a bonus point to a team each time a player makes a 90 degree throw. To encourage the players to take advantage of this technique, you can even give two bonus points if the ball drops on the ground following a 90 degree throw. By proceeding this way, the team that executes the skill the most will get more points and be more involved in the game as 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 from making any other type of hits than the 90 degree throw. If they hit the ball straight forward and don't make use of the skill, the team will have a fault for "Illegal Offense". Once more, in order for the modified game to function well, make sure that your teams are balanced.

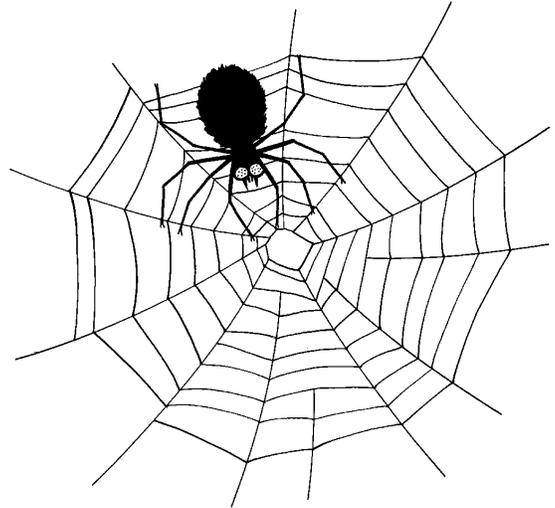
This modified game is more efficient for older participants (middle school and high school).

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

Spider Web Tag

The teacher selects the players of one of the three teams as the spiders. The players of the two other teams are the flies. At the signal of the teacher, the game starts and the spiders must try to capture the flies and bring them to their spider web. The web can be a bench or the kin-ball! A fly stuck to the spider web can be delivered when another fly takes the fly by the hand and un-sticks him/her from the web. The game is over when all the flies are prisoners of the spider web.



This game emphasizes the team concept.

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 this sport, please contact us for any question.

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