

Lesson Plan #13

Objective of the week: Individual Ball Control and Displacement

This week's objective is a technique used to increase your participants' individual ball control skill.

Even if it's often better to control the ball using the two persons ball control technique (as seen in *Lesson Plan #3*), sometime it is faster and tactically more effective if a player moves the ball alone while the teammates are getting positioned on the court. This technique will also be very interesting when working on collective attacking strategies.

Individual Ball Control

The first step is to have your players hold the ball alone while in a standing position. The technical key points to demonstrate the skill are the following:

- The player needs to have both arms unfolded and in front of him with the hands at the same height as the top of its head.
- The arms are open and make a 45 degree angle.
- By doing so the two hands and the head of the player will form a tripod stable enough to hold the ball.

We suggest that you demonstrate this position to your participants and have them take turns trying it. To do so, you can replicate the exercise from *Lesson Plan #2* where you would throw a low ball to your students allowing them to kick it over their head and then to keep control of it for at least 3 seconds before sending it back to you using the passing technique (*Lesson Plan #14*).

Individual Ball Displacement

Once your participants are good enough and able to perform correctly the individual ball control, you'll then want to show them how to carry it. The technical key points are the following:

- The player will have one arm up over his head; this arm will be used to keep the ball in front of the player.
- The other arm will be up in front of the player with the hand at the same height as his shoulders. This arm will be used to support the ball.
- When the player walks or runs, the supporting arm will be used to maintain balance while the other arm will be used to push on the ball and avoid it from rolling over the head of the carrier.

We suggest that you demonstrate this position to your participants and have them take turns trying it. To do so you can have a little race where each player has to bring the ball from one side of the gym to the other. If you want to challenge your participants, you can evaluate them by writing down how much time they take to complete the circuit and how many times they drop the ball.

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 of that team takes control of the ball showing the appropriate technique and staying immobile for two seconds (using individual ball control) before bringing it back to the middle of the court by using the individual ball displacement technique. Before a player attempts to demonstrate the individual ball control and individual ball displacement you can allow that more than one player touches the ball in order to fully catch and control it.



For the first times we also suggest that you extend the 10 seconds countdown in order to let the participant execute the skill correctly.

It is not mandatory to perform the individual ball control and displacement skill but if a team does so, it gets an extra point.

By proceeding this way, the team that executes this skill the most 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 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 telling the players that they must bring the ball to the middle of the court or gymnasium every time they catch it, using at first the individual ball control skill for 3 seconds before using the individual ball displacement technique. Before a player attempts to demonstrate the individual ball control and individual ball displacement you can allow that more than one player touches the ball in order to fully control it.

If the players don't respect the rule, you will give them a fault for illegal offense. In order for this modified game to function efficiently, make sure once again that your teams are balanced.

It is important to understand that this displacement of the ball can only be done after a hit has been caught. When restarting the play after a fault, according to the rules, you can only move the ball for a distance of two ball diameters. This means that they won't have to perform the modified game when restarting after a fault was committed.

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

INTERNATIONAL



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REMINDER:

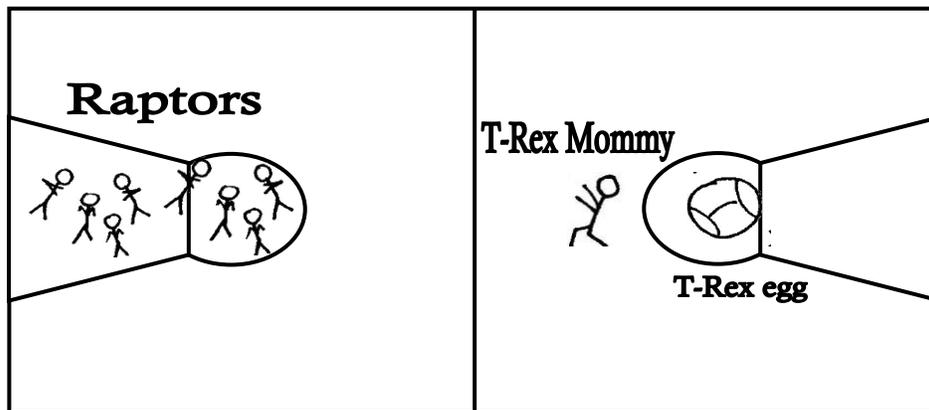
You should not use modified games for the entire playing time. You should use this modified rule for a maximum of 10 minutes if your activity lasts one hour.



Game of the week

The T-Rex Mommy

You first have to designate a participant who will be the T-Rex mommy, keeper of the T-Rex egg (ball). His job is to defend the egg from the raptors who wish to steal it and bring it to their nest. The other participants are the raptors and to replicate the short arms of this type of dinosaur, they must keep their hands on their shoulders (right hand on the right shoulder, same for the left). When the raptors are in their nest, the T-Rex mommy cannot eat them (touch them). The raptors using only their elbows (kicking is forbidden) must steal the egg (ball) and must avoid being eaten by the T-Rex mommy. To eat the raptors, the T-Rex mommy must touché them. The last rule is that the T-Rex Mommy is not allowed to touch the egg. The game is over when the raptors bring the ball back to their nest or when they have all been eaten.



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.

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