

Lesson Plan #14

Objective of the week: The Pass

This week's objective is a technique used to bring the ball back to the center of the court in order to be in a better hitting position. It can be used instead of the two players' ball control to move the ball in the playing area.

A pass is a voluntary motion by which a player throws the ball to another team member after he has taken control of it in defense. It can be done using the hands or using the foot.

Pass with the hands

In order to execute a pass, the player will first have to take control of the ball and position the ball over his head as shown in the "*KIN-BALL® sport instruction manual*" at page 12. Once this is done, in order to execute the pass, the player will then use both hands to throw the ball to a teammate.

Pass with the foot

In order to execute a pass the player will first have to take control of the ball and position it over his head as shown in the "*KIN-BALL® sport instruction manual*" at page 12. Once this is done, in order to execute the pass, the player will let the ball fall in front of him or her and once it is low enough will kick the ball towards a teammate.



The technical points here for a good pass are:

- The trajectory of the pass is linear and fast.
- It is powerful enough to allow the ball to travel through the air in a straight line without being hard to catch.
- The ball is thrown in the direction of a teammate.
- It is used when the ball is caught in the corner or near a line.
- When the receiving player catches it, the middle of the ball should be at the same height as his shoulders.

Rules about the Pass:

When a pass is executed by a team, the players of the other teams must try to avoid it because a player would receive a minor warning if they interfere voluntarily with the ball. It is also prohibited for the team executing the pass to target a player of the other team and send the ball directly toward this player.

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 the ball is brought back to the middle of the court by using a pass. Of course, this means that the player who catches the ball will have to control it as he waits for teammates to get in position to receive the pass. It might seem hard the first times, but you will notice that your players will improve their individual ball control skills (*Lesson Plan #13*) as the play goes on.

It is not mandatory to bring the ball to the middle of the court but if this is done, the team 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 center of the gymnasium every time they catch it, using the Pass technique. Of course, this means that the player who catches the ball will have to control it as he waits for teammates to get into position to receive the pass. It might seem hard the first times but you will notice that your players will improve their individual ball control skill (*Lesson Plan #13*) as the play goes on.

If they don't respect the rule, you will give them a fault or call an illegal offense. In order for this modified game to work better, make sure once again that your teams are well 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.

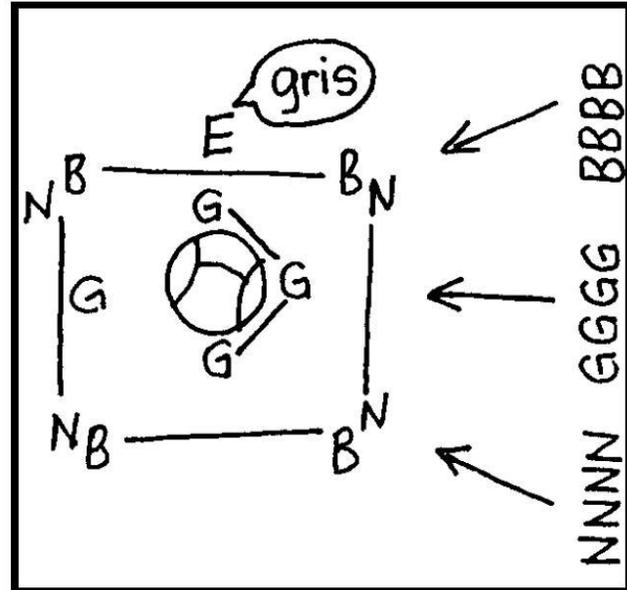
This modified game is more efficient for older participants (middle and high schools).

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 Magical Square

All the participants are divided into teams of 4 players (you can have more than 3 colors) and are lined up near a wall and facing it. The coach is behind them in the middle of the gym. When the coach designates a team the players of the team have to get under the ball to hold it while the players of the other teams gets into the square collective position around the ball. The first team to get into the proper position gets a point. To increase the level of difficulty, you can change place quickly before designating the team.



Safety tips:

In order to avoid injuries, make sure that you ask the participant not to touch the wall as they get positioned before each sequence.

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