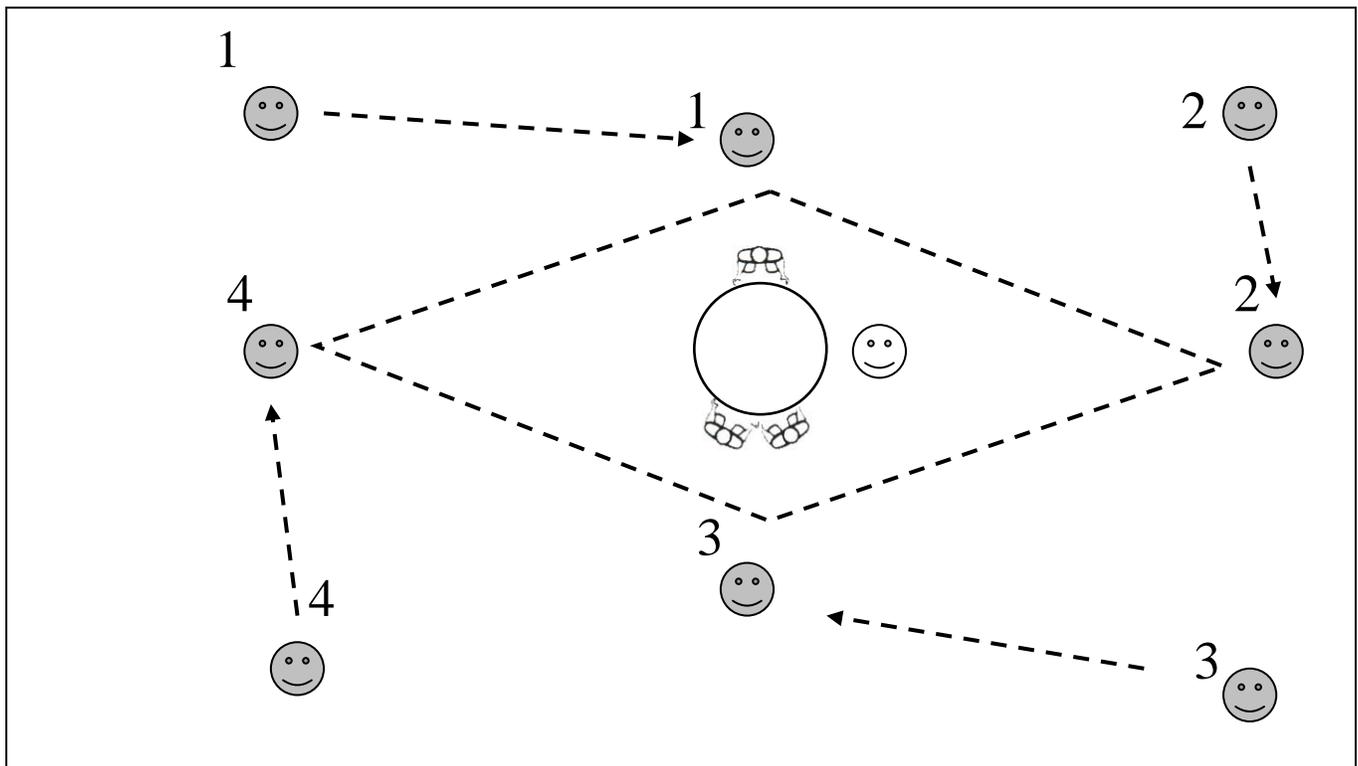


## Lesson Plan #19

### Objective of the week: The Diamond (collective defensive positioning)

This week's objective is a collective defensive positioning that is as effective as the square and that will help the secondary school students to eventually be able to play close defense.

As your participants might have developed hit reflexes about where to hit, (*Lesson Plan #11*) being able to switch from the square to the diamond gives an advantage to the teams that are using it since there is a player in defense where the hitter thought of finding an empty space. See the image below:



As you can see on the image, players #1 and #3 are going to get closer to the ball as they try to reduce the angle according to which the hitter can hit. If you are coaching at the elementary school level, these players must



not be closer than 6 feet (1.8 meter) from the ball. If they get closer than that at the moment of the hit, their team will receive a fault for illegal defense. You can look in your “*KIN-BALL® sport official rulebook*” for the referee signal.

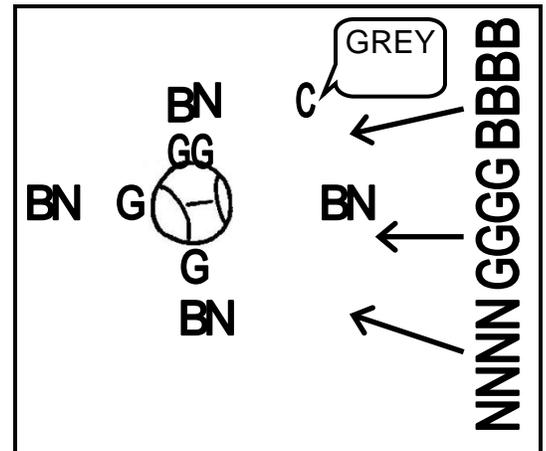
If you are teaching at the Middle or High School level, those two players can get as close as they want from the ball but make sure you mention to them not to put their hands in front of their face. The reason is simple, if the ball is hit with a lot of strength and hits their hands, they will hit themselves in the face. We suggest you tell them to keep their hands on the side.

### **Educational exercise:**

In order to bring your participants to be able to understand and practice this new strategy, we suggest that you use an educational exercise which is also a game that was used in *Lesson Plan #14: The Magic Square*. For the purpose of this week’s objective, it will be renamed the Magic Diamond.

### **The Magic Diamond**

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 that team must get under the ball and hold it while the players of the other teams gets into the diamond collective position around the ball. The first team to get into the proper position receives a point.



We suggest this exercise for players of all ages.

### **Game of the week**

## The Cowboy

First of all, you will have to place the participants in a circle around you and ask them to take the cowboy position (shown in the image). Then one by one the coach will test the cowboy reflexes of the player. To do so, you will be holding the ball by the opening and you have two options. The first option is to throw the ball at them. If you do so, they have to put their hands in front of themselves and block the ball. If the ball touches their nose, chin or belly, they haven't been fast enough so they are eliminated and must sit down. Make sure you don't throw the ball with too much power. The second thing you can do is pretend that you are throwing the ball. If you do so, the players must not move, not even a single centimetre. If they do, they are eliminated and have to sit down. Those who are successful keep playing and you can go around for a second and a third round until you have a champion.



Safety tips:

*Do not throw the ball towards the participants' head.*

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

Pierre-Julien Hamel  
General Manager  
Kin-Ball Canada  
514-252-3210  
[pjhamel@kin-ball.ca](mailto:pjhamel@kin-ball.ca)  
[info@kin-ball.com](mailto:info@kin-ball.com)